



2015/01-02

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HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB



Race Report: the 2014
ABC Southside Regatta

ABC Sailors at
Laser Championships

Learn to Sail at the ABC

FAIRLINE

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Cover photo by Tim Edmonds:
ABC youth sailor Malo Kennish at the 2014 ABC Southside Regatta

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

I am pleased to note that another successful Southside Regatta was held in early December, with 120 entries. We were pleased to welcome again substantial contingents from the Hong Kong Optimist Dinghy Association, the Royal Hong Kong Yacht Club and Sailability.

The Club's AGM was held on 25 November and was well attended. The General Committee welcomed new members of the Committee – Tristan Stewart and James Smith, as well as the reelection of Richard Walker, Jon Zinke, Matthew Johnson, Barry Hill and David Tait, and giving thanks to Hans Lange and Andres Sanchez for their valuable contributions to the Club through committees in recent years. Thanks also go to co-optees who diligently served in our committees over the the last year. The officers of Rear Commodore – Sailing Chris Pooley, Rear Commodore – House

Richard Walker, Treasurer Matthew Johnson and Honorary General Secretary Nick Bodnar-Horvath, as well as myself go forward for the year 2015. A lively forum of members' questions followed the AGM.

As decided in the 2014-15 budget, our monthly subscriptions will have to rise from January 2015, from \$1150/month to \$1225/month to cover the effects of inflation on salaries and other costs. This is the first rise in basic subscriptions since February 2008 and the long delay in this rise reflects strong cost management and increased membership numbers. There are no changes in other basic charges – carpark fees, mooring fees and the building levy – which remain the same as in 2014.

We have now effectively reached our membership limit of 1200 (apart from Honorary members, cadet members and the like), and new members are being



selected based on the priorities from the Club Memorandum of Association, which requires us to encourage boating and sailing.

I wish you and your families the very best for the festive season, the New Year and the Year of the Goat. See you around the Club.

John Berry
Commodore

Flag Officer's Report

Over the course of the past year, the House and Building Committee (HouseCom) has made a number of improvements to the fabric of the Club and its operational systems.

Changes to the Clubhouse included the installation of video surveillance cameras in the playground in March due to damage to equipment. In April, the main entrance to the Club was brightened up with the new trophy cabinet and a long-overdue facelift for the staff changing rooms and canteen!

Communication with members became more electronic as we continue to seek to limit our environmental impact. In May, we introduced the weekly e-newsletter that covers all aspects of the activities of the Club and includes direct links to events booking. This has been further developed to include e-newsletters on Club and boating matters. The website was also

completely revamped over the summer and now has a better interface with more functionality. With the finalisation of the new Club IT system in September, members now receive electronic monthly statements, and now may examine their account online. Internally, committee members have better access to information for oversight and management purposes.

Over the coming year, we are looking to improve facilities at Middle Island by redesigning the service and bar areas so that we can provide a wider range of food. The Waglan Bar is also long overdue for an upgrade, and HouseCom will be looking into ways to improve its look, comfort and functionality. Finally, we will look to make improvements to the swimming pool to provide a more relaxing area for members.

The Club AGM, held in late November, led to some changes in the membership



of the General Committee. We will see some new faces on HouseCom next year. We hope that the arrival of some new members will provide further ideas for improvement. As ever, if you have ideas for the Club, please contact me or any of the staff with your suggestions.

Richard Walker
Rear Commodore – House

Poliform | Varenna



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11.00 > 18.00 sunday

General Manager's Letter

A belated happy New Year to members who missed the New Year's Eve party, and best wishes to all for a healthy and happy 2015.

As I write this letter before the magazine printer's deadline, many of our festive season events are being booked well in advance. We look forward to a busy celebratory season into the New Year.

Staff party

The annual ABC staff party will be held on 9 March, thanks to your generous contributions. Again, the staff will enjoy a "do" at a Sheung Wan restaurant. Photos to follow in the April issue of *Horizons*.

Chinese New Year closing

As is usual, the Club will be closed for 2.5 days for Chinese New Year, from Wednesday, 18 February, at 3 pm as lunch ends, until we reopen on Saturday morning for breakfast.

Four Peaks race

On 31 January and 1 February, the ABC will host the 31st running of this very challenging race. As ever, I wish to thank in advance all the volunteers who will help during the long hours of this race, including the West Island School Scouts group that mans the peaks and our Race Officer Wayne Thomson, past commodore and life absent member, who will have left his warm Thailand home especially to run this year's race.

Last but not least, I would like to thank Simpson Marine, our sponsors for the 2015 Four Peaks race and for the next two years. Without sponsorship, we would not be able to help the race achieve its high levels of success. A great thank you, Messrs Simpson and Russell, for all your efforts in promoting and supporting our race.

Food and beverage

A new menu for the Four Peaks Restaurant began on 15 December. We return to a more traditional menu, with set dinners, including the particular

“I would like to thank Simpson Marine, our sponsors for the 2015 Four Peaks race and for the following two years.”

member favourite of the beef Wellington set dinner. While our rethinking is back to basics in the best way possible, your choices will include a sea-salt encrusted sea bass (pure delight) and the very unusual black tomato soup. By popular demand, you will also see the return of the ABC lobster bisque.

We are now also starting a special Four Peaks monthly cuisine promotion designed to differ from the Galley's monthly themed offerings. This January, dip into our now-traditional Swiss cheese fondue, and in February, tuck into an array of goose liver dishes from Chef Paul.

House

Over the course of this winter, many projects should be appreciably advanced or completed. We will work on our F&B concept for Middle Island and the Main Clubhouse swimming pool's look and repairs. The Waglan Bar will be revamped and we will refurbish the gym room with more, and new, exercise equipment.



