



2014/06

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HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB

ABC Opi Sailors Sharpen Skills at
2014 Thai Nationals

ABC High-Performance Youth Squad
Preps for 2014 World Champs

From the ABC marine team:
Typhoon Tips



FAIRLINE

Squadron 42
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Cover photo by Tiffana Richards:
Thai Opi Nationals start line, May 2014

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



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Commodore's Letter

We have just enjoyed another splendid Classic Yacht Rally, the annual race's 10th year. This signature event for the ABC was created and again this year run by General Manager Philippe de Manny. This year we had light- to medium-wind conditions, plenty of sun and much enjoyment for the entrants, comprising 25 cruisers, together with one classic Enterprise!

My last letter mentioned that some of our ABC youth sailors were selected by Hong Kong Sailing Federation for its national squad. Some have asked about

what happens when our training clashes with HKSF's High Performance Camps. Our position is that we welcome HKSF's support for improving dinghy sailing standards and developing champion sailors. We congratulate our ABC Members who are selected for national squads and teams and wish them well, and encourage them to attend the numbers of High Performance Camps that HKSF has laid down.

Looking forward to the summer's cruiser series and dinghy series. Best wishes to the ABC Buzz Dragon team



for the Tuen Ng Festival dragon boat races, to take place on 2 June.

John Berry
Commodore

Flag Officer's Report

As we come into the last few months of the ABC's financial year-end of 30 June, the Club's operating finances, revenue and expenses from day-to-day activities are comfortably in-line with the budget. However, while we continue to bring in new members to replace departing members, non-operating revenues from new-member entrance fees are 30 percent down on budget and the prior year. Last year, we did have an unusually high number of new members, and rather than this trend continuing, we are seeing a return this year to more usual levels of new members. Revenues from new members' entrance fees are set aside for fixed-asset purchases, enhancements and major repairs and maintenance. Middle Island redevelopment levies continue to be collected in-line with our expectations.

As a service organization, it is no surprise that the Club's staff and staff-related costs represent 70 percent of monthly expenses. This financial year they will be approximately 8 percent higher than last year. Along with many other Hong Kong employers in a competitive employment environment, we have staff recruitment and retention issues. Our next largest operating

expense is utilities, with electricity, gas and water at 7 percent of total expenses.

Our long-established policy sets menu prices based on a gross contribution margin of 55 percent. Another way of saying this is that our food and drink purchase costs represent 45 percent of the menu prices. In comparison, in commercial restaurants, food and drink costs generally represent between 20- to 30-percent of menu prices.

I would like to share some facts and figures about our sailing initiatives. As a boat club, 45 percent of the Club's fixed-asset purchases over the years have been for marine infrastructure and dinghy and boat purchases. To support our training initiatives and young and elite sailors, each year the ABC invests in new dinghies and safety boats. Introductory-level sailors as young as age seven may progress through our courses with increasing sailing and boat complexity. Beginner courses start on Optimists that each cost \$15,000 and progress through to RS Fevas at \$60,000; Laser 2000s at \$100,000; and for the elite, a thoroughbred racing 29er costs \$110,000. Again to compare, a reputable brand 75 HP, four-stroke outboard motor costs \$60,000.

After a carefully considered decision by the Sailing and Marine Committee to offer keelboat sailing opportunities, in November



2010 the ABC bought two J/80s that cost around \$450,000 each (including a hard-stand trolley). With them, the ABC offers a variety of big-boat courses and provides day-hire opportunities.

Completing the fleet, the ABC has a number of vessels registered with the Marine Department, known to the rest of us as pontoons. The EZ Dock finger pontoons at Middle Island were put in place early in 2007 at a cost of \$140,000. In mid-2009, the material cost for the wider and more stable pontoon at the main Clubhouse, built and installed by our marine staff, was \$350,000. These are actually our hardest vessels, with the Middle Island pontoons only moving to swing moorings when T8 signals are forecast.

Matthew Johnson
Honorary Treasurer



Rules Flash

Dress code and conduct

The Club's new bye-laws state that anyone on Club premises must have a presentable standard of dress at all times. This request seems appropriate and fair, but as individual standards vary, interpretation may fall in a grey area.

To sum up, it is expected that proper attire including street clothing and swimwear be of a nature not to offend anyone. Therefore, members, guests and children are required to wear tops and be properly shod except when in or near the swimming pool. Swimwear is permitted only at the pool and surrounding area and the Middle Island waterfront.

The Four Peaks' "smart casual" dress code requires more attention, particularly in the evening. Men should wear a collared shirt with or without a jacket, long trousers and shoes other than trainers or flip-flops.

Rules for guests of Members

Members are responsible for their guests' conduct and appearance and must inform them of Club rules and ensure guests' compliance.

Therefore the Member must be present when guests arrive at the Club and ensure signing in of the guest(s) at reception.

A Member was seen giving his membership card to friends while saying they could use the Club restaurants, in a breach of Club rules on non-transference of Membership cards and the Home Affairs Bureau's requirement that the Club serve only its members.

