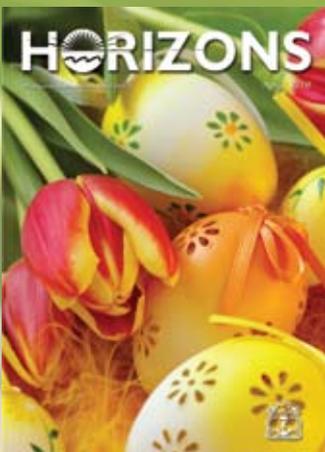


# HORIZONS

*The magazine of the Aberdeen Boat Club Ltd*

*April 2010*





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# COMMODORE



As I write this just ahead of the Easter break the pollution in Hong Kong has broken all records. Visibility on land and at sea is severely diminished as a result of sandstorms in China adding to the inherent problem that Hong Kong has with pollutants. Thankfully it will not last and we will soon be able to go back out onto the water without the eerie sound of menacing fog horns as the merchantmen of the world carry on with their business no matter what the conditions.

Easter completes the trio of festivals that we have in the first quarter of the year and the Club has put together a comprehensive programme of events to enjoy. Following the Spanish promotion and Salsa night complete with guest chef, Middle Island will be hosting various dinghy activities to keep young and older members active during the long five day weekend. An Easter Bunny will be appearing at some time over the weekend to keep our much younger members amused with old favourites such as Hunt the Egg.

This years Staff Party was held on 8 March at the World Trade Building in Causeway Bay and was very well attended with several retired staff joining the evening to enjoy the mah-jong, excellent buffet and party games. Your Commodore was unable to compete with much more experienced hands in the drinking competition but that is to be expected these days. Once again I would like to thank all members who contributed towards the cost of the party which represents a small token of our appreciation for their loyalty, effort and commitment in providing the service which we all enjoy.

I am pleased to report that the work to refurbish the swimming pool changing rooms is now substantially complete and they will be reopened prior to the Easter break. As with all building works on existing installations unforeseen problems are likely to occur and so it was with this project. Consequently it has taken a little longer than planned and I thank you for your patience. As well as providing an updated changing environment the works will resolve the problems with water pressure that we have been experiencing for a long time.

The Rolex China Sea Race to Subic Bay in the Philippines departs Hong Kong Harbour on Thursday 1 April. Over thirty boats have entered and crews have been doing all the things you need to do to prepare your boat for a 565nm Category 1 Offshore Race. The race was first held in 1962 and subsequently held every two years. May I wish all competitors a safe passage and in particular send best wishes to all ABC members who are taking part. I look forward to seeing an account of the race in the next edition of Horizons.

A littler closer to home the Sailing Committee are making the final preparations for a new ABC sailing event. The Inaugural Race Around Lantau will take place over the weekend of 24 and 25 April with an overnight stop at the picturesque Soko Islands. Yachts and motor boats can enter and Club staff will be on hand to set up a beach encampment. Sounds like a good way to rid yourself of those winter blues.

Have a great Easter.

**Barry Hill**  
**Commodore**

# GENERAL MANAGER



Dear Members,

## **New Menu on the Way**

Chef Paul and Colin are working on a summer “Galley” Coffee Shop menu, which should be coming out in May. If you wish to see something on it, please let us know now as we are in the final stage of the menu editing.

There will be emphasis on a new Indian menu format and wider Chinese menu and good all Club dishes will be present as well.

## **Thai Promotion**

April will be about Thai at the Club with Thai food promotion and a Sonkran party organised by Colin.

The most obvious celebration of Songkran is the throwing of water, so be ready on 30 April to be wet and join our Pool and Patio Party.

Toilet and changing room are finally back in action. We will still have a few tuning and additions over the month in regards to decoration, ventilation and flooring. I hope the result will be satisfactory as the water pressure in the shower and the drainage system have been given a priority attention being the two main area of complains. The layout remained unchanged but all fixtures, wall tiles and ceiling are new. The floor as been layed out with special tiles for unshod wet area from Australia.

New moorings relocation in Po Chon Wan are now in full action. Some of our boats have now been relocated in the new area with new moorings provided by the government. The main part of our fleet will be affected by next month. All mooring users will receive a personalised letter from me, explaining how and where to move during the process. Our marine staff are standing by to help you. Please, just let us know in due time if you need our assistance to move your boat.

Angela our Sailing Secretary is now well acquainted with the Marine Department licensing procedure, should you require assistance to renew your license, let her know and she will be more than happy to go there for you. An administration fee of \$100 will be charged to your account for the procedure. Please send her an e-mail at [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com) to organise the documents and time.

## **Round Lantau Island Cruise**

On the 24 and 25 this month, a joint race with Discovery Yacht Club will take place which will include a two days sail and cruise around Lantau Island with an overnight on Soko Island north.

If you want to experience a cruising event but do not have a boat, the Club will organise a Junk to Join the race on Soko and take part in the party and the overnight activities. Interested parties are welcome to contact Cobo for booking a space. Details of the cruise will be posted on the web site.

The annual Classic Yacht Rally is under preparation and it looks like there will be no overnight on Tai Tam this year but the course will have a different format with party and prize giving on Middle Island. All members are welcome to book a table for the party even if you do not race. The race dates are 8 and 9 May and we are expecting about 30 classic and non-classic yachts to take part in this event.