New Club boat

This very long overdue project is also progressing, slowly and steadily. We have chosen the electronic navigation equipment, added a bow thruster for better maneuverability and selected the material for use on the benches. All that remains is the actual boat-building. We expect to take delivery around September, in time for the 2015 ABC Opening Regatta.

Before the new Club boat's maiden voyage, we will organise a naming competition. The winner will host a cruise on the new boat for guests. Please send your ideas for a boat name, as it will be with the Club a long time.

Mooring

We have yet to receive all the completed reconfirmations of mooring contracts. If you have not done so already, please send us your reply and all documents as soon as possible.

Philippe de Manny

General Manager

ABC Member Professor Anthony Hedley

Professor Anthony Hedley died on 19 December 2014 after a long battle with illness. Dr. Hedley, born in 1941, joined HKU in 1988 as chair professor of community medicine, a post held until he retired in 2010. He lived in Hong Kong for over 22 years and was an active member of the ABC.

Professor Hedley published in 2009 his "Air Pollution and Public Health" paper, reflecting his lifelong battle against smoking and fight to reduce air pollution. He was the instigator in 2010 of Hong Kong's now-ubiquitous air pollution index.

Professor Hedley will be sorely missed by ABC members and staff.



Relax and Renew with Gong Healing

An ABC member, Martha Collard, is at the forefront of introducing an ancient form of relaxation and healing to this part of the world. Gongs are unmatched in their ability to create balance and to shatter blockages. The sound of a master-quality gong induces a state of spontaneous meditation and relaxation, which facilitates the movement of chi or prana (positive life force) throughout the body. On a physical level, the movement eliminates tension, stimulates the circulation and glandular systems, and regenerates the parasympathetic nervous system.

Gongs have a long history, dating back 4000 years to Mesopotamia. Their use for healing is nearly as old. Pythagoras, in 500 BC, understood that everything we know

vibrates at some frequency at atomic level. Pythagoras' school taught how to heal people by removing any dissonance.

Martha now has the largest collection of meditation gongs in Asia. Every day, Martha plays the gongs for staff in a Hong Kong corporate head office, and on her boat as well. Martha will open her own sound-healing studio early next year.

Past-participants in Martha's sessions have commented that they are "transformational," "better than drugs!" "cosmic" and "deeply relaxing". Want to be part of the growing group of gong bathers? Why not come along and try it for yourself.

The ABC will hold a free "taster" session of gong bathing at the ABC squash court, 8 January, 7 – 8 pm.

All are welcome.

Monthly Subscriptions

As there has been no increase in the monthly subscription since February 2008, the Full Rate Members' (i.e. Ordinary, Associate, Sailing and Short-term Members) monthly subscription of \$1,150 will be increased to \$1,225, effective from 1 January 2015.

There will be no changes in other categories.

Club Closing

To allow staff to celebrate the Lunar New Year, the ABC will close at 3 pm on 18 February, reopening for breakfast on 21 February.

The Club will also close at 3 pm on Monday, 9 March, for the annual staff party.

Kung Hei Fat Choy and best wishes for the Year of the Goat from everyone at the Aberdeen Boat Club.



Welcome New Members

September

Richard Cunliffe
William Yiu
Richard Yeung
Yang Yu
Julian Hui
Jacques-Louis Clot
Melissa Lim
Bertille Voets
Scarlett Lorin
Leo Yu
Susan Tang
Jocelyn Brigg
Keith Robertson

October

Stuart Denton
Jacques Hatterer
George Jones
Jacob Meunier
John Brown
Jan Adams
David Harley
Cheng Hiu Man
Amanda Li
Allen Daniel Choi

November

Michael Poll
Craig Ellis
Kitty Kuk
Eric Piras
Stephen McKeever
Avinash Murlidhar
Pascal Martin
Patrick Hugh



January F&B Promotions

Throughout the month, the Galley and the Waglan Bar will offer selected Thai appetisers, entrées and desserts. The Four Peaks will feature cheese fondues.



January Events

Prime Rib Night with free wine tasting

Friday, 9 January, 6:30 – 9:30 pm, the Patio
Enjoy our succulent prime rib dinner, roasted to perfection. With baked potatoes, your choice of vegetables, salads and desserts.
Adults \$259, children (3 – 12 years of age) \$159
Concessionary price for members over age 65, \$219
To reserve for your family and friends, call the Galley at 2554 9494

Norwegian Salmon Evening

Friday, 23 January, 6:30 – 9:30 pm, the Patio
Discover salmon in 12 ways. With your choice of vegetables, salads and desserts.
Adults \$190, children (3 – 12 years of age) \$100
Concessionary price for members over age 65, \$150
To reserve for your family and friends, call the Galley at 2554 9494

Hot Pot Buffet

Saturday, 31 January, 6:30 – 9:30 pm, the Patio
Adults \$215, children (3 – 12 years of age) \$115
Concessionary price for members over age 65, \$175
To reserve for your family and friends, call the Galley at 2554 9494

Featured wine from South Africa

Simonsig Pinotage 2012
Simonsig Reisling 2014
By the glass, \$49, by the bottle \$240

Featured beer from Thailand

Singha Premium Lager
\$26 per bottle

Featured cocktails

Holiday Cheers
Sparkling wine, Grand Marnier, frozen cranberry and lime
\$58 per glass

Rosella Logan Tea (hot)

