

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

May 2010



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

Flag Officers
 Barry Hill - Commodore
 Tristan Stewart - Vice Commodore
 Matthew Johnson - Rear Commodore
 Bruce Perkins - Rear Commodore
 Nick Bodnar-Horvath - Hon Gen Secretary
 James Fulton - Hon Treasurer

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

Marketing and Event Manager
 Karen Castilho
 Tel: 2552 8182 Ext 812
 gmsec@abclubhk.com

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

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

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

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

Food and Beverage Manager
 Colin Fung
 Tel: 2552 8182
 fnb@abclubhk.com

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

General Enquiries
 The Galley
 Tel: 2554 9494

Four Peaks Restaurant
 Tel: 2553 3422

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COMMODORE



What a wonderful place Hong Kong, if you have a mind to get out on the water and enjoy all that our fascinating coastline has to offer. There is certainly no shortage of events to choose from. Over the weekend of 24 and 25 April the RHKYC hosted their Spring Regatta, DBYC organised the Tsing Ma Regatta and we put on the Tri Club Dinghy Regatta. Winds of up to 25 knots greeted all the sailors who took part in these events which made for some exhilarating sailing. The Tri Club Regatta was held off Repulse Bay and after a good blow on Saturday, Sunday proved an even greater challenge with the safety boats kept very busy making sure that the many capsizes did not result in exhaustion or injury. ABC sailors Peter Simpson, Brandon Tang and Will Stephens deserve special mention for their skill and effort in representing the Club. After the racing, competitors returned to Middle Island to enjoy the buffet and prizegiving. As always our sponsors are very important to us and on this occasion I would like to thank Storm Force Marine and Gill who helped make the event a success.

Not long to wait now for the ABC Classic Yacht Rally which will take place over the weekend of 8 and 9 May and comprise a short Saturday afternoon race, a Saturday night party at Middle Island, a Sunday island race and a Middle Island Prizegiving. This race is one of our main charity events; we have set ourselves the target of raising in excess of HKD 50,000 for the St Baldricks Children's

Cancer Foundation. Contributions to this very worthy cause would be very much appreciated.

Members who use Middle Island will know that the RHKYC works to create a new hardstanding adjacent to our Clubhouse is quite advanced. We are in regular contact with the Yacht Club on this issue as our services of power and water are supplied to us via their systems. In doing this we are conscious of the potential for the future development of Middle Island and looking at ways of catering for such development in the design of the service routing that is required at this time.

I am pleased to report that the Swimming Pool Changing Room refurbishment project has been completed and the changing rooms have been reopened. There is no doubt that the ambience of the rooms is much better and that the work has improved the plumbing systems. This work was paid for by the levy and I would like to thank all members for their financial contribution.

Barry Hill
Commodore

GENERAL MANAGER

Dear Members,

The Waglan Series is now over or nearly, pending the result of the appeal on the protest ruling of Waglan 9. The Club's annual prize giving will take place on 15 May. All members are welcome to attend the party on Middle Island if weather permits it, otherwise it will be held in the Club function room.



At the time of reading this article, the Club Classic Yacht Rally would have just started to be the hot event of the week. It is planned for 8 and 9 May and we will not be going to Tai Tam this year but instead stay around Middle Island. For the second year running, this race supports St. Baldrick's Foundation, which raises funds to find a cure for children's cancer. On Saturday 8 May during the sailing party a charity event will take place in which Paul Chong the Executive Chef, Andy Tsui our Restaurant Manager and I will shave our heads to raise money for the foundation. All members are more than welcome to send their sponsorship, which is open until May 28.

On 29 May the real St. Baldrick's event will take place in the Club. This event is open to everyone to support this meaningful charity. Guests can contribute by either shaving their head or by sponsoring someone. So if you wish to have a cool and cooling hair style for summer, join us on the 29 and bring your friends to share a fun and thoughtful party in the Club. You can register your sponsorship directly on the St. Baldrick's website www.stbaldricks.org/events/mypage/eventid/4155/eventyear/2010 or Call Karen on 255533231 for more information.

Soccer World Cup is just about to start and we are preparing a great month of football and African food festival in the club. My team is also working hard to bring a special touch to the menu to match the countries playing in the night.

We will be showing all matches regardless of time or team and special games within the games will be added to the heated atmosphere of this wonderful event. Therefore, stay tuned and check your e-letters for more details closer to the start on 10 June at 10pm.

Talking about a game within the game, I am officially hereby opening the ABC Mini Soccer Table Competition. This fun competition preceding the World Cup month is open to family teams and adult teams. See the registration form and the rules inside this issue or register online at www.abclubhk.com.

On the food and beverage side, our new Coffee Shop menu is still under review. The requests in the last issue of Horizons asking for ideas proved so successful that we had to re-think our concept. We will now have a shorter regular menu complemented with a weekly addition of food selection to accommodate all tastes. Every week we will have new sandwiches, salads, and main dishes proposed by members. If you still want something special, this flexible format will allow us to satisfy your wish the following weeks. Talk about instant gratification at the ABC!

I am still looking for members with talent who wish to share it. I reiterate my call of two months ago - if you wish to cook, sing, play music, let us know and we will organise your night of glory.

There will be a Duty Manager starting in May to attend to your special requests or problems encountered while you are at the Club. His picture will be displayed at the reception with his contact number. His duty will cover anything from F&B, Marine, social or emergency matters. He will be available until 10pm every evening.