## **Staff Party and Movement**

You may have noticed her on Sundays behind the carving trolley. Her name is Jasmin and she has been with us for two years. She started as a trainee, was shortly promoted to junior cook and now she is leaving us for a better future at the Mandarin Oriental Landmark. I am sad to see her going but delighted to see that she will be able to complete her training in such a prestigious place. All our best wishes accompany her.

The last staff party saw a record attendance of eighty staff members, relatives and former staffs, who have left us in the last few years. Keeping in touch with our staff is something that you may not know that I do, but this is important to know where and what they do to us. I take this opportunity to thank all the members who help me to put up a nice Spring Dinner party at the World Trade Center Club. We awarded a few long service certificates

and prizes and a special one was given to Lam Mok Chu for his service excellence and courage for saving the life of a person who fell in between two junks last winter. With no fear, he jumped behind her and brought her to safety. The Club is proud to have such dedicated staff.

Talking about keeping I touch with our former staff I am glad to inform our members that Chef Cheung and Simon Kwan who left us respectively three and six years ago have now join forces and open a very nice little restaurant on 66, Bonham Road. The restaurant is called "Pesto Café" and if you are a bit nostalgic of the good old time pay them a visit they will be delighted to see you and you will probably receive a warm welcome. I took some of our staff last month for lunch on their opening week and it was just superb.

### Guest Chef Night

Those who joined our Spanish Night last month enjoyed a wonderful Paella prepared by our guest Chef for the night, Wayne Robinson. A great success and a new event idea was born with this event - Members TalentNight-. If, Like Wayne, you have a special talent in cooking, music or anything else you want to share with fellow Club Members contact me and we will organise a party to celebrate and share your passion.



Guest Chef Wayne Robinson - Spanish Night Party



Jasmin & Mrs Johnson at Staff Party



Philippe de Manny (GM) / Ah Chu / Barry Hill



### Long Term Staff

From Left to Right:

Chow, Luen Fuk; Philippe de Manny (GM) / Wong, Tim Fuk; Harry Lee; Thomas Lao

Have a great month



**Gill**<sup>®</sup>  
RESPECT THE ELEMENTS™

**Gill Tri-Club Regatta**  
**24 & 25 April 2010**

Hosted by Aberdeen Boat Club  
Open to Youth Sailors from ABC, RHKYC & HHYC

NOR and Entry forms available from [www.abclubhk.com](http://www.abclubhk.com)  
On Facebook at [www.facebook.com/AberdeenBoatClub](http://www.facebook.com/AberdeenBoatClub)  
Entry Deadline: 16 April







# PRIVATE FUNCTIONS AT THE CLUB

Reasonable room charge with a tailor-made service that fit individual's needs!

Check this out with our FNB Manager Colin. We are happy to do offer our best hospitality to serve you best.  
FNB contact : [fnb@abclubhk.com](mailto:fnb@abclubhk.com) Tel: 2555 6216

## Compliments received from members

Dear Colin,  
A big THANK YOU for the great party you had arranged for our sons Jonathan and Benjamin yesterday. The birthday boys and all guests were extremely happy.

The highlights were the magician Bernardo – by far the best we have experienced within 4 years of children birthday parties – and the bouncing castle – what a surprise so big and indoor in a separate room. Great.

Thank you very much again. You and your team have done a great job!

Best regards,  
**The Haertl Family**

Dear Colin,  
Everything was FANTASTIC on Thursday night. All my friends have commented about how much they enjoyed the evening. The service was great, the food delicious and the setting just perfect.....

A BIG thank you for organising everything, we enjoyed it very much!  
Thanks again,  
**Sarah**

To: Colin  
Sent: Monday, March 08,  
2010 8:24 AM  
Subject: Re: Party on 5 March

Dear Colin  
I would like to thank you for the

excellent organization of my party last Friday. Everything was perfect.

Thanks again and be sure I will keep in mind your club for next events.  
Have a nice day.

Best regards  
**Cristina**

Dear Colin,  
Kung Hei Fat Choy!  
We would like to thank you so much for the beautiful, perfect, nice arrangement for our party on last Friday.

Everything was very well organized, the food was indeed delicious and the staff very friendly.

That was a perfect evening for us and we were also told by our friends that they liked it very much.

So thank you again for doing a great job!

Coming back to you next time....  
Warmest regards,  
**Nadine & Wolfgang**

Dear Colin,  
I just wanted to thank you for the wonderful food your club provided last Saturday.

The quality of the food and the service was impeccable.

Our entire Indian Bridge group is enjoying our games at the Aberdeen Boat Club.

Thank you once again for all your services.

Regards  
**Roma Chulani**



# ACTIVITIES



## ABC NIGHT FAIR

Friday, 7 May 2010  
From 3:00pm to 9:00pm  
Venue : Upper Car Park

Stall for only \$250  
(including table and chair)

All members and non-members welcome

*For details, please contact Karen on 2552 8182 ext 812  
or e-mail : gmsec@abclubhk.com*

## PLEASURE VESSEL GRADE II OPERATOR CERTIFICATE COURSES (PART A MASTER, PART B ENGINEER)

### Part A (master)

Date : 19, 20, 21 April 2010  
Time : 7:00pm to 10:00pm  
Price : \$1,500 for member/person/course  
\$1,800 for non-member/person/course

### Part B (engineer)

Date : 26, 27, 28 April 2010  
Time : 7:00pm to 10:00pm  
Price : \$1,500 for member/person/course  
\$1,800 for non-member/person/course

For details, please contact Cobo on 2553 3032



## Personal Trainer available at the Club

- NASM Certified Personal Trainer
- Power Plate Certified Trainer
- Twist Advanced Sports Conditioning for Athletes Certified Trainer

Bootcamp – Lose weight, increase lean muscle, tone up  
Every Thursday 6:30 pm – 7:00 pm

An invigoration workout involving speed, endurance, Agility, balance and flexibility in a fun and friendly environment. You will never do the same workout twice!