Third-party presentation of Membership cards will be subject to disciplinary action by the General Committee.

Furthermore, as food orders must be placed by a Member presenting his membership card, I remind you that drivers, guests and private employees not

accompanied by a member may not place orders, unless the General Manager has approved a formal request in writing.

Let me thank our Members, the vast majority of whom have read, supported and complied with the bye-laws' new numbers of guests per account permitted in various areas.

As a quick reminder, not more than four guests per account are allowed on Sundays and public holidays in the Galley and the Four Peaks restaurant and no more than six guests per account are allowed on Middle Island.

Lastly I wish to remind our cadet Members that they are not entitled to invite guests, whether members of their family, friends or other visitors, to any of the Club premises, without the prior permission of the General Manager.

Philippe de Manny
General Manager

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A 2.2M demo tender is available for viewing at Clearwater Bay Marina by appointment.



General Manager's Letter

Dear Members,

The ABC Classic Yacht Rally 2014, the 10th anniversary of the race, is now behind us, and so is the Club's annual prize-giving. We now open a new season of the Summer Series that soon will be followed by the Opening Regatta.

The Summer Series will start on Sunday, 15 June, and will follow a rhythm of a race every two weeks or so. Races are scheduled for 29 June, 13 July, 27 July, 10 August and finally 24 August for the traditional grand finale barbecue on Middle Island.

This year, San Miguel Philippines again will sponsor our liquid refreshments for the post-race cruise back to base.



After six months, we continue to try to find new engines for our two working boats, an Invicta and a Cheoy Lee. This search has proven difficult as these types of engines are not common on the market.

The good news is that we have now sourced a proper new engine for the Invicta, from Australia, through United Dockyards Ltd., and by the time you read this, our race and ferry boat may well be finally back in action. As for the Cheoy Lee, we are still searching the world over for its very particular type of engine, but we also are working on an intermediate solution.

The reality is that a reconditioned engine costs nearly as much as a new engine but will last only a few years, and will become harder to maintain as scarce spare parts become even scarcer. Naturally, new engines will last for much longer and be more reliable and efficient.

New gate for Clubhouse pontoon

As discussed earlier, the Club has installed digital-access controls at the

gate for the main pontoon, to stop non-members and especially commercial junks from embarking and disembarking passengers when our staff is not around to stop them.

Beginning on Wednesday, 2 July, this gate will be closed every evening at 7 pm and reopened at 6 am.

To open the gate during these hours, Members must register with the Club to receive a smart card. Please collect your card in person at the Club office.

Every Member who registers for a smart card will receive one for himself or herself and one for a spouse.

All cards are non-transferable. We will cancel any card and deny access if it is found to have been given to or used by any other person than the Member, including drivers, boat boys, personal employees, coxswains and friends.

Youth sailing

In May, our Optimist team went to Thailand to compete in the Optimist Nationals there. This year, ABC once again will send a team to the Macau Dinghy Regatta on 21 and 22 June. If you are in Macau, enjoy a terrific meal at Fernando's restaurant and cheer our youth sailing team at the nearby Hac Sa beach.

I am also pleased to inform you that two of the ABC's best youth sailors and our dinghy coach have been selected by the Hong Kong Sailing Federation to represent Hong Kong at the ISAF Youth World Championships and the European Cup competition in Portugal 10-18 July. The full team then will go on to Kingstown, Canada, to compete in the Worlds and American Nationals championship 19 July-3 August. Reports and results will be provided in September by our Dinghy Coach Rory Godman.

Who would have said six years ago, when the Club started our dinghy programme, that we would compete in these great events? This is thanks to the dedication and professionalism of our sailing team, instructors, coaches and marine staff. The Club is now looking at developing a new youth team on Hobie



“As of 2 July, the Main Clubhouse's pontoon gate can be accessed only by Members with a non-transferable smart card between 7 pm and 6 am, to stop misuse of Club property, especially by commercial junks.”

Cats. Plans are being finalized and soon we might well excel in this new type of boat as well.

Fighting children's cancer

St Baldrick's Day at the ABC was a success again this April. The 2014 event hosted 44 members and guests, 19 of whom had their heads shaved, raising over HK\$290,000 to fight cancer in children. I was a "shavee" and must thank all the Members and staff who sponsored my annual free haircut. To learn more about the St Baldrick's Foundation, to donate or be a shavee next year, see <http://www.stbaldricks.org/head-shaving/>. The ABC has supported

this foundation and its fundraising efforts to fight children's cancer for six years now, with total funds raised reaching nearly \$1 million.

Classical music evening

Club events not to miss this month are listed on page 6. Throughout the month, the Club will show locally broadcast FIFA World Cup games in the Bridge Room. Do not miss the 13 June classical music evening and quiz with Ricardo de Mello and two other top musicians from the greatest orchestra in town. This will be a fun as well as a musical evening as prizes will be won during the musical quiz, and musical history over the centuries will be demonstrated by Ricardo De Mello, returning to the ABC after many years, with Bill Thomson and our Member Laurent Perrin.