Bill our Waglan Bar barman for many years has decided that it is time for him to enjoy his retirement and will be leaving the Club this month. There will be a farewell party at the bar on Tuesday 18 May if you wish to come and have a last chat with Bill.

That's all for me this month and before I close this letter may I wish all the mothers in the Club "Happy Mothers Day" which will be celebrated on 9 May in the Four Peaks Restaurant.

Philippe de Manny

ABC Mini Soccer Table Championship

The rules are:

- The team must be composed of two players
The team must be composed of father or mother and son or daughter for the family league or two adults for the Club league.
- One family can register two teams.
Division for the family league will be assigned per average age group.
- The first team scores 10 points wins.
The winner of each division will enter in the cup competition.
- The winner of the cup competition will be the 2010 ABC Mini Soccer Table Champion.
- A referee will be elected for each match.
No spinning is allowed.
- The kick-off will be done by rolling the ball between the forward players in a straight line.

The games will take place at the patio on Friday 28 May from 6pm and Saturday 29 May from 6pm during the St Baldrick's party.

The semi finals and final will take place on Sunday 30 from 5pm

The prizes will include a cup for each division winner, a cup for first and second runner up in the Cup Competition and the 2010 ABC Mini Soccer Champion trophy, notwithstanding many other surprises.

Join quickly for guaranteed fun.

REGISTRATION SLIP.

NAME: _____

Membership number: _____ Tel: _____

Player one's name: _____ Age: _____

Player two's name: _____ Age: _____

- **Registration deadline is Monday 24 May**



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WoodlandPre-Schools

Enrol Now for
SUMMER FUN PROGRAMME 2010
(5th July to 27th August)



Woodland Pre-Schools' Summer Fun Programmes offer a whole calendar of fun activities to entertain and educate children aged 12 months to 7 years: painting, clay modelling, cooking, dancing, science experiments, story telling and much, much more. Programmes throughout July and August are organised into 2-week blocks of theme-based activities. Enrol for any of the 2-week sessions or the whole 8-week course. Give your child the advantage of a brighter summer by enrolling today.

Tai Tam Montessori **Tel: 2525 1655**
Repulse Bay Montessori **Tel: 2803 1885**
Mid Levels Montessori **Tel: 2549 1211**
The Peak **Tel: 2849 6192**
Repulse Bay Beachside **Tel: 2812 0274**

Happy Valley **Tel: 2575 0042**
Pokfulam **Tel: 2551 7177**
Harbourside (Aberdeen) **Tel: 2559 1377**
Sai Kung **Tel: 2813 0290**
Woodland Tree House **Tel: 2872 6138**
(Pokfulam)

www.woodlandschools.com

ACTIVITIES



Friday, 7 May

Club Fair

From 3:00pm to 9:00pm

Venue : Upper Car Park

NON-MEMBERS ARE ALSO WELCOME

Come and take a look after work or after school.

There are over 22 stalls selling a variety of products and services.

Participating Vendors:

Mother Nature: Honey, skin-care, health food

Detox Diva: Nutrition supplement, detox, hydro therapy

Artique: Pillow case, table runners

Palmela Lawrance: Hand made necklaces

United Store: Baby items, candies

Wahcom Ltd: Personal items, baby care products

Down Southwine: Wines

Fine Aroma: Coffee, gift set

Pristine Living: Natural & organic skin care

Not only Olives: Med. food olives, pickles

Wonderworld: Toys and boxes

Whytecliff Trading : Water buoy, Gybe

Daniel Agren's Design: Hand made baby products, home items

Marverick: Health supplements

Natural Springs Australia: Spring water

WEDNESDAY SPLASH DAY IS BACK!

3:00pm to 7:00pm

A fantastic variety of water inflatables are available so bring your mum and dad with you and join in the FUN!

Sunday, 9 May

Mother's Day Buffet (Four Peaks Restaurant)

Normal Price : \$208 / adult \$128 / child

\$308 / adult \$158 / child

(with Prosecco and a glass of wine / soft drink)

Please call 2553 3422 to book a table

Friday, 21 May

Buddha's Feast Vegetarian Dinner Buffet (Patio)

Price : \$118 / adult \$68 / child

Please call 2553 3422 to book a table

Saturday, 29 May

St Baldrick's Day Event

Hosted by Aberdeen Boat Club

Festivities start : 2:30pm

First to be shorn : 3:00pm

BE A SHAVER – REGISTER NOW at www.stbaldricks.org

**Shavee Registered from the Club:-
Philippe, Paul and Andy will be
shaved during Classic Yacht Rally
on 8 May**

Philippe de Manny (General Manager)

Paul Chong (Executive Chef)

Andy Tsui (Restaurant Manager)

Please send e-mail to :

gmsec@abclubhk.com

Remember to let us know who and how much you wish to sponsor.

Your donation will be sent to St Baldrick's and receipt will be sent to you via mail.



ABC SPORTS ACTIVITIES



Wednesday ~ Squash Coach at ABC with Chad

My name is Chad Sunde and I have played and taught squash at every level, from beginner to professional during the past 25 years. I was a NZ national champion multiple times and played professionally on the world circuit.

I have learnt how to quickly improve a player's standard and understanding of the game.