## ALL ABILITY LEVELS WELCOME

Give it a go! Your first session FREE

Check this out with our Club personal trainer Ed –  
Tel: 9862 9851 email : ed@coastalfitnesshk.com  
Website: www.coastalfitnesshk.com

## YOGA FOR BEGINNERS

Stretch your back, sharpen your focus

## YOGA FOR BEGINNERS

Stretch your back, sharpen your focus  
- Easy to manage yoga poses to stretch your back, realign your spine and tone your muscles  
- Holistic health: treat your body to the best exercise from the outer muscles to the inner organs  
Practical breathing technique to relax and focus

Date : April 14, 21 & 28 (Weds)  
Time : 9-10am  
Fee : \$600 for 3 sessions and \$220 for single visit  
Venue : Harbour Room

Please contact Higy Fung for details  
e-mail: higyfung@netvigator.com

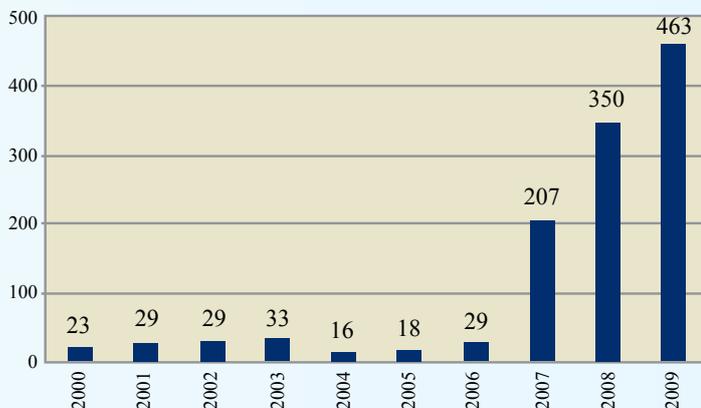


# DINGHY SAILING AT ABC: A REVIEW

Kevin Lewis, ABC Dinghy Sailing Manager, March 2010

Some time ago I was asked to put down some thoughts about Dinghy Sailing at our club, review where we are now and look ahead towards the future. Often, developments in our club are handled very effectively by our committees, but sometimes the membership in general may be less aware of what's really happening on the water. So its time for an update!

The year 2007 marked the start of an effort by our club to stimulate and increase Dinghy Sailing, and in particular youth sailing. The first step was the formation of a sail training scheme, based around the national HKSF scheme, but with ABC additions, including the now very successful Junior Sailing Programme using Optimist Dinghies. Since then youth sailing programmes have been run during every school holiday and these form the core activity attracting young sailors into our sport.



Youth sailors attending ABC Sailing Courses  
(not including the after-school sailing programme)



RS Feva Dinghies

With increasing numbers of students, additional resources were needed. 2008 saw the purchase of 6 brand new RS Feva intermediate training dinghies, and these have proved a very useful and popular addition to our fleet. They provide younger teenagers with a proper 2 person boat, capable of racing and exciting downwind Gennaker sailing. We also obtained a high performance RS500 dinghy, together with several second hand Toppers and Lasers to further increase our fleet. We were also lucky enough to buy, very cheaply, 6 Windsurf trainers, and with new smaller training rigs have launched regular Windsurf Introduction Courses. 2009 was the year of the Optimist! With a rapidly expanding Junior Sailing programme, ABC purchased additional training boats and also 9 top-range racing dinghies bringing our Optimist fleet to 23 boats! Of course with more courses and more activity, our Safety Boat fleet needed to expand, and we have now renovated one of our old RIBs to a high standard, and purchased 2 more second hand boats, together with a new "small" RIB, bringing our safety boat fleet to 5 vessels.

Apart from regular sailing courses, the formation of an "after-school sailing programme" also got under way in 2007. We now regularly work with 11 local schools, including our near neighbors Singapore and Canadian International. The short afternoon sessions bring many new students into contact with our club and feed into our regular sailing courses; last year saw 150 school students sailing at ABC.



Optimist Training Dinghy

As numbers grow, so the standard of our sailors increase, and we have now started youth dinghy racing teams. In 2008 we formed our first ever Optimist Team, and 2009 saw the formation of ABC Youth Laser and Feva squads. While aiming to produce good racers and progress sailors to higher levels of expertise, the teams are also a fundamental tool for our club to start to build a youth sailing community. Squad members have team shirts, join non-sailing related activities together, and of course travel to other Hong Kong clubs to compete in regattas outside of ABC.

Adult Dinghy Sailing has not been left out, but limitations of resources have meant that over the past 2 years priority has been put firmly with youth sailing. The most significant adult dinghy sailing initiative has been the introduction of two-day Laser 2000 Courses. These aim to follow on from our adult beginner courses as well as providing an opportunity for those who may need a refresher to get “back in a boat”. Since the first Laser 2000 Course, around 70 have participated and demand continues to grow.



*RS 500 Dinghy*



*School Sailing Session*

Club Dinghy Racing has also seen an upswing in participation, with our teams regularly racing and the formation of a brand new “Optimist” series running alongside our handicap series. Our sailors also compete in other clubs regattas, and for two years running we have entered all 6 of our Laser 2000s in the annual Around The Island Race. Perhaps the biggest indicator of our growing Dinghy presence has been participation in the ABC Opening Regatta, now with a completely separate Dinghy regatta, together with the brand new ABC South Side Regatta, held in December. This was the largest Dinghy event ever held by our club, with 92 entries in three divisions.