The Club will host "Ocean Talk: Blue Matters" with Suzanne Gendron and Isabel Lie on the evening of Friday, 20 June, in the Waglan Bar, with a special happy hour from 6:30 to 7:30 pm. Afterwards, please

enjoy the barbecue on the Patio and the coffee shop.

Earlier in June, on the 6th, F&B Manager Alok and Chef Paul will put up a D-Day 70th anniversary buffet to commemorate the day allied forces came ashore in Normandy to liberate Europe. All will be detailed in this magazine issue and in the Club's weekly e-letter.

If you do not receive the regular Friday email with up-to-date news from the Club, it is certainly because you have not registered your preferred email address with us. Please email Cobo at mbs@abclubhk.com to update your data.

All, please note it is critical that the Club receive your current and preferred email in order for the new Club system to go live in July.

Have a great summer.

Philippe de Manny
General Manager



Welcome New Members

— April —

Eddie Yau
Rico Yue
Derick Yue
Tommy Yu
Alexander Last
Larry Leung
Ronald Leung
Shad Ngamsirivadhana
Johan Sudiman
Jonathan Wong
Kevin Herbert
Christoph Matthes



is pleased to announce that we are now offering



at our Aberdeen centre. Read for Meaning, which runs after-school programs at GSIS and Saturday book clubs at Glenealy, has taught hundreds of pupils from international and elite local schools how to get more out of books, increasing vocab and comprehension in the process. To find out about **summer camp** and **regular academic year** Read for Meaning sessions at K Academy, please call us at 23 557 557.

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June F&B Events and Promotions

FIFA World Cup food promotion throughout June
The Galley and Four Peaks

Wines of the month from South Africa
Durbanville Hills Sauvignon Blanc 2012
Durbanville Hills Pinotage 2010
By the glass \$45, by the bottle \$220

Beer of the month
Kronenbourg 1964, Strasbourg, France, \$33 per bottle

Cocktails of the month
"Berries Punch" with sparkling strawberry wine,
Cointreau and mixed berries,
\$58

"Piña Colada Smoothie" with white rum, Malibu rum,
pineapple juice, coconut and fresh pineapple,
\$45 or \$38 non-alcoholic

"Strawberry Fever" smoothie with strawberry jam,
white rum and crème de cassis,
\$48 or \$42 non-alcoholic

"Mango Passion Fruit Delight" smoothie with
passion fruit jam, peach liqueur and melon vodka,
\$45 or \$38 non-alcoholic

June Events

D-Day 70th Anniversary, British- and American-style Buffet
Friday, 6 June, 6:30 – 9 pm, the Patio
Adults \$288, children (3-12 years) \$188
To reserve for your family and friends, call the Galley at 2554 9494

Classical Music Evening and Quiz with Ricardo de Mello
Friday, 13 June, 7-11 pm, the Harbour Room
Adults \$488 and children (3-12 years) \$388
To reserve for your family and friends,
call the F&B office at 2555 6216 or email fnb@abclubhk.com

Father's Day Buffet, the Four Peaks
Sunday 15 June, 12 noon-3 pm
Adults \$268 (including a glass of wine) and
children (3-12 years) \$168 (including a soft drink)
To reserve for your family and friends,
call the Four Peaks at 2553 3422

Roasted-Pig-on-a-Spit with free wine tasting
Friday, 20 June, 6:30-9 pm, the Patio
Adults \$238 and children (3-12 years) \$138
To reserve for your family and friends, call the Galley at 2554 9494

Grand Cru Grover Champagne Dinner
Saturday, 28 June, 7 -11 pm, the Four Peaks
Five-course dinner with exclusive Champagne
\$498 per person
To reserve for your family and friends,
call the Four Peaks at 2553 3422

Celebration Family Buffet
Sunday, 1 July, 12 noon – 3 pm, the Four Peaks
Adults \$328 (including free flow of sparkling wine)
Children (3-12 years of age) \$168 (including a soft drink)
To reserve for your family and friends, call the Four Peaks at 2553 3422