Rosella bud, dried longan, fresh pear and honey
\$38 per glass



Home Wine Delivery January 2015

	\$/Bottle	Quantity	Amount
Simonsig Kapse Vonkel, Stellenbosch, South Africa, 2012 (Sparking champagne blend – Chardonnay, Pinot Noir, Pinot Meunier) Delicate floral aromas with hints of ripe apples and citrus. A complex wine with layers of red berry and baked apple flavours. A clean and dry finish.	\$165		
Kirrihill, Lizards of Oz, Chardonnay, Clare Valley, South Australia, 2008 Beautiful gold in colour. Tropical fruit-driven. Soft and generous on the palate, oaky, followed by a citrus finish.	\$120		
Mansion House Bay, Sauvignon Blanc, Marlborough, New Zealand, 2013 Straw-green in colour, displaying gooseberry, redcurrant and lemon aromas. The palate is medium- to full-bodied with vibrant acidity and crisp fruit flavours. The finish is zesty and long.	\$165		
Sandalford Element Late Harvest Soft Sweet Wine, Margaret River, Western Australia, 2014 (Verdelho, Chardonnay, Chenin Blanc, Semillon) Perfumed and fruity. Think pineapple and honeydew melon with an enticing soft sweet nose. Tropical fruit flavours, lower alcohol level (8% abv), light-bodied, with a sweet aftertaste.	\$135		
J.C. Beauvoir Syrah Rosé, Languedoc, France, 2013 Floral bouquet of rose petals. Strawberry on the palate. Raspberry. Fruity, supple and thirst-quenching.	\$115		
Sandalford Element Merlot, Margaret River, Western Australia, 2013 Plum, redcurrants and spice notes on nose. Medium-bodied with an easy drinking style. Upfront plums and red berries on the palate. Silky tannin.	\$135		
Mansion House Bay, Pinot Noir, Marlborough, New Zealand, 2012 Lifted spiced plum and cherry flavours with notes of complex leather, cedar and cigar box. Round and mouth-filling red fruit. Silky texture with supple tannins.	\$220		
Kirrihill Regional Range, Shiraz, Clare Valley, Australia, 2012 Lifted spicy aromatics with subtle blackberry notes and forest floor. Rich palate of blackberry, olive tapenade and cassis. Fine-grained tannins with balanced acidity. Soft vanilla-oaked aftertaste.	\$175		
Simonsig Tiara, Stellenbosch, South Africa, 2010 (Bordeaux blend) A rich, perfumed bramble and red berry bouquet, with layers of mocha, sweet cinnamon sugar, vanilla spice, violets and delicious mulberry fruit. A lovely lead pencil influence. Fine-grained tannins. Chosen by British Airways and Cathay Pacific First Class as an in-flight serving wine.	\$240		
	Total		

**Free Wine Tasting on the Patio,
Friday, 9 January, 6:30 – 9:30 pm**

All of the wines in the January selection will be available for free tasting at the 9 January Prime Rib night on the Patio.

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

***Minimum order – 12 bottles and mixed cases are allowed.**

Member Name: _____ Membership Number: _____

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

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

Total amount will be charged to Member's account. Orders accepted by mail, fax or in person. Contact Food & Beverage Department at 2555 6216 or Fax: 2873 2945
Free delivery for orders of 12 bottles or above. Please allow three working days for delivery. All wines are subject to availability.





February F&B Promotions

Throughout the month, the Galley and the Waglan Bar will offer Hot Pot selections. The Four Peaks will feature goose liver promotions.

Featured wine from Chile

Santa Carolina Reserva Merlot 2012

Santa Carolina Reserva Sauvignon Blanc 2012

By the glass, \$45, by the bottle \$220

Featured beer from China

Tsing Tao

\$25 per bottle

Featured cocktails

Holiday Cheers

Sparkling wine, Grand Marnier, frozen cranberry and lime

\$58 per glass

Rosella Logan Tea (hot)

Rosella bud, dried longan, fresh pear and honey

\$38 per glass

February Events

Chinese Traditional BBQ Night with free wine tasting

Friday, 6 February, 6:30 – 9:30 pm, the Patio

With your choice of vegetables, salads and desserts.

Adults \$230, children (3 – 12 years of age) \$130

Concessionary price for members over age 65, \$190

To reserve for your family and friends, call the Galley at 2554 9494

Chinese New Year Buffet

Saturday, 28 February, 6:30 – 9:30 pm, the Patio

With your choice of vegetables, salads and desserts.

Adults \$250, children (3 – 12 years of age) \$150

Concessionary price for members over age 65, \$210

To reserve for your family and friends, call the Galley at 2554 9494

Please note: To allow staff to celebrate the Lunar New Year, the ABC will close at 3 pm on 18 February, reopening on 21 February. The Club will also close at 3 pm on Monday, 9 March, for the annual staff party.



Home Wine Delivery February 2015

	\$/Bottle	Quantity	Amount
SPARKLING			
Botter Prosecco DOC Spumante Extra Dry N.V. – Veneto, Italy Typical crisp and delicate perlage. Pale light-yellow colour, with a delicate and complex bouquet. Fruity notes reminiscent of peach and green apple with second notes of acacia and wisteria. Fresh and light on the palate with balanced acidity and body; harmonic with a long persistent aftertaste.	\$115		
WHITE			
Double 8 Riesling 2009 – Waipara Valley, New Zealand Straw-yellow colour, lifted aromas of elderflower, lemon and lime. Delicate bursts of stone fruit and floral flavours lead to a perfect balance of sweetness and citrus-like acidity. <i>Silver Medal, Hong Kong International Wine & Spirit Competition</i>	\$130		
Capel Vale Debut Sauvignon Blanc Semillon 2012 – Western Australia Freshly cut grass, pink grapefruit, passion fruit and gooseberries on the nose. Primary fruit in the mid-palate maintains interest from start to finish, providing flavours reminiscent of lemon, fruit salad and figs. <i>James Halliday – 88 pts</i>	\$140		
Grace Vineyard Tasya's Reserve Chardonnay 2011 – Shanxi, China Light-golden in colour, lemony, with pineapple and a slight minerality. On the palate, clear, sweet, soft and roasty. Slight gamey on the nose with a gradual finish.	\$199		
RED			
J. Moreau Merlot Cabernet 2012 – Languedoc, France Crimson in colour. A warm, plummy nose, with hints of red berry fruits. Softly spicy with notes of fresh red fruits such as strawberries, cherries and softly balanced tannins.	\$105		
Capel Vale Debut Shiraz 2009 – Western Australia Liquorice, red berry and black pepper on the nose. Succulent berry and black pepper flavours skillfully balance spicy French and vanilla American oak. <i>Western Australian Wine Guide 2012 – 90 pts</i> <i>James Halliday – 87 pts</i>	\$140		
Grace Vineyard Tasya's Reserve Cabernet Sauvignon 2010 – Shanxi, China Very deep ruby-red in colour, with a fruity, vegetable-like and gamey aroma. A round and smooth body, rich and harmonious on the palate. Strong tannins, long finish.	\$199		
YELLOW			
Yue Zhou Jia Naing (aged 10 years) – Shaoxing, China As with the traditional process of wine-making, it is stored for over 10 years. Its alcohol level is just right, with a smooth taste and rich aroma. Enriched with amino acid and vitamins.	\$225		
	Total		