### **Where do we go from here?**

A lot of challenges lay ahead as ABC continues to grow in its primary role as a boating and sailing club. 2009 saw Angela Ho join our office staff and she has proven a very capable and well liked addition to the team. The employment of a full-time Sailing Instructor this year will help us not only to reduce our expense on part-time Instructors, but also to look at even more dinghy activities. Supervised Sailing, a higher level of coaching for our Dinghy Teams, and far more activities for the adult sailors will be three core areas for the new Instructor. Of course we will continue to look at new boats, and aim for the further advancement of facilities at Middle Island. Additional Marine support will be needed, and wouldn't it be good to get Middle Island open during weekday afternoons? Other areas that deserve serious consideration include the formation of a “Sailability” scheme for disabled sailors and reaching out to local schools to provide sailing as a community service. Such continued expansion will test us as we are in reality quite a small club with limited resources, but I think all members will agree that boating, as part of our very “Raison d'être” should be at the forefront of what we do!



If you haven't visited our club website recently, explore our “Dinghy Sailing” and “Courses” sections for lots of new information:

**[www.abclubhk.com](http://www.abclubhk.com)**

Our ABC Facebook page provides a key link with members and sailors across Hong Kong; whilst presently focusing on Dinghy Sailing, much more will soon be added! There's currently 7 videos and 59 albums of photographs... have you joined yet?

**[www.facebook.com/AberdeenBoatClub](https://www.facebook.com/AberdeenBoatClub)**

# ABC EASTER 2010 YOUTH SAILING PROGRAMME

Mon 29 March – Fri 16 April



As you read this edition of Horizons, we have just started our Easter Youth Sailing Programme. Whilst many of the courses are now full, we still have available spaces on some activities, and have also scheduled a couple of extra courses. Application Forms, which contain further details on each course, are available at club reception or by download from our club website, [www.abclubhk.com](http://www.abclubhk.com). Any parents or participants interested should get in touch very soon, enquiries and applications should be submitted to Angela Ho at [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com)

## OPTIMIST JUNIOR SAILING PROGRAMME

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

## YOUTH SAILING PROGRAMME

Mon 5 – Wed 7 Apr	RS Feva Introduction	Age 12 – 18 Students should hold HKSF Level 2 with additional experience	1,440 / 1,920
Thur 8 – Fri 9 Apr	RS Feva Gennaker Sailing	Age 12 – 18 Pass RS Feva Intro	960 / 1,280
Mon 5 – Thur 8 Apr	Intro to High Performance Sailing	Pass HKSF Level 3	1,920 / 2,560
Mon 5 – Fri 9 Apr	HKSF Level 4 Advanced Skills	Pass HKSF Level 3 plus 1 year sailing experience	2,400 / 3,200
Sat 10 – Sun 11 Apr	2 Day Topper Pico RS Feva Supervised Practice	Pass HKSF Level 2	960 / 1,280

## YOUTH WINDSURFING PROGRAMME

Sat 3 – Sun 4 Apr	Advanced Windsurfing	Age 9 – 18 For those who have already passed at Intermediate level	960 / 1,280
Sat 10 Apr	Windsurfing Practice day	Age 9 – 18 Pass at least Junior Basic Windsurfing	480 / 640

### GETTING MORE PRACTICE!

For those aged between 7 and 11 years old, we do not normally recommend they are approved to hire club dinghies. The easiest, cheapest and most “fun” option to keep your child sailing is simply to re-join one of our Optimist Courses, even if that level has already been passed. Our instructors aim to keep all our courses fun and the extra experience gained is guaranteed to improve their ability and boost their enthusiasm.

Older, teenage sailors who are members of ABC may, upon passing their beginner course, apply to be on the approved hiring list to take out boats for a sail when they want. For those less confident, we offer Supervised Practice sessions

where techniques can be “re-learnt” and hours on the water gained.

The newer RS Feva Dinghies also provide the opportunity to progress into a more “serious” 2 person boat and gain more experience and have more fun, including the first taste of using the third downwind Gennaker sail and even starting some dinghy racing. To sail a Feva students need to have passed at HKSF Level 2 and also have some additional practice time since.

For Windsurfers, we often find the basic two day courses a little limited, especially when winds are light, and our Windsurf Practice days again offer the opportunity to have a go under the watchful eye of a trained Windsurf Instructor.

# EASTER SUNDAY PROGRAMME

*Sunday, 4 April*

## **EASTER EGG HUNT**

At the playground ~ 10:30am  
(for children of up to six years only)  
\$15 per child

Search for the eggs hidden by Bunny. Mums and dads are not allowed to help their children collect the eggs or eat them either!

## **CATCH A PING PONG In the squash court**

11:00am 6 – 8 year olds  
11:30am 9 to 12 year olds  
\$15 per child

Catch the bouncy ping-pong eggs and exchange them for bags of Easter chocolate from Bunny.

## **EASTER SUNDAY BRUNCH**

In the Four Peaks Restaurant ~ noon to 3pm  
(Please note that children may dine inside but not on The Sundeck.)  
Adult : \$185 Children : \$115

Food and fun for all the family; from breakfast to dinner. Please book early to avoid disappointment.