Home Wine Delivery June 2014

	\$/Bottle	Quantity	Amount
Wines			
Bodega Norton Cosecha Especial Brut Nature NV, Mendoza Valley, Argentina Golden-yellow in colour with subtle greenish notes. Magnificently balanced, with rich ripe fruit aromas mingled with a round body, delicate texture and characteristic hints of yeast and vanilla. The finish is long and refined.	\$130		
Alois Lageder Riff Pinot Grigio 2013, Alto Adige, Italy Brilliant straw-yellow colour with a green tint. Fine and fruity (apples and peaches), with forward varietal aromas. Pronounced, clean, elegant, grapey. Light- to medium-bodied with a fresh mouth-watering finish. Dry and crisp.	\$130		
Station Road Sauvignon Blanc 2011, Marlborough, New Zealand Station Road Sauvignon Blanc displays all of the intensity and freshness of New Zealand's signature wine, combining lively acidity and soft, ripe, fruit characters. Grapefruit and peach flavours are overlaid with ripe herbal characters, lingering in a dry, refreshing finish.	\$155		
Kendall Jackson Vintner's Reserve Chardonnay 2012, Sonoma County, USA Beautifully integrated tropical flavours such as pineapple, mango, and papaya with citrus notes that explode in your mouth. These flavours delicately intertwine with aromas of vanilla and honey to create depth and balance throughout. A hint of toasted oak rounds out the long, lingering finish. <p style="text-align: right;"><i>*America's #1-selling Chardonnay</i></p>	\$205		
Telmo Rodriguez Gaba do Xil Mencia 2011, Valdeorras, Spain Highly fragrant and floral, with dried herbs, violets and caponata-like pepperiness inflecting gamey red fruits. Gentle fruit tannin and a long herb/acid tang finish. A mid-weight, delicious and very stylish wine. <p style="text-align: right;"><i>*90 Points Robert Parker</i></p>	\$150		
Glen Carlou Cabernet Sauvignon 2011, Paarl Valley, South Africa Intense, fruit-driven character with a solid tannin backbone for maturation. Smooth finish. Pair with prime rib, crispy roast duck or any other hearty dish you desire.	\$170		
Leeuwin Estate Siblings Shiraz 2010, Margaret River, Australia Earthy notes add to the red fruit flavours in this medium-weight, open-textured style, finishing with refinement.	\$240		
Castello Banfi Rosso di Montalcino 2011, Tuscany, Italy Ruby-red colour with violet reflections. The bouquet is intense, fresh and fruity with typical varietal characteristics of violet, cherry and plum. On the palate, gentle, wide and soft-textured, with surprising length.	\$260		

Free Wine Tasting, the Patio
Friday, 20 June 20, 6:30 pm

All of the wines in the June selection will be available for free tasting at the pig-roast event 6:30 – 9 pm, the Patio.

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

** Minimum order of 12 bottles. Mixed cases available.*

Member Name: _____ Membership Number: _____

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

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

The total amount will be charged to the Member's account. Order accepted by mail, fax or in person. Contact the Food & Beverage Department at 2555 6216 or fax 2873 2945.

Deliveries free for orders of 12 bottles. Please allow three working days for delivery.

All wines are subject to availability.





ABC Supports Macau International Dinghy Regatta 2014

By Kevin Lewis

Once again, the ABC will support the Macau International Dinghy Regatta, this year to be held on 21 and 22 June. As we have done before, the ABC will send a container to Macau with dinghies and a support RIB.

Regatta participants will have the option to stay in the Westin Hotel, making for a great family-orientated weekend away.

The regatta's focus is on youth sailors, but we have several spaces for adults as well. The Macau Regatta is a different type of event, not quite as serious as other overseas trips, with the focus on fun and family!

The entry deadline is the first week of June, so as you read this, there may still be time to apply!

For further details, contact Kevin Lewis at DinghySailing@abclubhk.com



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Squid Fishing on the ABC Junk, 20 and 30 June