Rather than spending hours perfecting a technique I have found it far more effective to teach simple strategies that can be applied to any player's game regardless of level or experience for immediate improvement.

I also enjoy working with kids to introduce them to squash and get them off on the right foot, learning rules, etiquette, technique and strategies. They will then be properly prepared to get the most a sport that is played and enjoyed throughout the world.

I will be available for the following lessons:

- Junior class starting Wednesday May 12 onwards 4:30pm to 5:30pm; cost \$150 per child, maximum 6 players per class.
- Individual lessons: Please call to arrange

To book please call 9522 0434 or email at chadsunde@gmail.com

Clad Sunde

Wednesday Yoga For Beginners with Higy

To have a healthy and a relaxed back
To give proper alignment and strength to our muscles
To relieve tension, aches and stiff spots

Benefits of Yoga:

- a healthy back
- good posture with youthful energy
- able to walk, stand, do sports with ease
- soothe the mind, refresh the complexion
- invigorate your being, cultivate peace

Teacher: Higy Fung, ERYT500, MA, BA, MIL
Experienced Registered Yoga Teacher with Yoga Alliance, USA

Teacher training with: Senior Iyengar teachers in Colorado & Cairns; Purna Yoga Master Aadil Palkhivala in Seattle, Hawaii, Taiwan & Singapore; Paul Grilley & Sarah Powers on Yin Yoga & Meditation

Date: May 12, 19 & 26 (Wed)

Time: 10:00am-11:15pm

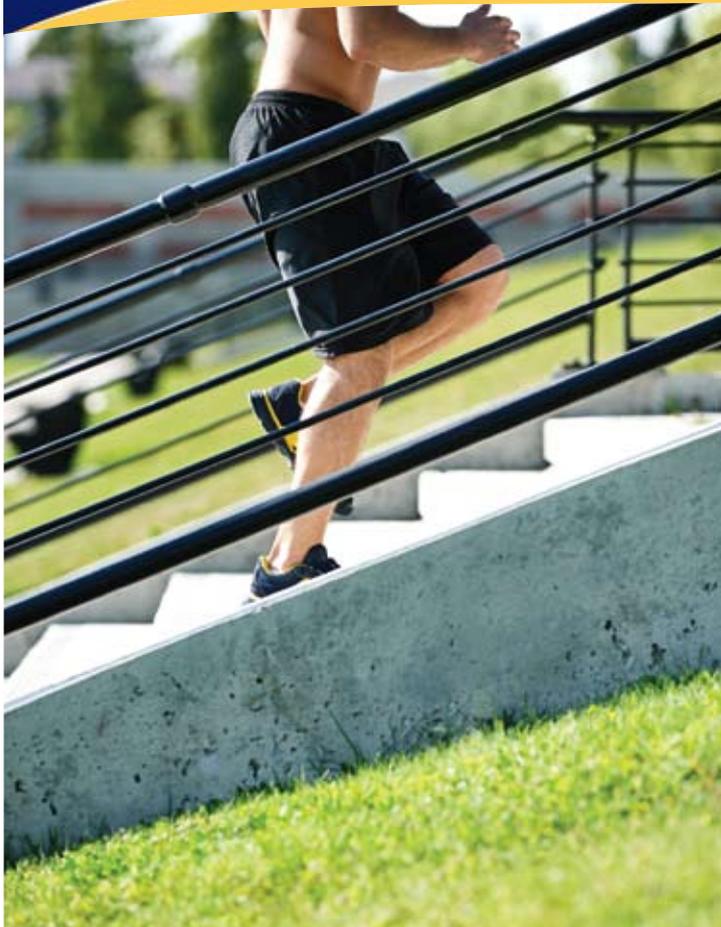
Fee: \$200/class for full month
\$220/single visits

Venue: Harbour Room

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



ABC BOOTCAMP



Thursday ~Personal Trainer Ed Haynes

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



Bootcamp – lose weight, increase lean muscles, tone up
An invigorating 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.

Bootcamp Every Thursday 7:00 AM to 8:00 AM

Please contact Ed at his mobile 9862 9851 or e-mail: ed@coastalfitnesshk.com for arrangement.

So you might have seen the posters around the Club last month, but what is Bootcamp all about?

Bootcamp is a Dynamic and Invigorating class which combines aerobic fitness with strength and resistance exercise. Whether taking up exercise for the first time, or if you're a seasoned pro looking for new ways to stay in shape, Bootcamp offers you a fun, exciting and alternative way to get fit for summer ahead!

Here at Coastal Fitness, we like to train smart...we are a big believer in functional exercise; that's why we choose specific drills and movements which are transferable to both sport and every day life. Bootcamp classes are an excellent way to Torch Fat and Lose Weight, Increase Lean Muscle, Boost Metabolism and Improve your Cardiovascular Fitness. How do we do it? By focusing on strength, speed, agility, power, flexibility and balance, our aim is to help you reach your goals, whatever they may be.

The ideal setting for this programme is the great outdoors, and Aberdeen offers some fantastic areas for outdoor exercise. We use natural props as well as some of our own to spice things up. And the weather won't stop us...We simply take things indoors and squeeze every last drop of sweat out of you through some intense circuit training.

Worried that others will be a step ahead of you? Don't be! The great thing about Bootcamp is that exercises are prescribed based on an individual basis. By providing progressions for every exercise, we ensure that everyone is working to the best of their own ability.