## **FAMILY EGG RACE**

At Middle Island ~ 4:30pm  
\$15 per entry

Speed along Bunny's path with an egg balanced on a spoon and pop it in the hole at the end of the course. But be very careful – drop your egg on the way and you will be disqualified! The first three families to complete the race properly will win a giant Easter chocolate prize.

## **EASTER SUNDAY “WHOLLY” Lamb Lunch Buffet** In the Patio from noon to 3:00pm

Enjoy a glass of chilled wine with roast lamb from the spit served with selection of salads and desserts.

Adult : \$138 Children : \$88

For booking, please contact Cobo on 2553 3032



# FOOD AND BEVERAGES

## EASTER PROGRAMME



### Saturday, 3 April 2010

DIY Easter Eggs Decoration and Easter Card Work station will be put up at the children's playground from 2:00pm to 5:00pm

Paints and eggs will be available but please book with Cobo for easter egg arrangement on or before 31 March.

### Sunday, 4 April 2010

#### EASTER SUNDAY PROGRAMME

For details please see Easter page in this issue

### Monday, 5 April 2010

Easter Monday Roast Lamb Buffet at Patio  
Noon to 3:00pm  
\$138 per adult \$88 per child

## BRING YOUR OWN BOTTLE (NEW)

NO CORKAGE FEE

(max 2 bot. for each table)

Monday and Tuesday

(except for 5 & 6 April)

For details please contact Colin  
on 2555 6216

or e-mail: [fnb@abclubhk.com](mailto:fnb@abclubhk.com)



## Every Wednesdays Oyster evening at Four Peaks Restaurant

Evening Wednesday evening at our Four Peaks Restaurant  
Freshly Shucked import Oysters at \$10 each only  
Served with homemade Mango Salsa, Tomato Salsa and Shallot Vinaigrette or just on its own

Order as much as you like So make your reservation now if you would like to take up this offer as a limited number of oysters are available



## Songkran Festival Menu

### Appetizers

Snack Combo  
(prawn & fish cakes, vegetable spring rolls & spicy chicken)  
雜錦拼盤 \$98

Thai Beef Salad  
泰式牛肉沙律 \$68

Wok-fired Minced Pork in Lettuce Parcels  
豬肉生菜包 \$78

Thai Pomelo Salad  
泰式金柚沙律 \$68

### Soup

Tom Yam Soup  
冬蔭功湯 \$68

### Main Courses

Thai Curry King Prawns  
泰式咖喱大蝦 \$168

Baby Back Rib  
燒原條豬仔骨 \$148

Thai Chili Clams  
辣椒膏炒花蛤 \$98

Seafood Pad Thai  
泰式海鮮炒金邊粉 \$88

Thai Green Curry Chicken  
青咖喱雞 \$118

### Desserts

Sticky Rice and Ripe Mango  
芒果黑糯米 \$50

Fresh Fruit Platter in Season  
生果拼盆 \$50



# FOOD AND BEVERAGES

## FRIDAY'S EVENTS

**Friday, 9 April 2010**

Venue : The Patio

Time : 6:30pm to 10:00pm

### **It's Time to go Crab Crazy!**

Aberdeen Boat Club invites you to experience a special moment mouth watering "Sri Lanka Crab Promotion" in April and May. This is one of a special dining experience you cannot miss!

Eat-All-You-Can Fishmonger Barbeque with Sri Lanka Crab Promotion

Every second Friday and fourth Saturday Evening at The Patio. Normally Fishmonger Barbeque \$188 per adult included 1 glass of wine and \$128 per children under 12 years

Just add \$50 you can choose one Sri Lanka Crab in any of the cooking methods and flavors which crab lovers don't want to miss:

### **Chili Crab**

**Fried Crab with Black Pepper Sauce**

**Baked Crab with Fresh Herbs and Fragrant Butter**

**Braised Crab with Vermicelli in Superior Broth in Clay Pot**

\$188 per adult \$118 per child

**Friday, 23 April, 2010**

Kid's Friday

At the Patio from  
6:30pm to 10:00pm

For only @\$20 children food

### **Bouncy Castle,**

Painting and arts materials available at the children playground

## SATURDAY'S EVENTS

**Saturday, 10 April 2010**

Australian Meat and Seafood Evening (The Deck)

Just add \$50 you can choose one Sri Lanka Crab in any of the cooking methods and flavors which crab lovers!!!

**Saturday, 17 April 2010**

Lamb on Spit Evening (Patio)

\$148 per adult \$88 per child

**Saturday, 24 April 2010**

Crab Evening with Seafood BBQ Evening

\$188 per adult \$118 per child



# BEVERAGES

## WHISKY OF THE MONTH

### A Fly of Fine Single Malts.....

From the Isle of Orkney at the topmost tip off the Scottish Highland, through the heathery moorland of Speyside, to the 25 miles long tiny island of Islay famous of its maritime flavour, you are here to relish some of the finest single malts to be offered. Experience Highland Park Single Malt, proudly earning the accolade "The Best Spirit In The World" \* from the most northern distillery of Scotland, before moving on to explore the fastest growing single malt in the world #, The Glenrothes Speyside Malt, which is so dear to Master Blenders among distilleries as their secret top dresser, before finishing off to arguably the most representative of the charismatic flavour of Islay, Laphroaig Islay Malt.



The Glenrothes  
1998  
\$25 per glass



Highland Park  
12 Years  
\$25 per glass



Laphroaig  
10 years  
\$25 per glass

## WINE OF THE MONTH

### Peter Lehmann

#### Weighbridge Cabernet Merlot 2008

The colour is black cherry and the bouquet shows black currants with hints of violets. It is well structured seamless wine with a good depth of fruit on the middle palate and finishes with firm, yet gentle tannins.