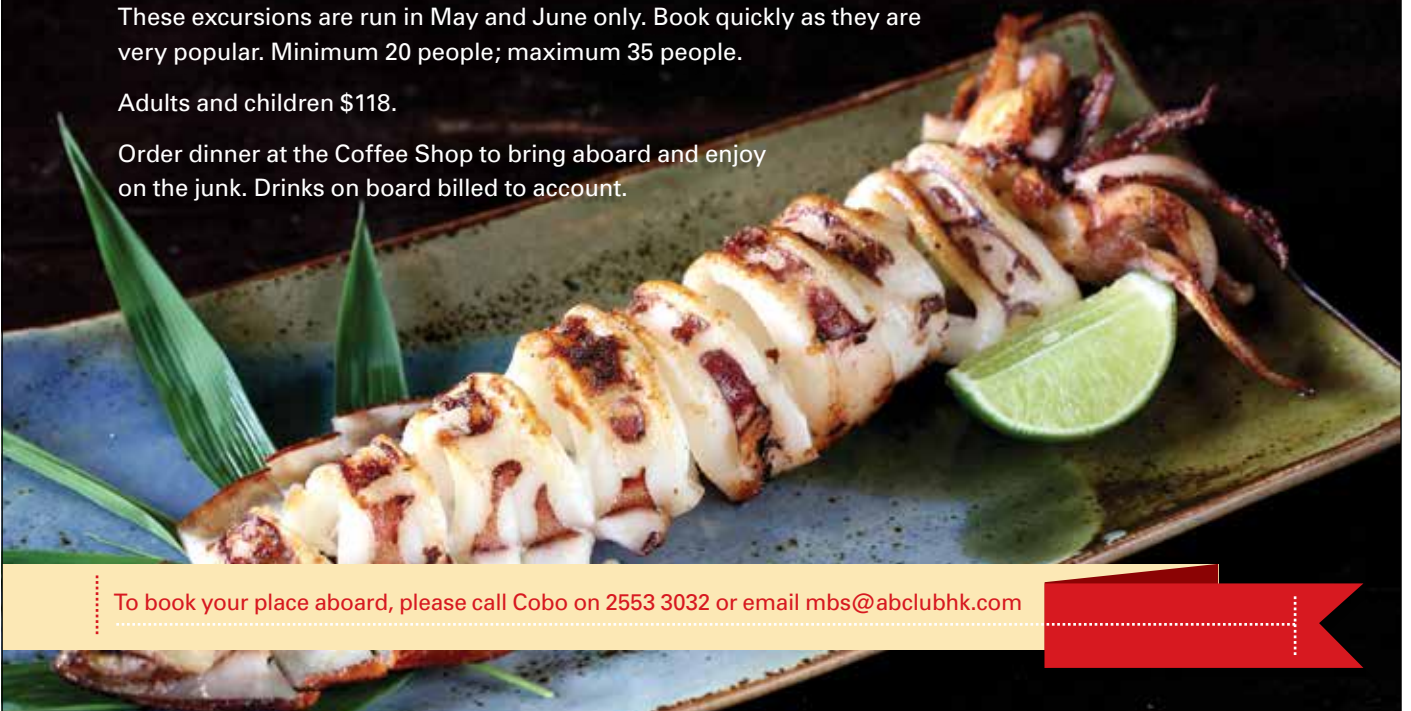
Time: 7 pm to 10 pm

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

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

Adults and children \$118.

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



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

ABC Sailors Sharpen Skills at 2014 Thailand Optimist Nationals

by Harriette Edmonds, photos by Tiffana Richards and Tim Edmonds



Harriette Edmonds (by Tiffana Richards)

Between 30 April and May 5, a team of seven Optimist sailors represented the ABC at the Thailand 2014 Optimist Nationals, part of the Top of the Gulf Regatta. The ABC sailors were Andrea Chawla, Anatole Martin, Penelope Martin, Dylan Richards, Freddie Last, Taylor Young and myself.

After an early morning flight out of Hong Kong, Dad and I met ABC Dinghy Coach Rory Godman, Taylor and his father Jack Young, and Dylan and his parents in Bangkok airport, and then shared a van for the two-hour drive south to Pattaya. Rory had brought the sails and a couple of rigs in the biggest "suitcase" I had ever seen. Fortunately, the van was big but still it was a squeeze to get everything in.

When we finally arrived at our Pattaya hotels, the weather was sunny and hot, but there wasn't much wind. After a quick check-in, scout of the pools and bounce on the beds we were off for the five-minute walk to the Ocean Marina Yacht Club.

Once there, we had just enough time for a quick team lunch and briefing before we started to get all of the boats together. The weather was really hot and the heat made the work we had to do so much more difficult.

It took us around an hour and a half to find our allocated boats and move them, without any trolleys, to the area we would use as our base for the week. Then came the tedious part of checking if all of our mainsheet blocks were okay and, if

“

Coach Rory briefed us on when the tide would change and how it double-dipped, a new concept and experience for most of us.”



Penelope Martin on HKG 1169, Dylan Richards on HKG 1173 (by Tiffana Richards)

not, to swap them for our own mainsheets, setting up the rigs and tying on sails, and so on. Fortunately at the end of it all we were rewarded with a nice, refreshing swim followed by a team dinner at the hotel, which was fun.

Shifting Pattaya weather

Over the next two days of training, the team learnt how unpredictable Pattaya’s weather was. It could go from hot and sunny to rainy in a matter of minutes, or the wind could shift a whole 90 degrees and you could be reaching upwind. Thunderstorms tended to form in the afternoon, which was a bit unfortunate as racing was scheduled to start at 12 pm each day. The thunderstorms seemed to stay away from the sailing area, skirting inland along the coast, however, they played havoc with the wind.



Cooling off (by Tiffana Richards)



Andrea Chawla rigging up (by Tiffana Richards)

We spent days 2 and 3 training and getting a feel for the tide and current, and we had one or two races with the RHKYC. Day 2 saw Andrea’s arrival, an early lunch and a fun afternoon for the whole team in the pool at our hotel (and a smoothie or two!).

Day 4 of our trip and race day 1 of the regatta at last! We woke up earlier so that we could get to the marina on time. Once the boats were rigged, we had a briefing with Coach Rory about the tide; what time it would change and the fact that it double-dipped, which was a new concept and experience for most of us.

There wasn’t much wind but it picked up a little by the time we got on the water.

The course would be the same for each day’s sailing: start, top mark, wing mark, downwind gate, and an upwind finish.