Classes are kept small with a maximum of 8 people to ensure that we can attend to each individual, so hurry up and get signed up!!

CIRCUIT TRAINING FROM ED

Step up a gear, because summer's here!

Hi guys, let me start by introducing myself. You might have seen my posters up and around the Club last month, and you are probably scratching your head wondering what it is that I'm doing here. Exercise and keeping fit is a rather daunting thought for some – so my goal is to provide people with fun, exciting and alternative ways to lose those unwanted pounds. With summer approaching, I thought that now would be as good a time as any to start whipping ourselves into shape.

How? Each month, Horizons Magazine will be bringing you a series of Circuit Training routines for you to try at home, outdoors, or within the wonderful confines of the ABC. The beauty of these routines is that they're time efficient - you control the intensity, and they can be done almost anywhere! So without further ado, please welcome the first addition of the Body Blasting Series.

Before you ask "What is Circuit Training?" let me give you the low-down on one of the best forms of exercise around. Circuit Training is a series of exercises performed one after the other with minimal rest in between, 'short and sweet' as I like to put it. The circuits will work muscles from head to toe, and is a fantastic way to lose weight, increase lean muscle, increase cardiovascular fitness and boost your metabolism.

Things to remember...

- Complete a warm up before starting the Circuit. This should last 5-10 minutes with the aim of increasing your heart rate and body temperature. Some light jogging, squats, bends and lunges are good warm up exercises to start with.
- Start slow and simple until you have mastered the technique. Once you've got this nailed, you can start to increase intensity, then increase the complexity of the exercise.
- Listen to your body – if you feel unwell or in pain at any time...STOP! It will only lead to further injury.

The ABC 'May'hem Circuit

The format:

- 45 seconds per exercise – 15 seconds rest between exercises. Rest 2 minutes after each circuit then repeat.
- One circuit will take 6 minutes. Aim to do as many as time & fitness allow.
- Perform each exercise quickly and powerfully, but without compromising good form.
- Perform this circuit 2-3 times a week for maximum fat burn!

1.High Knee Run (arms out)

- Stand with your hands out in front of you
- At a high tempo, run on the spot, lifting your knees high – try to touch your hands with your knees



2.Squat to Rotating Punch

- Keep your back straight
- Lower into squat, knees in line with toes, weight always through your heels – knees should not come over your toes.
- Stand and punch up and across your body, twisting your torso. Return to squat position, alternate sides with each rep..



CIRCUIT TRAINING FROM ED

3. Alternating Squat Thrust

- Start in press-up position with back straight
- Bring one knee under your chest
- Jump one leg backwards and one forwards at the same time



4. Speed Punches

- Stand in boxing stance with first at chest height
- Punch one fist across body, twisting your torso as you do so.
- Return and punch the other fist to the other side.
- Alternate punches as quickly as you



5. Leg Raises

- Lie on your back with arms by your sides for support and feet 6 inches off the floor.
- Keep legs straight, raise them until they point upwards
- Lower down slowly and repeat.
- Note: If you feel lower back pain, lower your legs until you feel your back arch off the floor. This is your finishing point, don't lower your legs lower.



6. Ice Skaters

- Start by balancing on one leg in a crouched position
- Perform a sideways leap off the balancing leg and land gently on your opposite leg.
- Maintain balance upon landing and jump back to opposite leg.
- Note: As you feel comfortable, increase the speed at which you perform your jumps, and then the distance you are jumping.



Give this circuit everything you've got. We'd love to hear how you felt afterwards and if you're seeing improved results. Similarly, if you've got any questions regarding exercise or health tips, email Ed ed@coastalfitnesshk.com or call me on 9862 9851

FOOD & BEVERAGES

BEER OF THE MONTH



WINE OF THE MONTH

Talunga Ridge Cabernet Merlot Adelaide Hills, South

A deep vibrant purple red. The palate displays fragrant aromas of blackcurrant, chocolate and mint. The palate reflects these aromas and is rich, soft and balanced with subtle integrated oak and fine tannins. The finish is elegant and lingering with dark fruit characters

Per Glass HK\$27 Per Bottle HK\$120



Talunga Ridge Unwooded Chardonnay Adelaide Hills, South Australia

This unwooded Chardonnay has been fermented in stainless steel barrels rather than oak. It is a very attractive, delicate wine, fresh and fruity on the nose. Flavours are fruit-driven and linger right through the soft and refreshing finish.

Per Glass HK\$27 Per Bottle HK\$120



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.

“Limestone Wines”

Champagne-Dosnon & Lepage Recolte-France.

Semillon Sauvignon Blanc Wullura

Margaret River-W. Aust.

Merlot Shakespeare Cliff Coromandel Peninsula-N Z.

Rose Padthaway-S.Australia.

and more.....