Free Wine Tasting at the Patio,
Friday, 6 February, 6:30 – 8:30 pm

All of the wines in the February selection will be available for free tasting at the 6 February traditional Chinese barbecue event at the Galley and Patio.

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

*Minimum order – 12 bottles and mixed cases are allowed.

Member Name: _____ Membership Number: _____

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

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

Total amount will be charged to Member's account. Orders accepted by mail, fax or in person. Contact Food & Beverage Department at 2555 6216 or Fax: 2873 2945
Free delivery for orders of 12 bottles or above. Please allow three working days for delivery. All wines are subject to availability.





ABC Optimist Sailor Freddie Last

Large Turnout as ABC Hosts 2014 Southside Regatta

By Kevin Lewis, photos by Kevin Lewis and Tim Edmonds

On 6 and 7 December, the Southside Dinghy regatta, the ABC's premier annual dinghy event, once again proved to be a successful and enjoyable weekend. This was the fifth running of the event since its relaunch in 2010, after its inception back in 1995.

This year saw our largest-ever number of entries, with 123 registered to take part (compared to 108 and 103 in the last two years). This highest-ever numbers came despite the Hong Kong Sea School being unable to send any sailors or support the event, as the dates clashed with an important school open day. Nor could Operation Breakthrough support the event as its volunteers, mostly police officers, were too busy with other commitments. In addition, this year we had no sailors from Macau. We also saw far fewer 29ers and Hobie 16s take part.

What did drive overall numbers up was a big increase in Optimist sailors, reflecting the efforts of all sailing clubs to get more youngsters sailing.

Division B also saw more sailors, again mainly due to increased numbers of Laser 4.7 competitors. We also welcomed back a larger-than-ever contingent from Hong Kong Sailability, with 10 entries in the Access 303 and 2.4mR classes. The latter proved particularly impressive, including Foo Yuen Wai who recently returned from the Asian Para Games in Korea, having won the bronze medal.

As the weekend approached, falling temperatures and a strong northeast monsoon wind hinted at a tough and windy regatta and this was certainly the case for Day 1.

As the fleets set out, winds picked up and Race Officer Greg Sinclair wisely brought the dinghy fleet back from Stanley





ABC's Ryan Wong and Julia Chawla in the RS500



Reaching toward Mark 2 on the first day

Bay to a sailing area just off Round Island. With winds gusting in excess of 25 knots, the safety team were kept busy as the regatta got underway. Three good races were completed for all dinghy classes, with the Hobie 16s managing four races. The multihulls and 29ers were sailing off Po Toi and were experiencing even more breeze!

The second day promised more of the same conditions, but saw a dramatic decrease of wind through the morning, eventually resulting in the race officer struggling to get the final start in with breeze hovering around four knots. In the end, five races were completed for all classes, with the 29ers managing eight and the Hobie 16s nine races.

Division A saw total dominance by Calum Gregor and Hugo Christensson in their 420, sailing superbly and winning with four out of five bullets. They were pursued by Gerald



Madeleine Walker and Scarlett Lorin (L), with Jules Triomphe and George Burkett



Division B start Sunday morning



The race management team (left to right) – Greg Sinclair, Sofia Mascia and Bo Fussing (R), with Chris Pooley



Yann D'Argenlieu and Nathan Bradley, 1st 29er, with Diana Bruce



Calum Gregor (C) and Hugo Christensson, 1st 420 and overall Division A



Nancy Highfield, 1st Optimist, with Diana Bruce (L)

Williams (Laser Standard) and Jackie Truhol (Laser Radial) in second and third.

Division B saw a clean sweep from J-Asia Laser 4.7 sailors, with Nick Bezy, Marion Williams and Stephanie Norton taking the top three places, despite all missing the final race to leave early and sail back to their base in Sai Kung.

It was very close at the top of the Optimist Division, with Nancy Highfield and Thorwen Uiterwaal finishing on equal points but Nancy winning on countback. The Sailability Access 303 division also had a close finish with Cho Ping eventually winning by one point. Over on the 29er course, Yann

D'Argenlieu and Nathan Bradley took top honours, while Lai Ka Fai and Bendy Lee were first Hobie 16.