I must admit that I was a tiny bit nervous because this was my



Freddie Last (by Tim Edmonds)



The ABC fleet (by Tim Edmonds)

first international regatta and there were 134 boats registered to race, a much bigger fleet than I was used to.

Downwind on an upwind leg

The bit of breeze that lasted until we got to the start line got lighter as the first race started and then it started to rain. After five minutes, the wind had shifted a whole 180 degrees, so that we were going downwind on an upwind leg.

At this point I thought I was doing really well but sadly there was a recall and the AP flag was raised. After waiting on the water for the weather to settle we finally restarted the first race at around 1:30 pm. I had a really bad start but eventually made my way back up to the front half of the boats, and achieved 57th position in the fleet of 134 for that race.

On the second race I didn't do so well because I got stuck behind everyone at the pin on my start and I didn't tack early enough. At the end of the race they raised the flag for the end of the day and we all sailed back gratefully.

Overnight, the fleet was split into two smaller fleets based on the results from the first day's races. I was amazed to find myself in the top half, so that I would be sailing in Fleet A each day, along with Andrea and Taylor. This meant we started 10 minutes ahead of Fleet B and there was a bit more space on the start line, which was good. But it also meant that we were sailing against most of the Thai and Malaysian national squads, which were very good.

On race day 2 we arrived early, rigged up and got ready to head out, but since the breeze was so light, the race committee raised the AP flag. We finally ended up leaving shore at around 1 pm for a 1:30 pm start, but only got one race in that day because the conditions were so light and shifty.

On the final race day, we got on the water at around 11:30 am for a quick warm-up and survey of the conditions.

We needed to get two races in to make sure the event qualified as a regatta. By this time, I knew the course but I had a rubbish start on the first race that dragged me down. On the second race, I finished okay overall and was pleased that, with five races finished, the regatta "counted". But by this stage the dark clouds were starting to form and we could see the rain travelling over the water.

After half an hour of the rain trailing the committee boat, where they were trying to decide where to set a new start, it swept in and completely killed the wind.

The committee boat decided this particular storm looked really nasty, cancelled the rest of the day's sailing and sent us home, so Rory and Jack put us all on tow and we headed in. As we passed the Malaysian team, who were also on tow, I suddenly heard a startled shout and looked round to see the outline of one of the Malaysian boats under the water with just the mast (and sailor) sticking up – that was a first and something I am not planning on copying!

Soon after, as if it were karma, my own tow rope snapped off the tow and the speedboat kept going without me! However the wind had picked up a lot while we were being towed, which meant that I was able to catch up and overtake the speedboat in a matter of seconds. Soon we were on shore, changing our blocks and mainsheets back to the original ones from the beginning of the trip and packing away. The early finish gave us time for one last swim in the pool.

The regatta finished with a big prize-giving dinner attended by all sailors from all of the racing classes. The Optimists may have been the smallest boats taking part but we were the biggest class by a long way. Overall Taylor and I came 60th and 56th in Fleet A. The top 20 places went to Thais and Malaysians and the top Hong Kong sailor



The ABC team, L-to-R: Dylan Richards, Taylor Young, Jack Young (behind), Freddie Last, Anatole Martin, Penelope Martin (front), Harriette Edmonds (middle) and coach Rory Godman (behind) (by Tim Edmonds)



Dylan Richards on HKG 1173 (by Tiffana Richards)

was Thorwen Uiterwoal from RHKYC at 21st. Unfortunately our fellow Fleet A sailor, Andrea, didn't get placed as a bout of food poisoning meant that she returned to Hong Kong early without completing the required five races.

In Fleet B Anatole was 4th, for which he was presented with a prize; Freddie was 15th – pretty amazing for only his second regatta ever! – Dylan was 30th and Penelope 44th.

Thailand was great fun and a fab experience for my first big international regatta. The weather and wind weren't ideal but at least in Thailand the thunder and rain passed quickly, unlike the thunderstorms that were in Hong Kong when we got back!

I would like to thank Coach Rory Godman for organizing such a great trip and for all of his and Jack Young's great coaching on and off the water. Thanks too, to Cecile Martin for getting the sails back to Hong Kong and to all the parents who supported us on the water with food and water, whether we thought we needed it or not. I'm hoping I can go to the Thai Nationals again next year; it was fantastic fun! 🙌



Anatole Martin (by Tiffana Richards)

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ABC High-Performance Team Competes throughout Summer 2014

The ABC high-performance sailing squad is heading away from Hong Kong this summer to compete in these events in Europe and North America:

- Euro Cup, Weymouth, England, 4 - 7 July
- ISAF Youth Worlds, Tavira, Portugal, 10 - 18 July
- United States Championships and Canadian Championships, Kingston, Canada, 21 - 24 July
- 29er World Championships, Kingston, Canada, 26 July - 2 August

ABC Dinghy Race Coach Rory Godman will accompany the ABC squad. Thanks go to the sponsors of the High-Performance Squad, Borelli Walsh, Peroni, and SLAM, who make possible ABC participation in these competitions. ➤





Get Ready for Summertime Typhoons

Typhoon season in Hong Kong is from May to October, with most typhoons arriving between mid-July and late September. The Hong Kong Observatory (HKO) provides advance warning and tracking of typhoons over a wide-ranging area. It tracks storms that threaten to approach Hong Kong and those whose passage brings less wind but heavy bands of rain and swells.