Region: Southern Australia,  
Varietal: 75% Cabernet Sauvignon, 25% Merlot  
\$165 per bottle \$32 per glass



### Peter Lehmann

#### Weighbridge Chardonnay 2008

Attractive green colour, with appealing aromas for freshly cut fruits. It has a beautiful soft depth of fruit on the middle palate and finishes clean and dry. A delightful example of a youthful, fruitdriven, un-wooded style of Chardonnay.

Region : Southern Australia,  
Varietal: 100% Chardonnay  
\$165 per bottle \$32 per glass



## BEER OF THE MONTH



## MONTHLY WINE TASTING EVENING

Friday, 16 April 2010

6:00pm – 8:00pm

The Galley

Admission Free

### Wine Tasting & Canapés

You are cordially invited to join our  
Monthly Wine Tasting Evening.

Come to taste and purchase from a wide variety of  
fine wines introduced by our suppliers.

### “ASC Fine Wines Hong Kong”

Sparkling Chateau St Michelle Columbia Valley - USA

Siblings Sauvignon Blanc Leeuwin Est - W. Australia

Aziano Chianti Classico Ruffino Tuscany - Italy

Siblings Shiraz Leeuwin Est - W. Australia

and More.....



**Friday, 30 April 2010**

**Super Thai Buffet Evening**  
with Thai Dance

Celebration for  
Songkran Festival

At The Patio

Water splashing fun  
At the Pool

A great day  
to spend  
with families  
and friends

Members' Guests  
Are WELCOME!

\$188 per adult /  
\$200 (non-member)  
\$108 per child

# A CHILD'S BATTLE WITH CANCER

When Sean was just 5 years old, he was diagnosed with stage IV Rhabdomyosarcoma, a rare form of childhood cancer. His father, Richard Kligler, relates how Sean and his family coped with this devastating situation.

Sean is a childhood cancer survivor who is thirteen years old and is now over seven years beyond his last chemotherapy treatment. I am very happy to say he is healthy and thoroughly enjoying his life. He attends Hong Kong International School and is in eighth grade. Sean also enjoys his sailing and has raced for Aberdeen Boat Club on many occasions.

However, life for Sean and his family changed dramatically in March of 2002. In the months leading up to that time, Sean appeared to be a healthy five year old except for a chronic cough. He didn't have a fever or show any signs of an ailment that would signal a serious medical condition was developing, at least not at first. Marcia, his Mom, and I took him several times to a pediatrician and their response was that he had a cold or a slight flu. We went for a second opinion and the doctor said it was a mild case of pneumonia in his left lung. Accordingly, the doctor prescribed antibiotics. By the sixth day of taking the antibiotic, Sean was getting very ill. He was lethargic and his skin was off colored. Since the antibiotics didn't have any positive effect on Sean's condition, we started to assume there was a larger medical problem looming.

As parents, it was time to take more assertive action with the Doctors. Marcia took him to the pediatrician who said he had a slight pneumonia and she told him it was time to get x-rays or other diagnostic tests to determine his condition. Marcia was recommended to have x-rays taken of Sean at a local hospital. It was that evening that I got the call from hell. Marcia told me that the x-rays showed a large tumor in his chest cavity with a great amount of fluid in his body. Immediately the hospital provided an ambulance to take him to a Children's Hospital with a pediatric cancer department.

At the Children's Hospital, Marcia and I were consulted by several pediatric oncologists and a surgeon on their preliminary diagnosis that it was cancer. The team suggested that a biopsy be taken to confirm their diagnosis. The biopsy was taken and it confirmed that Sean had a childhood cancer called Rhabdomyosarcoma. This



type of disease is a rare soft tissue cancer that usually is found in children five year old or younger. The tumors commonly grow in the extremities, but rarely in the chest cavity. It's a very serious form of cancer. What made matters worse was Sean's cancer was also Stage IV, which means that it metastasized. Or in other words spread to another site. Specifically, Sean's right lung has a nodule that could be seen on the CT-Scans. His left lung where part of the tumor was attached was flattened like a pancake. So you may say "How could the Doctor that diagnosed the left lung as having pneumonia hear any air flowing through the lung?" We had the same question, but now we had more important questions to ask.

Sean's condition was grave. So we decided to obtain a second opinion from a well renowned hospital in New York City that specialized in cancer. After the consultation, we made the decision to move Sean to this hospital. The plan called for chemotherapy for approximately seven months. After that period if the tumor reduces in size, it would be removed by open chest surgery. Then the tumor site would have radiation treatment for approximately twenty days and subsequently another month of chemotherapy. The reason for this extensive treatment is Rhabdomyosarcoma is a very aggressive form of cancer. Every cancer cell needed to be destroyed because the prognosis for reoccurrence is terminal.

Yes, our world imploded in a matter of days. Sean being such a gentle sweet boy at age five was going to experience the most painful grueling experience in his short time on earth. For Marcia and me, our priorities were reshuffled because we now had only one responsibility and that was to get Sean through this very difficult time.

After we ran out of tears, Marcia and I set out to win this war, battle by battle. I would prefer not getting into the finite details of the nine months Sean endured other than to say he is our hero!

I have a thought that comes to mind from an experience of this nature. When your child is ill and the symptoms just do not fit the diagnosis, do not hesitate to get a second, third or more opinions until you are satisfied with the diagnosis.