COCKTAIL OF THE MONTH

Cheer, Map Hraw

Thai rum, coconut puree,
almond, orange juice

Per Glass HK\$40

Mamwng

Thai rum, mango puree,
banana liqueur, orange
juice, lemonade

Per Glass HK\$40

Sism

Thai Rum, Bloody orange,
ginger ale

Per Glass HK\$40



FOOD & BEVERAGES

SUNDAY'S EVENT

(except 9 May)

Family Buffet (Prosecco as option)

Normal price : \$188 / adult \$105 / child

With prosecco & wine /soft drink : \$288 / adult \$138 / child

SATURDAY'S EVENT

Saturday, 8 May

Lamb on Spit Evening (Patio)

\$138 / adult \$88 / child

Saturday, 15 May

Curry Buffet Evening

\$118 / adult \$78 / child

Saturday, 22 May

Seafood & Meat with Crab Evening (The Deck)

\$188 / adult \$128 / child

Just add \$50 for crab

Saturday, 29 May

Lamb on Spit Evening

\$138 / adult \$88 / child

FRIDAY EVENT

Friday, 28 May

Seafood and Meat with Crab Evening

\$188 / adult \$128 / child

Just add \$50 for crab



ABERDEEN BOAT CLUB JUNK

(Food and Beverage arrangement can be arranged in Pana Ocean Junk for parties or for fun. Please contact our FNB Manager Colin)



This is a fibre glass junk that has an integrated kitchen, so if you wish to have a chef on board to whip up a professionally cooked dinner or lunch, it is now possible.

You can contact our Food and Beverage Manager, Colin for the arrangement, if needed.

Furthermore, the junk has karaoke (with 5 discs), air-conditioner upon request. If you wish to include extra services like speedboats, banana boats and water ski, this can also be arranged with Pana Ocean.

The junk can accommodate 42 passengers.

The new price for the boat rental:-

Monday to Friday - \$2,900

Saturday, Sunday and Public Holiday - \$3,500

Daytime : from 9am to 5pm

Night time – from 6pm to 11pm

For more details regarding the junk hire, please contact Cobo on 2553 3032 or e-mail mbs@abclubhk.com



How to solve the Questions of Class

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TSING MA REGATTA

24 & 25 April 2010

With the ABC Inaugural Rally around Lantau cancelled I chose to enter Skywalker in the 13th Discovery Bay Yacht Club, two day, Tsing Ma Regatta. In the past this popular regatta has used the Gold Coast Marina as the overnight location with both the Saturday and Sunday races being routed under the Tsing Ma Bridge. Following calls to turn the regatta into a circumnavigation of Lantau, it was arranged such that the first race was from Discovery Bay, under the bridge, past the airport and with an overnight stopover at Tai O. The Sunday race would be a Pursuit Race starting at Tai O and heading to Discovery Bay along the southern coast of Lantau.

At the start, the 20 entries were divided into two classes and with more than 20 knots from the east some took the prudent move of reefing down. Shortly after the start Serrinissimo and Sex Drive collided and unfortunately Sex Drive lost their mast above the first set of spreaders. Fortunately there were not any injuries and Serrinissimo was able to continue, but Sex Drive will be out of action for a while.

Sailing under the Tsing Ma Bridge is a great sight and gives a much better impression of the scale of the bridge construction than merely crossing by car. However, with the Ma Wan Channel being heavily used by all manner of shipping, it does not pay to sightsee for too long. As two merchantmen came through, their captains were not shy about using their horns.

As the airport beckoned, the fresh breeze and the sunshine made for a champagne sail down to Tai O. Alas, the wind became fickle with just a few hundred metres to the line

but eventually the leading boats finished in great style with Authority taking Line Honours.

The anchorage is ideally placed inside of a substantial breakwater and within a couple of hundred metres of the pier. Apparently it had recently been dredged which had removed a good layer of mud and left a hard bottom of shingle. This proved troublesome for several yachts; with the strong wind blowing over the hills there was quite a bit of dragging and several boats including Skywalker had difficulty getting a good bite. Four yachts decided that they would have to miss out on the Saturday night dinner in Tai O and took the option to head round to the Sokos where the holding was much more reassuring. This did mean that we missed out on the dinner party on Tai O but second prize was our own party in the cockpit under a full moon.

On the way back to the start in the morning the gusts were 30 knots so it was going to be a good beat to get back. The reduced fleet of starters set off at their allotted time and settled in to some long tacks with reefed mains. As we made ground towards the east the wind did begin to moderate and by the time we were adjacent to Cheung Chau the strong blow had been replaced by some fickle shifting winds. This resulted in the three leading boats jostling for the lead but eventually Authority got the best of it and once again took Line Honours.

All in all a great weekend. We now look forward to the rearranged date of our own Rally later in the year.

Words and Photographs

Barry Hill



ABC SPRING DINGHY RACES 3 & 4

28 March 2010

Diana Bruce tells the tale of Day 2 of our Spring Dinghy Series and invites sailors to take part in future dinghy racing.

The day started innocently enough with light winds and the promise of an easterly wind filling in later. Some of us were lulled into a false sense of security – the Bruces took their beloved wooden Enterprise (only to be taken out on special, light-wind occasions) and Michael Tsui gamely accepted an unexpected invitation from Alex Leung to join him on a Laser 2000 thinking he would stay relatively dry. Ha! By the time we got out to the committee boat in Repulse Bay, the wind was blowing hard, the sea was very choppy and there was an ominous black cloud hovering over Chung Hom Kok! Hanging onto our hats, we set off round the usual No. 9 course (triangle/sausage) with Ivy and John in their magnificent 29er streaming ahead as usual. Well, we were all streaming in that wind and some of us were amazed we stayed upright. We all got round the marks in double quick time. Ivy and John passed the finished mark in 26 minutes, and the last boat only took another ten minutes. Natalie Tsui in a Laser 4.7 continued her winning streak and came first on corrected time.