As per the ABC bye-laws, members within Club premises will be kept informed of tropical storm signals either by the posting of notices or by announcement.

It is the owner's responsibility to secure a boat's mooring and look after its overall safety. ABC reminds all boat owners that ABC staff members are not supposed to board boats to clear decks, and despite ABC helping to check mooring components for safety, owners must secure their own mooring lines.

Therefore you must come to check your boat before the HKO hoists a typhoon signal 3, as the Club will cease sampan service then. Once signal 3 is hoisted, ABC staff will be very busy completing Club safety procedures to secure the entire Club, moorings and

pontoons, steps that begin when a typhoon 1 signal is hoisted.

Ground tackle

Check the condition of your mooring lines, shackles and swivels. In typhoon shelters, boats should put out breast lines and springs to adjacent boats. Remove the anchor and stow it below. Consider adding a second set of mooring lines and taking them aft to primary (the biggest) winches or a different set of cleats, not the mast or standing rigging (shrouds). Anti-chafe hose or other protective material where rope passes over bow rollers and through fairleads or chocks is also a good idea. In the event of a surge all these measures will reduce or prevent damage.

On deck

Look around for all ways to reduce windage on your boat. Lash the helm amidships. Yacht owners should drop booms and lash them on deck. Check that cockpit drains are clear and that any automatic bilge pump is working. Make sure that all hatches are fully closed. Remove binnies, sails, covers and any safety gear and put them below.


Some boats may need ABC staff to help secure them to one another to avoid them bashing against each other during high winds and seas. The trustworthy ABC team has an excellent record for safety under typhoon conditions, having safeguarded boats for 40 years.

At home

In the event of a typhoon forecast, knowing that you are ready, with a good, strong mooring rig and a well-prepared boat may help you rest more easily ... as does making sure that your pleasure vessel licence and your insurance are up-to-date.

Club operations during typhoons

When Typhoon Signal Number 8 is hoisted, Club operations will cease and all members, guests, and staff, with the exception of caretaker staff, will be required to vacate the Club premises.

In the event of members or guests being unable to leave Club premises due to lack of transport or other circumstances, the Club's public rooms will remain open for use but very limited food, drink or service of any kind will be available. 



Sailing Diary

HKSF Festival of Sport Regatta: 14 & 15 June

Macau International Dinghy Regatta: 21 & 22 June

Adult Beginner Dinghy Courses

June: 8, 14, 15, 21, 22

July: 5, 6, 12, 13, 19

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

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

Laser 1 Course

1, 7 & 8 June

ABC Club Dinghy Racing:

8 June: Summer 1 & 2

22 June: Summer 3 & 4

ABC Cruiser Summer Series:

15 June: Summer 1

29 June: Summer 2

J/80 courses and activities:

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

J/80 Gennaker Day: 28 June



Summer Youth Sailing Programme June 2014

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

Application Deadline Friday 6 June

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

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

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



Summer Youth Sailing Programme July 2014

Application Deadline Friday 20 June

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

Application Deadline Friday 4 July

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



Get your swim, sailing, and boating gear throughout the year:

The ABC shop in the reception lobby offers a wide selection of timely and well-priced items useful to Club members, both adults and children. Middle Island also carries many items useful for boating and swimming. Among products include many that may please fathers – note Father’s Day is Sunday, 15 June.



First-aid Kit for boat, car and home

This easy-to-carry and store kit is made of waterproofed material and has both a handle and shoulder strap. It contains everything to care for wounds, tweezers with an attached magnifying glass, and a torch/thermometer/pen. A perfect boy’s toy for Father’s Day! **\$400**



Rocky Mountain Sunscreen

The ABC shops always stock a variety of sun protection. Rocky Mountain brand is broad-spectrum UVA/UVB, water-resistant (80 minutes), greaseless, gluten-free, PABA-free, fragrance-free, and hypo-allergenic. Fortified with aloe, it can be used as a daily moisturizer - safe for daily use on the face and under make-up.

\$35 - \$159

Sun Protection Updates from the Environmental Working Group

Did you know your body’s largest organ is your skin? Take care of it now to prevent future skin damage and skin cancer. The Environmental Working Group says a sunscreen should be free of oxybenzone and retinyl palmitate, not have an SPF above 50, and must be broad spectrum (protecting against both UVA and UVB rays).

It’s easy to get overwhelmed with the sunscreen options on store shelves.