As usual, huge thanks go to all the volunteers involved in supporting the regatta, and also to those ABC members who agreed to be part of our protest committee. Principal Race Officer Greg Sinclair was back once again and did a fine job, with great support from Bo Fussing on the 29er and multihull course, and Assistant Race Officer Sofia Mascia. Ocean Park and *Fragrant Harbour* contributed prizes, and free event shirts came from Gybe. ✨



2014 ABC Southside Regatta Results

Dinghy Class A (fast)		
1st Overall (in a 420)	Calum Gregor and Hugo Christensson	RHKYC
2nd Overall (in a Laser Standard)	Gerald Williams	J-Asia
3rd Overall (in a Laser Radial)	Jacqueline Truhol	RHKYC
Dinghy Class B (slow)		
1st Overall (in a Laser 4.7)	Nicholas Bezy	J-Asia
2nd Overall (in a Laser 4.7)	Marian Williams	J-Asia
3rd Overall (in a Laser 4.7)	Stephanie Norton	J-Asia
Optimist (Div C)		
1st Overall	Nancy Highfield	J-Asia
2nd Overall	Thorwen Uiterwaal	RHKYC
3rd Overall	Dolf Hendriksen	RHKYC
29ers (Div D)		
1st Overall	Yann D'Argenlieu and Nathan Bradley	ABC
2nd Overall	Ferdinand Heldman and Leonardo Giustiniani	RHKYC
3rd Overall	Akira Sakai and Juliette Martin	ABC
Access / Hansa 303W (Div E)		
1st Overall	Cho Ping	HHYC Sailability
2nd Overall	Chan Yuen Wah	HHYC Sailability
3rd Overall	Foo Ka Ming	HHYC Sailability
Hobie 16 (Div G)		
1st Overall	Lai Ka Fai and Bendy Lee	Hobie Club
2nd Overall	Karl Chan and Gary Ku	Hobie Club
3rd Overall	Ronald Tam and Katie Lai	RHKYC
Dinghy Class Prize		
420	Calum Gregor and Hugo Christensson	RHKYC
2.4mR	Foo Yuen Wai	HHYC Sailability
Laser 2000	George Burkett and Jules Triomphe	ABC
Laser Standard	Gerald Williams	J-Asia
Laser Radial	Jacqueline Truhol	RHKYC
Laser 4.7	Nicholas Bezy	J-Asia
RS Feva	Justin Yeung and Sacha Raffaud	ABC
Pico	Ian Duncan	HHYC

31 JANUARY –
1 FEBRUARY 2015

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31st FOUR PEAKS Race

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

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VISTRA Hobie Asian Championships 2014 ABC Supports Hong Kong Hobie Club As World's Best Cat Sailors Race at Tai Tam

The ABC helped support the Hobie Asian Championships in Hong Kong on 18–19 October, joining the local club's 20th anniversary celebration as many top international catamaran sailors competed in the strong winds that often exceeded 20 knots.

Winning all races on both days were Damrongsak Vongtim and Kitsada Vongtim from Thailand, who recently came second in this year's Asian Games. Damrongsak, the 2014 Hobie Asian Champion, is a two-time Asian Games winner as well as a multiple Thai national champion.

In hot pursuit, securing second place, were Hong Kong stalwarts Tong Shing and Kit Tong, who earned third place in the recent Asian Games.

Third place in the Championships went to 2007 Hobie 16 world champion and 2011 Australian champion Mick Butler. Local girl Kate Lai was his crew for the two days.

A total of 27 teams competed, including entrants from Thailand, Taiwan, Japan and the Philippines,

together with Hong Kong's own Hobie 16 regulars.

The ABC provided a safety boat and staff support for the Hong Kong Hobie Club's event. Race Office Bo Fussing, an ABC member, officiated.

Running in tandem with Vistra HAC on both days was the IAE Open Catamaran Cup which – as the name suggests – was open to all other sports catamarans, mainly spinnaker-flying F18s and F17s. All races on both days were won by Michael Scantlebury and David Harris sailing a Hobie Wildcat.

Held near Tai Tam Bay, the championships featured a series of geometric courses. "It was a fantastic event," said Hong Kong Hobie Club Commodore Peter Frauchiger. "The wind and the weather played along real well, and sailors had to be constantly on guard with huge gusts that in an instant could capsize boats and dash dreams. All participants had a fantastic time on and off the water – greatly enjoying each other's company. The international crowd from all over Asia really spiced up the event." H





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French International School Youth Sailing Programme

Monday, 23 – Friday, 27 February

Application Deadline Wednesday, 11 February

Specifically for any students with a week off in February, the ABC offers the one-week programme below. Full details and application forms are available on our website. The weather will be colder, so it is essential to wrap up warmly. Sailing conditions can be great – often with sunshine and good wind. Application deadline is earlier than usual due to Chinese New Year holidays and will be strictly enforced – so apply before 11 February if keen!

Date & Time	Junior Course	Activity	Eligibility	\$ Cost (Member/ Non-member)
Mon 23 – Fri 27 Feb AM	✓	Optimist Stage 1	Age 7 – 11	840 / 1,215
Mon 23 – Fri 27 Feb AM	✓	Optimist Stage 2	Age 7 – 11 Passed Optimist Stage 1	840 / 1,215
Mon 23 – Fri 27 Feb PM	✓	Optimist Stage 3	Age 7 – 11 Passed Optimist Stage 2	840 / 1,215
Mon 23 – Fri 27 Feb PM	✓	Optimist Stage 4 Race Training	Age 7 – 11 Passed Optimist Stage 3	840 / 1,215
Thurs 26 – Fri 27 Feb		Two-day Topper / Pico / Feva Supervised Practice	Age 11 – 18, Passed HKSF Level 2	1,040 / 1,560
Mon 23 – Fri 27 Feb		HKSF Level 1 & 2 Beginner Course	Age 12 – 18, basic entry level for teenagers	2,600 / 3,900
Mon 23 – Weds 25 Feb		RS Feva Introduction	Age 12 – 18, Passed HKSF Level 2	1,560 / 2,340