We had a short break to catch our breath and then we were off again. Patrick thought the wind had eased a little, but I've noticed every time he says that, it starts to come back with a vengeance. And so it was for the second race of the day. We all blasted round the course with Ivy and John powering over the finish line first to take line honours again, but this time Alex and Michael slipped in front of Natalie to claim first place on corrected time. The whole race was finished shortly after 4 p.m. but we felt as if we'd been sailing for hours! It was really exhilarating and a real challenge. I just hope Michael managed to find some dry trousers to go home in ...

If you look at the results (posted on the website and club notice board) you will see that we have a handicap system which lowers a skipper's handicap each time he / she comes first or second, and increases it if he / she comes last or second-to-last. This ensures that the same people don't keep winning all the races and, we hope, encourages newer, less experienced sailors, to feel they have a chance at taking "gold" or "silver". So, do come along and join

our club races – it's a great way to hone your skills, learn and practice the rules of racing (which we all continue to learn), and to watch how other people sail, to say nothing of meeting other sailors in the club. And do check our website – we now have a new page dedicated to Club Dinghy races – and it includes a record of series winners going all the way back to year 2000!



ABC SUPPORTS THE MCCONAGHY MACAU INTERNATIONAL YOUTH DINGHY REGATTA *12 & 13 June 2010*

McCONAGHY

boats

A family weekend away: 12 & 13 June 2010

The Macau Sailing Academy, in co-operation with the Macau Sailing Association is running its first ever International Dinghy Regatta in June. Aberdeen Boat Club and Hebe Haven Yacht Club have both agreed to sponsor the regatta and encourage our sailors, particularly our Youth Sailing Teams, to enter the event.

Over the past couple of years, Dinghy Sailing in Macau has been advanced by the work of the Macau Sailing Academy, with Youth sailors from Macau attending both last years HHYC 24 hour race, and also the RHKYC organized Inter-Schools Sailing Festival. Now is therefore an appropriate time to encourage our sailors to attend the Macau Regatta. ABC is intending to sponsor the regatta by supplying some boats and assisting with Race Control duties.

The regatta will take place off Hac Sa beach, and will be sailed in two divisions: Topaz and Pico dinghies. Accommodation will be provided at a greatly reduced rate at the luxurious Westin Hotel, which is situated next to the beach with rooms and balconies overlooking the sailing area, a great pool and access to the adjacent 18 hole golf course and ocean driving range (complete with floating golf balls!) Participants are encouraged to plan a "family weekend away" with parents enjoying the peaceful atmosphere and superb hotel facilities while younger competitors sail.



Sailing area & Westin Hotel



Accommodation with balcony views of the sailing area

First preference entry to ABC sailors will go to members of our existing Dinghy Sailing teams. We expect that a minimum of 12 sailors will attend from our club, but possibly more. After team member's bookings, other entries will be accepted in order of receipt.

To find out more about the Macau Sailing Academy, check here: www.macausailing.webs.com and to book hotel accommodation, check www.westin.com/macau or call 2803 2015

The Notice Of Race and Entry Form are now available on the MSA and ABC website. Entries should be submitted directly to the event organizers, but enquiries and confirmation of entry from interested participants or parents should first be made with ABC Dinghy Sailing Manager Kevin Lewis at DinghySailing@abclubhk.com.



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GILL ABC TRI-CLUB DINGHY REGATTA

24 & 25 April 2010

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Words: Kevin Lewis

Photos: Kevin Lewis, Yann Vincent, Peter Lacoste,
Richard Knight

Aberdeen Boat Club, Hebe Haven and The Royal Hong Kong Yacht Club have been running a number of Tri-Club Dinghy Regattas over the past two years, with the aim of providing more inter-club competition and also further bringing the Dinghy Sailing Community together. April was the first time that ABC hosted the regatta, and we approached the weekend with 47 entries in three divisions and with a forecast of winds gusting up to force 6!

The first day of the regatta saw Race Officer Paul Woodward set a trapezoid course in outer Repulse Bay, and with winds gusting over 15 knots at times, a number of competitors found it hard going and retired. Several RS Fevas seemed to spend most of the day upside down, and when approached by the safety team replied they were fine and just taking a rest!

So, on a very challenging day for some, it was Cosmas Grelon from Hebe Haven who dominated in the Optimist fleet, clearly enjoying the conditions and coming away with three 1st places. ABC showed real determination and it was our own Peter Simpson and Brandon Tang who dominated the RS Feva fleet with three bullets in a fleet obviously struggling to manage the conditions. Their key to an amazing three first places was keeping the boat upright and sailing; Hebe's Yann Cudennec and Lewis Cheung sailed well but repeatedly went swimming. Exciting day 1 results in the Laser 4.7s with Hebe's James Johnston tied at first place with Gigi Sakai, while ABC Sailor Will Stephens ended the day in 4th.

Arriving for day 2 of the regatta, competitors were greeted with winds exceeding 20 knots at Middle Island. ABC decided to be cautious and after a short postponement, decided to let the Laser 4.7 fleet out in to Repulse Bay just to see if they could handle the increasing winds. A





Gorden Mason



Jane Wright and Natalie Tsui



Jim Vincent



Oliver Engelhart

small contingent of Hong Kong's best youth Laser sailors ventured out and started the first of two exciting windward-leeward courses. As winds further increased, safety cover almost reached one safety boat for each competitor and it was ABC's own Will Stevens who won the first race, with RHKYC's Lars Schkade taking the second race. Hebe Haven's James Johnson proved consistency was the name of the game, with two second places giving him first overall first in the Laser 4.7 Division.