Here’s a quick guide to find the best products to protect your family from the sun:

- Use a sunscreen with a minimum of SPF 15 and a maximum of SPF 50,
- Make sure labels list UVA and UVB (or broad spectrum protection),
- Avoid products containing oxybenzone and retinyl palmitate if you’re concerned about potentially toxic chemicals,
- Choose lotions versus spray sunscreens for more evenly distributed protection, and

Remember to apply at least two ounces of lotion (about a shot glass full) and reapply often. The sun breaks down the ingredients in sunscreen that protect your skin. Experts recommend reapplying every two hours, or after swimming or heavy sweating. **H**

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Available now at the ABC Club Shop

Hong Kong Pleasure Vessel Operators Handbook

\$390

A complete guide to earning the Hong Kong Pleasure Vessel Operators License, including all the material needed for both Grade 2 and Grade 1 exams. The handbook contains a set of flash cards to assist learning buoyage and navigation lights, along with sample test questions and the full examination syllabus.



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HKSF Dinghy Logbook \$60

Covers the syllabus of the local sailing scheme, with a log section to record all your sailing. Even if you don't hold any HKSF certificates, you should still accurately record your sailing.



Available now at the ABC Club Shop

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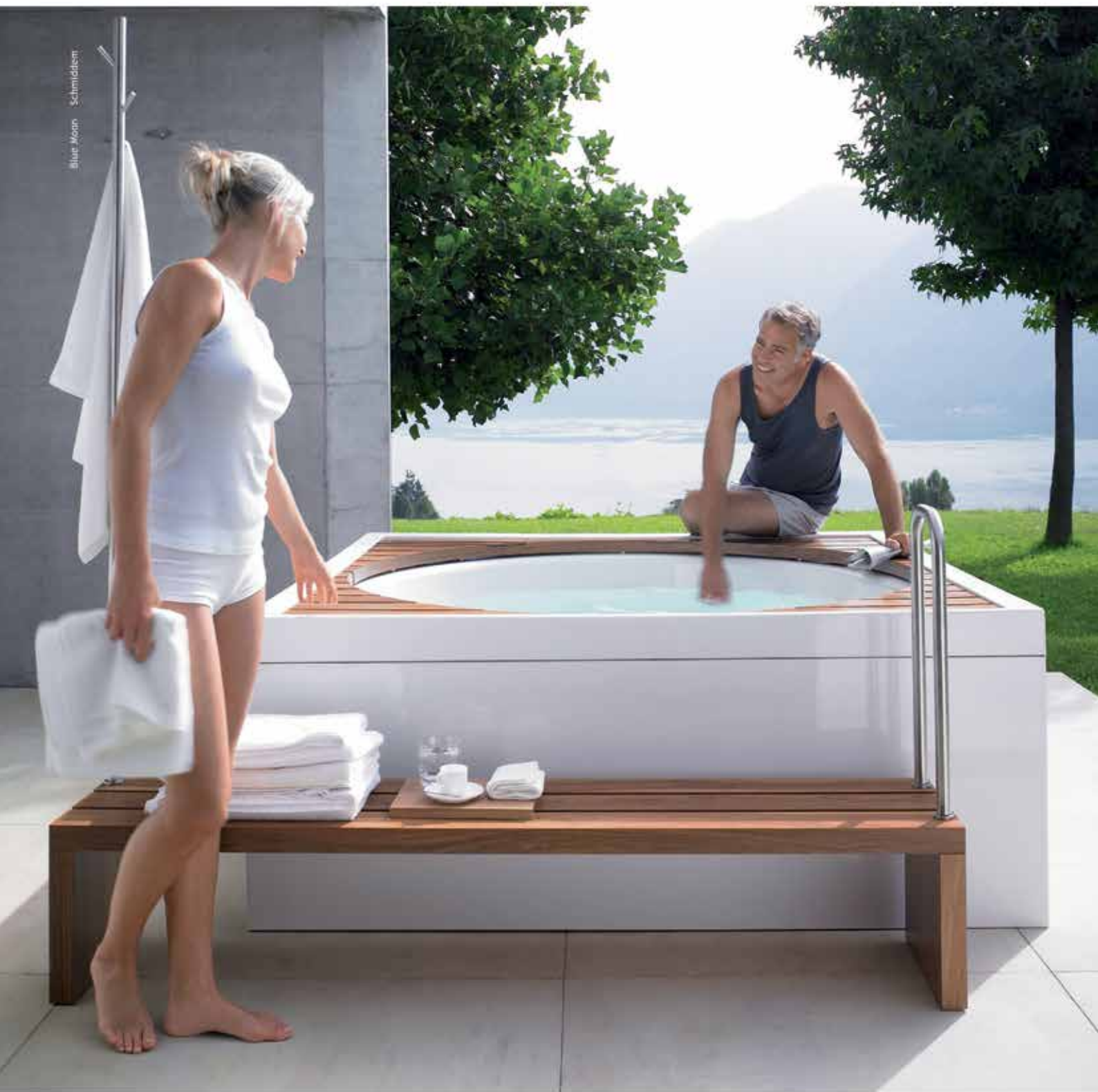
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