I learned a great deal from this journey, both good and not so good. I witnessed too many children suffering from cancer and too many that lost their battle. So I got involved in the World's largest volunteer-driven fundraising events for childhood cancer research called St. Baldrick's Foundation. Its sole mission is to find a cure for

childhood cancer. The concept is that a person (Shavee) shaves their head bald, in solidarity with the children that lose their hair during cancer treatment. As a challenge to their family, friends and business colleagues, the Shavee receives donations in exchange for being shorn.

I organized the first St. Baldrick's Day event in Hong Kong in 2006. Since that first event, the St. Baldrick's Day events have raised over HK\$3.8 million! Those funds are presently being used in research projects in Hong Kong with the goal of finding a cure for childhood cancer. In Hong Kong there are over 160 new cases of childhood cancer diagnosed each year. Sadly, five children in the Territory will lose their battle each month. That is five too many!

**Richard Kligler**



**Do you want to be a hero for kids with cancer? Shaving your head and going BALD is a great way to show your support.**

St. Baldrick's is the world's largest volunteer-driven fundraising event for childhood cancer research. Thousands of kids and adults shave their heads in solidarity with children with cancer, while requesting donations of support from friends and family. In nine years, events have taken place in 24 countries and 50 US states, raising over US\$68 million US dollars, and shaving more than 106,000 heads. Since 2006 there have been four Annual St. Baldrick's Day events in Hong Kong raising over HK\$3.8 million.

**Why is it called St. Baldrick's?**

We all know St. Patrick's Day. In 1999, St. BALDrick's Day was created by three men who wanted to turn that party into a fundraiser for kids with cancer. What could they do to really turn the heads – and the wallets of their colleagues? They decided as a dare to ask their family, friends and business colleagues to make donations to childhood cancer research in exchange for them being shorn. Did their colleagues make donations to see the three men shave their locks? Yes, they did! They paid thousands of dollars and St. Baldrick's Day was born .

**What is the mission of St. Baldrick's?**

The mission of St. Baldrick's is to raise awareness and funding to cure kid's cancer by supporting cancer research and fellowships around the World.

**So what does that have to do with Aberdeen Boat Club?**

Aberdeen Boat Club will be hosting a St. Baldrick's Day event to raise money for the Childhood Cancer Foundation in Hong Kong.

**So how can you and your family get involved?**

The HKIS event is scheduled for Saturday, May 29 and the festivities will start at 2:30pm. The first Shavee will be shorn at 3:00pm.

If you'd like to get involved, there are many ways to help out:

- be a shavee and ask a family member to join you – sign up online at
- <http://www.stbaldricks.org/events/mypage/eventid/4155/eventyear/2010>
- make a donation
- donate an item for the Lucky Draw and Auction
- contribute your time to help organize this worthwhile event
  
- Please visit the St. Baldrick's Foundation website to learn more about this all important cause at
- <http://www.stbaldricks.org>
  
- If you want to know more about the Aberdeen Boat Club, please click online
- <http://www.stbaldricks.org/events/mypage/eventid/4155/eventyear/2010>

or contact Richard Kligler at [rkligler@netvigator.com](mailto:rkligler@netvigator.com)



# HOME WINE DELIVERIES

April 2010

Free  
Wine Tasting  
16 April 2010  
(Friday)  
6:00 – 8:00  
The Galley

Wine	Bottle \$	Quantity	Amount
<b>Domaine Ste. Michelle Brut NV Washington State - U.S.A</b> The wine is fresh and lively, with floral, fruity aromas. Its delightful toastiness and stream of pinpoint bubbles are reminders of the wine's fermentation in the bottle.	<b>\$128</b>		
<b>Telmo Rodriguez Basa (Verdejo, Sauvignon Blanc, Viura) 2008 - Spain</b> A pale greenish yellow coloured glass of wine, with a fresh nose of green fruits, citrus and zinging acidity. This wine has good length and a refreshing finish that is a joy to drink.	<b>\$118</b>		
<b>Trimbach Riesling AOC 2007 Alsace - France</b> This Riesling is a great classic of Alsace. At once delicate and vital, its intense fruit is given great length by a backbone of crisp acidity producing some of the world's greatest and longest tasting wines.	<b>\$180</b>		
<b>Leeuwin Estate Siblings Sauvignon Blanc Semillon 2008 - W. Australia</b> Color is pale straw with lime green edges. This wine has a lifted floral lychee rich nose with strong notes of snow peas, cut grass and a lemon lime hint; it is also showing a wonderful flinty edge	<b>\$180</b>		
<b>Santa Rita Reserva Chardonnay 2008 Maipo Valley - Chile</b> A fragrant aroma of luscious, tropical fruit and juicy grapefruit are beautifully rounded out by soft vanilla and hazelnut undertones. Wonderful fruit flavors are enhanced by a pleasant acidity and sweetness.	<b>\$118</b>		
<b>Telmo Rodriguez LZ (Tempranillo, Graciano, Garnacha) 2008 - Spain</b> A very fashionable, juicy and lush un-oaked Rioja with expressive flavours of dark and red berry fruit and a typical, slightly gamey nose surrounded by hints of plums.	<b>\$190</b>		
<b>Louis Jadot Bourgogne Pinot Noir 2007 Burgundy - France</b> The style of wine is little red fruits aromas in its youth evolving to more complex aromas of spices and undergrowth with age	<b>\$185</b>		
<b>Ruffino Aziano Chianti Classico 2007 Tuscany - Italy</b> The wine displays ruby red color. The palate is fruity, soothing and well-balanced, the taste reveals velvety tannins and enjoyable fruity notes. A long and persistent aftertaste characterizes this wine.	<b>\$180</b>		
<b>Leeuwin Estate Siblings Shiraz 2007 Margaret River- Australia</b> The color has a brilliant deep ruby and violet tone. The wine is strongly fruit driven by lifted ripe plums, blackberry, black cherry and dark chocolate, this wine is also defined by the spiciness of nutmeg and clove spice with balanced dusty vanillin pod	<b>\$180</b>		
<b>Santa Rita Reserva Cabernet Sauvignon 2007 Maipo Valley - Chile</b> The aromas are ripe, black fruit, plums and fine herbs, gracefully combined with vanilla, cloves and fragrant spices. On the palate, its complex and body mingles soft tannins with a rich texture.	<b>\$118</b>		