After a fair amount of consideration, ABC decided to let the RS Feva's take to the water, but with reefed training sails and mast head floats as required safety measures. Six dinghies made it out, and faced winds gusting to 30 knots (recorded on the committee boat), the strongest winds the Fevas are likely to encounter before gear failure becomes a significant risk. Once again it was ABC's Peter Simpson and Brandon Tang who showed the best ability to cope with the conditions, winning the first race from Hebe's Akira Sakai and Jack Smith in second. In the second race, Peter and Brandon misjudged the top mark and headed downwind requiring a 720 penalty. Capsizing on the 720, they decided they had done enough and retired, leaving Akira to win over second place Yann Cudennec. With four wins out of five, it was ABC's Peter Simpson and Brandon Tang who convincingly won the Feva Division.

Erring on the side of caution, ABC kept the Optimist fleet ashore, and after a while it was the Hebe Haven team who ventured out for some high wind "training". Even the experienced Hebe team struggled and around 1pm the Race Officer confirmed that there would be no further Optimist races, leaving the overall result decided from Saturday's 3 races. Hebe Haven Yacht Club took the top three spots, with Nathan Bradley in third, Gerald Williams in second, and Cosmas Grelon winning overall with three wins out of three.

Back at ABC Middle Island, an early afternoon buffet greeted the sailors on their return, and the prize giving got underway at 3.45pm. The Tri-Club trophy was presented once again to Hebe Haven whose "best three" sailors per race in each class were counted to win as overall top club. A huge thanks to Storm Force Marine who sponsored the weekend regatta and to Louise Connolly who presented the excellent GILL prizes. A team of 14 volunteers, as well as Instructors, Marine and F&B staff all made it happen – thanks to everyone!

Full Results are available on our website, and our Facebook page has a large number of exciting photos of the regatta, only some of which do justice to the conditions and the superb sailing shown by many of the competitors!



Optimist fleet on day 1



Will Stevens, Jamin Early and James Johnston



RS Fevas on Day 1



Winners of the Feva Division Peter Simpson and Brandon Tang

Gill ABC Tri-Club Regatta 2010 Results

Optimist Division

1st	Cosmas Grelon	HHYC
2nd	Gerald Williams	HHYC
3rd	Nathan Bradley	HHYC

RS Feva Division

1st	James Johnston	HHYC
2nd	Will Stephens	ABC
3rd	Rupert Philipps	RHKYC

Laser 4.7 Division

1st	Peter Simpson / Brandon Tang	ABC
2nd	Yann Cudennec / Lewis Cheung	HHYC
3rd	Louis Bond-Smith / Ken Futonaka	ABC

Overall Club Results

1st	Hebe Haven Yacht Club
2nd	Royal Hong Kong Yacht Club
3rd	Aberdeen Boat Club



Louis Bond Smith and Ken Futonaka



James Johnston

ABC SUMMER 2010 YOUTH SAILING PROGRAMME

Mon 28 June – Fri 27 August



Below we outline our selection of Youth Sailing courses and activities for younger sailors during the summer school holidays. Often, members are late to sign up and we encourage you to apply early, at least three weeks before the course, to ensure you get spaces, particularly on popular courses. Details and all application forms are available on our website, www.abclubhk.com, for further enquiries please contact Angela Ho at SailingSecretary@abclubhk.com.

Week	JULY:	Junior Course	Course	Eligibility	HKS (member)	HKS (Non-member)
1	Mon 28 June – Fri 2 July AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 28 June – Fri 2 July PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
	Mon 28 June – Fri 2 July		Improver HKSF Lev 3	Age 12 – 18 Hold HKSF L2 for at least 1 year	2,400	3,200
	Mon 28 – Wed 30 June		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440	1,920
	Thur 1 – Fri 2 July		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960	1,280
2	Mon 5 – Fri 9 July AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 5 – Fri 9 July PM	✓	Sea Lion Optimist Stage 3	Age 7 – 11, hold Optimist Stage 2	800	1,064
	Mon 5 – Fri 9 July PM	✓	Sea Lion Optimist Race Intro	Age 7 – 12, hold Optimist Stage 3	800	1,064
	Mon 5 – Fri 9 July		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
	Mon 5 – Wed 7 July		Laser Intro Course	Age 12 – 18 Pass HKSF L2	1,440	1,920
3	Mon 12 – Fri 16 July		Water Sports Week	Age 8 – 18	2,400	3,200
	Mon 12 – Wed 14 July		3 Day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	1,440	1,920
	Thur 15 – Fri 16 July		Basic & Intermediate Windsurfing	Age 8 - 18	960	1,280
4	Mon 19 – Wed 21 July		Laser Intro Course	Age 12 – 18 Pass HKSF L2	1,440	1,920
	Thur 22 – Fri 23 July		2 day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	960	1,280
Week	AUGUST:	Junior Course	Course	Eligibility	HKS (member)	HKS (Non-member)
6	Mon 2 – Fri 6 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 2 – Fri 6 Aug PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 2	800	1,064
7	Mon 9 – Wed 11 Aug		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440	1,920
	Mon 9 – Wed 11 Aug		3 Day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2 plus	1,440	1,920
	Thur 12 – Fri 13 Aug		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960	1,280
	Mon 9 – Fri 13 Aug AM	✓	Sea Lion Optimist Stage 3	Age 7 – 11, hold Optimist Stage 2	800	1,064
	Mon 9 – Fri 13 Aug PM	✓	Sea Lion Optimist Race Intro	Age 7 – 12, hold Optimist Stage 3	800	1,064
8	Mon 9 – Tue 10 Aug		Basic & Intermediate Windsurfing	Age 8 - 18	960	1,280
	Wed 11 Aug		Windsurfing Practice Day	Age 8 – 18, hold basic & intermediate	480	640
	Thur 12 – Fri 13 Aug		Advanced Windsurfing	Age 8 – 18, hold basic & intermediate	960	1,280
	Sat 14 – Wed 18 Aug		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
	Sat 14 – Wed 18 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
9	Sat 14 – Wed 18 Aug PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
	Sat 21 Aug		Sailing Trip - Youth & Adult	Age 12 – adult, hold HKSF L2 plus some additional sailing experience	480	640
	Mon 23 – Fri 27 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 23 – Fri 27 Aug PM	✓	Sea Lion Optimist Stage 2 / 3	Age 7 – 11, hold Optimist Stage 1 / 2	800	1,064
	Mon 23 – Fri 27 Aug		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200