Sailing diary

Cooler weather is here but it is time to look ahead and take note of various courses and activities on offer in the next three months. In particular we wish to remind all of the new Hong Kong Race Week, incorporating the ASAF Youth Cup, a large-scale international dinghy event hosted by RHKYC just before Chinese New Year. Details: <http://www.hongkongraceweek.com/>

Regattas and Racing – Cruiser

Waglan 6: 4 Jan
 Waglan 7: 18 Jan
 Four Peaks Race: 31 Jan & 1 Feb
 Waglan 8 and 9: 15 Feb
 COA Macau Race: 19 – 21 Feb
 RHKYC Pedro Blanco: 28 Feb – 1 Mar
 Waglan 10: 15 Mar

Courses and other activities

J/80 Sailing Trip: 15 Mar
 J/80 Competent Crew Course:
 3, 4 & 5 Apr (Easter weekend)
 J/80 Gennaker Day: 11 Apr

Regattas and Racing – Dinghy

Winter Dinghy Races 1 and 2 – Double-handed: 11 Jan
 Winter Dinghy Races 1 and 2 – Optimist, Laser and Open: 18 Jan
 29er National Championships (RHKYC): 24 & 25 Jan
 RS Feva Club Championships (ABC): 24 & 25 Jan
 Winter Dinghy Races 3 & 4 – Optimist, Laser & Open: 8 Feb
 RHKYC Hong Kong Race Week & ASAF Youth Cup: 12 – 17 Feb
 Winter Dinghy Races 3 & 4 – Double-handed: 1 Mar

Adult HKSF Level 3 Dinghy Course: 4, 10, 11, 17 & 18 Jan
 Adult HKSF Level 1 & 2 Beginner Dinghy Courses:
 1, 7, 8, 21 & 22 Mar
 12, 18, 19, 25 & 26 Apr
 1, 2, 3, 9 & 10 May

Supervised Sailing

This is an ideal way for adults and teenagers to get more time on the water, practicing techniques and getting an introduction to racing. Sessions run every Wednesday morning and Saturday afternoon. A discount is available for those who book four sessions. Details are on our website at http://www.abclubhk.com/supervised_sailing.aspx

RS
Feva

CLUB CHAMPS'15 HONG KONG



24th & 25th Jan

Entry deadline – 16 Jan 2015

For further information, please email
sailingsecretary@abclubhk.com

NOR & Entry form available at
www.abclubhk.com





2015 ABC Easter Youth Sailing Programme

Application Deadline Friday, 20 March

The Easter school holidays are just about the best time to sail, with great wind! Apply early, as Easter tends to be our most popular time to sail, and courses quickly become full, especially our Optimist Junior activities. Full details are on our website, www.abclubhk.com, and also are available from Angela at SailingSecretary@abclubhk.com. Due to last-minute applications, we have application deadlines for all courses. **Please note that if we have space we will still accept late applications, subject to a 30% late application-additional fee.**

Date & Time	Junior Course	Activity	Eligibility	\$ Cost (Member/ Non-member)
Mon 30 March – Fri 3 April AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 30 March – Fri 3 April PM	✓	Optimist Stage 2	Age 7 – 11; Passed Optimist Stage 1	864 / 1,300
Mon 30 March – Fri 3 April PM	✓	Optimist Stage 3	Age 7 – 11; Passed Optimist Stage 2	864 / 1,300
Mon 30 March – Fri 3 April		HKSF Level 3 Improver Course	Age 11 – 18; Passed HKSF Level 2 with one-year sailing experience since	2,600 / 3,900
Mon 30 March – Weds 1 April		RS Feva Introduction Course	Age 12 – 18; Passed HKSF Level 2	1,560 / 2,340
Mon 30 March – Weds 1 April		Laser 1 Introduction Course	Age 12 – Adult; Passed HKSF Level 2	1,560 / 2,340
Sat 4 – Weds 8 April AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Sat 4 – Weds 8 April AM	✓	Optimist Stage 2	Age 7 – 11; Passed Optimist Stage 1	864 / 1,300
Sat 4 – Weds 8 April PM	✓	Optimist Stage 3	Age 7 – 11; Passed Optimist Stage 2	864 / 1,300
Sat 4 – Weds 8 April PM	✓	Optimist Stage 4 Race Introduction Course	Age 7 – 11; Passed Optimist Stage 3	864 / 1,300
Sat 4 – Mon 6 April		Laser 1 Introduction Course	Age 12 – Adult; Passed HKSF Level 2	1,560 / 2,340
Sat 4 – Weds 8 April		HKSF Level 1 & 2 Beginner Course	Age 11 – 18; can swim with water confidence	2,600 / 3,900
Mon 6 – Weds 8 April		3 day Pico / Feva Supervised Practice	Age 11 – 18; Passed HKSF L2	1,560 / 2,340
Thurs 9 – Sat 11 AM & Sun 12 April (full day)	✓	Optimist Stage 4 Race Introduction	Age 7 – 11; Passed Optimist Stage 3	864 / 1,300
Thurs 9 – Fri 10 April		RS Feva Gennaker Introduction	Age 12 – 18; Passed RS Feva Intro	1,040 / 1,560
Thurs 9 – Sun 12 April		ABC 4-Day Introduction to High-Performance Sailing	Age 13 – 18; Applicants must hold HKSF Level 3	2,080 / 3,120
Thurs 9 – Sun 12 April & Sat 18 April		High Performance Advanced Skills, HKSF Level 4	Age 13 – 18; Applicants must hold HKSF Level 3 and since have had one season of sailing	2,600 / 3,900
Sun 12 April		Sailing Trip	Age 13 – Adult; Passed HKSF Level 2	608 / 912 adult 520 / 780 youth

Note course timings:

AM Course: 9 am – 12:30 pm (meet at 8:45 am at the main Clubhouse)

PM Course: 1:30 pm – 5 pm (1 pm ferry from the main Clubhouse)

Entire-day course: 9 am – 4:30 pm (meet at 8:45 am at the main Clubhouse)



Waglan

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ABC sailors (L to R) Michele Clark, Stephanie Dechelette and Minoru Asano

ABC Ladies Enter the Laser Nationals

By John Wood, photos by Kevin Lewis



On 29 and 30 November, the RHKYC hosted the Laser Nationals. The ABC entered five boats, one helmed by former Club member Mr Minoru Asano, who had come over especially from Japan.