*\*minimum order-12 bottles and mixed case available*

Member Name: \_\_\_\_\_ Membership Number: \_\_\_\_\_

Tel No:(Office) \_\_\_\_\_ (Home) \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Delivery Date: \_\_\_\_\_ Member Signature: \_\_\_\_\_

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

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

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

All wines are subject to availability



# SINGLE MALT WHISKY HOME DELIVERIES

April to June 2010

Fine Single Malts#	Bottle \$	Quantity	Amount
<b>The Macallan 12 years old Fine Oak Single Malt - Speyside</b> Complex nose with hint of fruit, vanilla and cutgrass. Medium palate balanced with fruit, oak and spice. Lingering finish with dried fruit, oak and spice. <i>2009 San Francisco World Spirits Competition - Silver Medal</i>	\$460		
<b>The Macallan 18 years old Sherry Oak Single Malt - Speyside</b> Palate of dried fruit with spice, clove, orange and wood smoke. Full & lingering finish with dried fruit, sweet toffee, ginger and a hint of wood smoke. <i>2009 International Wine &amp; Spirits Competition - Silver best in class</i> <i>2009 International Spirits Challenge – Gold Medal</i>	\$1,060		
<b>Highland Park 12 years old Single Malt - Highland</b> Rounded smoky sweetness on the palate with a full malt delivery. Teasing, heathery finish with subtle smoke. Delicious! <i>2009 San Francisco World Spirits Competition - Silver Medal</i> <i>2008 San Francisco World Spirits Competition - Best in Show Whisky and Double Gold</i>	\$450		
<b>Highland Park 18 years old Single Malt - Highland</b> Rich nose of mature oak and top note of aromatic smoke. Rich palate with full flavours of honey and peat. Soft, round and long finish. <i>2009 San Francisco World Spirits Competition - Double Gold Medal</i> <i>2008 San Francisco World Spirits Competition - Silver Medal</i>	\$980		
<b>Laphroaig 10 years old - Islay</b> Huge smoky nose, seaweedy, with a hint of sweetness. Full bodied. Suprising sweetness on the palate with hints of salt and layers of peatiness. Lingering finish. <i>2008 International Wine &amp; Spirits Competition - Silver Medal and 'Best in Class'</i> <i>2008 San Francisco World Spirits Competition - Gold medal</i>	\$430		
<b>The Glenrothes Select Reserve Seyside Malt - Speyside</b> American oak vanilla & coconut bouquet with hint of plums. Full malty flavour palate, with medium sweet, vanilla & orange zest. Long & slightly spicy finish. <i>"One of the best ranges the whisky world has ever seen." - David Stirk: The Malt Whisky Guide</i>	\$450		
<b>The Glenrothes Vintage 1998 Speyside Malt - Speyside</b> Rich, spicy vanilla bouquet, with golden syrup and lemongrass. Soft, mature, sweet vanilla on the palate with a hint of cinnamon. Smooth, long, rich vanilla finish. <i>"One of the best ranges the whisky world has ever seen." - David Stirk: The Malt Whisky Guide</i>	\$450		
# subject to allocation *minimum order-HK\$1,200 and mixed case available Order below HK\$1,200 will be delivered to the Club			

Member Name: \_\_\_\_\_ Membership Number: \_\_\_\_\_

Tel No:(Office) \_\_\_\_\_ (Home) \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Delivery Date: \_\_\_\_\_ Member Signature: \_\_\_\_\_

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

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

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

All whiskies are subject to availability



***ABC Round Lantau Rally  
In conjunction with  
DBYC's Tsing Ma Regatta  
Overnighting in Soko***

*24&25 April 2010*

- *A two race series over two days, anti-clockwise around Lantau*
  - *Day 1: Joint race with DBYC's Tsing Ma Regatta from Discovery Bay to Tai O (see [www.dbyc.net](http://www.dbyc.net) for NOR). ABC boat results will be both joint and separate.*
  - *ABC boats to sail on to Soko for BBQ dinner on beach and overnighting*
  - *Day 2: ABC organised race from Soko back to Middle Island*
  - *Bring your own drinks (but Club junk will have limited supplies of beer wine & soft drinks)*
  - *Motorboats welcome to join: predicted log contest subject to sufficient interest*
  - *Junk trip to Soko for club members without a boat who wish to camp on the beach*
- Fee: \$100 per boat for both races plus \$200 a head (\$100 for kids 12 yrs and under)*
- \$400 a head for junk trippers (\$300 for kids 12 yrs and under)*
- *Entry forms to be submitted to ABC by 19 April*
  - *Motorboaters and junk trippers to indicate interest by 9 April*