Throughout the weekend, there were three divisions. These were the standard

rig, radial and 4.7. Four of the ABC's boats were competing in the 4.7's while Theron Alldis competed in the standard rig.

Supervised sailing on Wednesdays

Over the last three months, on Wednesday mornings, I have been holding a supervised sailing session at which numbers – and participants' confidence – have steadily increased. Anyone, regardless of level of ability, is welcome to come along and practice sailing.

During the sessions, I give advice on sailing techniques and racing tips. I was delighted to see two of my Wednesday morning ladies also enter into the nationals. This was excellent experience for them and a big part of the massive learning curve they have both been on.

We wish to thank especially John Wood, who convinced us to sign up and who coached us on Saturday, and Kevin Lewis who supported us all day on Sunday. We also send warm thanks to the ABC and to Philippe de Manny who, despite our bad position, offered a very nice present to us three women: a beautiful pin in the shape of a boat. If we continue to attend the Wednesday mornings supervised sailing sessions run by John, I am confident that we will gain a few places and finish in a better position next year at the 2015 Laser Nationals.

- Cecile Martin



The Laser Nationals made for an excellent weekend, although frustrating at times. Hopefully, next year John will have trained us enough so that we can be in the middle of the fleet. Big thanks to John who has spent Wednesdays being very patient with us all and ensuring that all our boats were ready for the weekend. Thank you also to Philippe who kindly presented us with our broaches, which were gorgeous.

- Michele Clark

Laser start



Laser 4.7 start



Cecile Martin

Capable competitors

Day 1 of the Laser Nationals saw moderate to strong winds, and while some of our competitors were excited to be part of the competition, others were a little more apprehensive, but more than capable of competing.

Each race was roughly 45 minutes long. The course was a sausage and a trapeze which saw the boats sailing upwind twice. The 4.7's had a fleet of 17 boats.

The tide was strong, and with the wind against them, it was imperative that the ladies stayed out of the tide for the next race. With race 1 completed and me dealing with minor meltdowns, everyone from the ABC sailed relatively well for the rest of the day and, importantly, kept up with the rest of the fleet.

Day 2 saw moderate winds, but by the last race they were dropping to

light winds. Sadly, I couldn't supervise Team ABC on the Sunday, however, I had prepped them all before going on the water that morning. Everyone was a little more relaxed after getting through Day 1.

Again, three races were to be held on the Sunday, all following the same course as the previous day. Race 5 saw the ladies being much more adventurous on the start line and they were all having much better starts. Sadly, though, some of the younger competitors had been training for up to 35 hours a week, which is what Team ABC were up against.

By the end of the weekend, I can say that there were three very exhausted ladies, all very happy that they had managed to not only compete in but finish every race. Sadly, there were not enough women competitors for the

senior category so they missed out on a trophy, but ABC General Manager Philippe de Manny ensured a small prize for each ABC competitor.

I was also delighted that the competition weekend did not deter the girls – two days later they were back out in the Laser 2000s, in very gusty conditions, trying very hard to master the Gennaker.

More participants welcome

To ensure that the Wednesday supervised sailing/racing sessions go ahead, we need four people. If you are interested and would like to take part, please call Angela, our sailing secretary, who will give you more details. Cecile Martin and Michele Clark are usually out on the water and are always pleased to meet new people. ✨



A shopping mall and residential tower blocks are planned atop Wong Chuk Hang Station and the adjacent depot

South Island Line (East): Hong Kong's Southern District Moves Closer to Connecting with MTR Network

By Ken Wong, Project Manager - SIL Civil, MTR Corporation, images courtesy of the MTR

Many new buildings have sprung up in recent years over Hong Kong's Southern District, especially in the Wong Chuk Hang area. One overhead structure stands out, winding its way from north to south, and crossing over the Aberdeen Channel towards Ap Lei Chau.

It is the viaduct of the South Island Line (East) (SIL(E)), a 7-kilometre, medium-capacity railway comprising tunnel and above-ground viaduct sections that extend from Admiralty to the Southern District, passing through Ocean Park, Wong Chuk Hang, Lei Tung and South Horizons.

Targeted to open at the end of 2016, SIL(E) will connect the Southern District with Hong Kong's existing railway network, providing fast and convenient

railway service to the community across the busy Southern District.

Construction of SIL(E) began in 2011. At the end of October 2014, more than 79 percent of the works for the project had been completed.

Revitalising the community

When the SIL(E) opens, it will greatly shorten the travelling time in and out of the Southern District. For example, the trip from Admiralty to Ocean Park will be reduced to just four minutes from the current 25 minutes by road. For the benefit of residents of Ap Lei Chau, the journey time from Admiralty to South Horizons will take only approximately 11 minutes.

In addition to the railway transport service, the SIL(E) project will also

provide a number of public facilities for the community's convenience and enjoyment. These include a public transport facility under Wong Chuk Hang Station, a footbridge connecting Wong Chuk Hang Station and the nearby industrial area, a new Kwun Hoi Path footbridge that has already been installed, and a footbridge to connect South Horizons with Ap Lei Chau Estate. There also will be improvements to the existing road network in the vicinity of Ocean Park and Wong Chuk Hang stations.

A catalyst for regeneration

Beautification works will be conducted along Heung Yip Road to Ocean Park Road, introducing paved walkways and a greener, more natural ambience, and

creating a promenade along the existing nullah where residents can enjoy relaxing walks or other leisure activities.

A property development has also been planned for the top of Wong Chuk Hang Station and the adjacent depot. In future, a 47,000 square-metre shopping mall will be built on the site. Some 4,700 residential units will be in 14 residential blocks planned for construction above. This development will serve as a catalyst for urban regeneration in the Wong Chuk Hang area.

New stations and a depot

Of the four new MTR stations in the Southern District, structural works for both above-ground stations, Ocean Park Station and Wong Chuk Hang Station, are complete. The blue and yellowish-green facades that aim to blend into the surrounding environment can now be seen, whilst other fitting-out and electrical and mechanical works are in progress.

Similarly, the civil works of Wong Chuk Hang Depot were completed in mid-2014. Fitting out and electrical and

mechanical works are now underway inside the depot.

On Ap Lei Chau, structural construction of Lei Tung Station and South Horizons Station and their respective station entrances are in progress, while all excavation works have been completed. Structural works of the Yuk Kwai Shan End Plant Building and Lee Wing Street Ventilation Building are also underway.

Tunnel and viaduct construction

Starting from the underground Admiralty Station, SIL(E) enters the Southern District through the Nam Fung Tunnel. Trains will run on an elevated viaduct from the tunnel portal near the Aberdeen Tunnel toll plaza and will go underground again as they reach Ap Lei Chau. While the blasting works for the tunnel section on Ap Lei Chau were completed in early 2014, a new milestone was reached recently – the 3.2-kilometre Nam Fung Tunnel was broken through in October 2014.

Track-laying works from Ocean Park Station to South Horizons Station were

completed in October 2014. Residents may have seen canary-yellow engineering vehicles moving along the viaduct section from time to time – they are the works trains that install overhead lines and trackside auxiliaries along the completed track sections.

Admiralty: driving through challenges

While works in the Southern District are progressing well, the SIL(E) project continues to face challenges in the Admiralty Station extension works, which are being carried out close to high-rise buildings and the existing railway. In particular, the underpinning works for the Island Line tunnel are being conducted with great care, to maintain the safety of the railway tunnel structure and ensure no impact to train services.

The opening of SIL(E) is now targeted for the end of 2016. As safety is the top priority, the project team of MTR will continue to strive to overcome the challenges so as to deliver railway service to the Southern District community as soon as possible. 



Wong Chuk Hang Station: three entrances and a covered footbridge linking up with the nearby industrial area



Round Island, 29th November 2014 ABC “End of Autumn” Beach Party

By Stephen Hilton

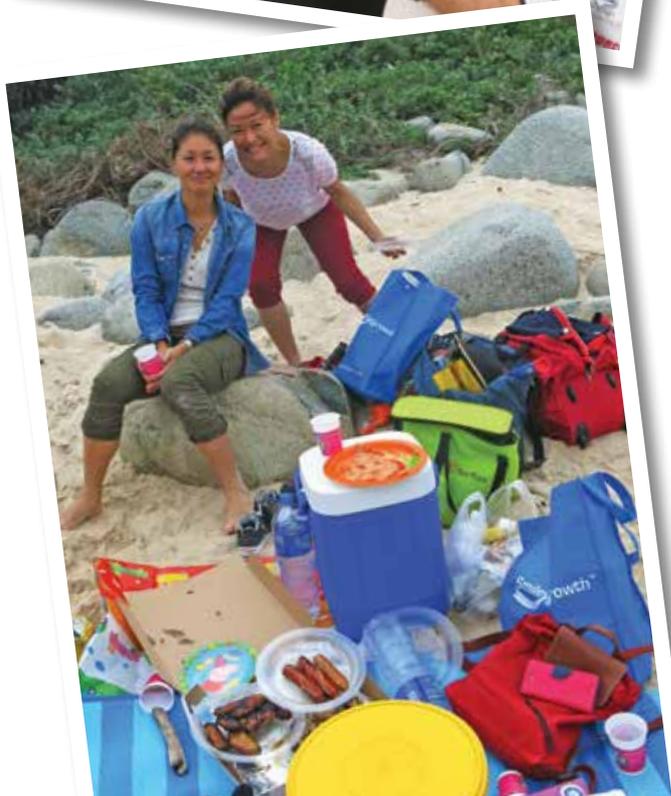
Wayne Robinson of the Sailing Committee came up with the novel idea of having an “end of autumn” beach party on the small beach on Round Island. Supported by Club General Manager Philippe de Manny and his tremendous team, the concept was turned into a fantastically promoted and managed event on 29 November that was attended by a wide cross-section of Club members and families.

The recipe was simple enough – take one deserted beach on the island nearest to Aberdeen and Middle Island, promote the event widely in the Club – provide a small flotilla of small Club boats to get people to the island – provide food and a do-it-yourself barbecue stand – hide buried treasure for the children to search for – organise a pub quiz – hope for fine weather – and then simply add a large group of Club members who wanted to have a good day out. The happy results are plain to see from the accompanying photos.

The whole day was a great success in that it attracted a wide range of Club members to join together and socialise in a different environment. We will repeat it on a regular basis but with slightly different themes. The next event will have a picnic theme, with hampers provided by the Club, so you need only bring a picnic blanket and the family.

As always these events do not just happen and we owe big thank you’s to Wayne, the general manager, the chef and the ABC marine staff who made it all possible.

Watch out for details of the next event and get your names down early to avoid disappointment. 





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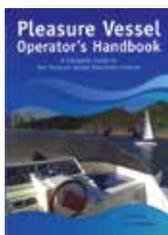
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