YOUTH EASTER SAILING PROGRAMME APRIL 2010

Words & Photos: Kevin Lewis

The ABC Youth Sailing Programme held during the Easter school holidays attracted 69 students this year, nearly 70% of which attended one of our Optimist Junior Sailing Courses. We ran all levels of Optimist training, including an introduction to race course, as well as Windsurfing, RS Feva, and an HKSF Level 3 Improver course.

It was a particularly tough time for some of the students (and Instructors) with conditions varying from dead calm through to 20 knots of wind gusting past the ABC Middle Island Clubhouse. However, everyone braved the varying conditions well, and the courses, spread out over 3 weeks, introduced a lot more younger sailors to sailing and to our club. Particular thanks must go to ABC's Instructor David Price, who now sadly for us moves on to pursue his Army career and will be missed by students and staff alike.

Photographs from the Easter Programme are on our Facebook page, www.facebook.com/AberdeenBoatClub

Details on the Summer Programme are published in this issue of Horizons.



RHKYC MIDDLE ISLAND REGATTA *17 & 18 April 2010*



Matthew Wright

The annual Royal Hong Kong Yacht Club Middle Island Regatta was fully supported by our club with 18 ABC boats entered into what proved to be a tough and stormy event.

Day one saw the course set off Stanley Bay, and after increasing winds and a large number of retirements, the first race was abandoned and the race area moved to the slightly more sheltered, if inconsistent, Repulse Bay. In the one race completed on the Saturday, ABC's Goncalo De Ferrier managed 2nd place in division B, an excellent effort out of a fleet of 18, many of whom retired due to the strong winds. Simon Milne, also from ABC, finished 3rd in division A, with Laser 2000 sailors Will Stevens and Justin Tse in 4th at the end of the first day.

The second day again saw strong winds and the Yacht Club decided to run their races again in Repulse Bay instead of Stanley Bay. A difficult decision with the more shifty and inconsistent winds; but certainly



Will Stephen and Justin Tse

a safer option with a shorter sail home for those retiring! Will Stephens and Justin Tse continued to sail their Laser 2000 superbly, and after 3 more challenging races managed to finish 3rd overall in the "fast" Division A, behind Fabio Contrim and David Early, both in Lasers. This is an outstanding result, especially given the conditions, beating many established, more experienced and older sailors! ABC's Goncalo ended up 4th in division B, and credit must also go to our Optimist Sailor Gordon Mason, who managed to finish 3 out of the 4 races sailed, the only ABC sailor to be able to manage the conditions from our Optimist Team.

Overall winners were Wan Chi Wai, (Optimist), David Early (Division A) and Nagisa Sakai (Division B). The RHKYC used their "Tack Tracker" software and interesting animated tracks from the regatta are available on their website, www.rhkyc.org.hk

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MAY

2010

SUN

MON

TUE

WED

THU

FRI

SAT



1

2

- Family Buffet with Prosecco

- Dinghy Spring 5

3

- Bring your own bottle

4

- Bring your own bottle

5

- Oysters for only \$10 EA

6

7

- Club Fair

8

- Lamb on Spit Evening

- Classic Yacht Rally

9

- Family Buffet with Prosecco
- Mother's Day Buffet

- Classic Yacht Rally

10

- Bring your own bottle

11

- Bring your own bottle

12

- Oysters for only \$10 EA

13

14

- Wine tasting evening

15

- Evening Curry Buffet

- Annual Prize giving / Sailor Dinner

16

- Family Buffet with Prosecco

- Dinghy Summer 1

17

- Bring your own bottle

18

- Bring your own bottle

19

- Oysters for only \$10 EA

20

21

- Wine tasting evening
- Buddha's Feast Veg. Dinner

22

- Evening Seafood & Meat w/ Crab

23

- Family Buffet with Prosecco

30

24

- Bring your own bottle

31

25

- Bring your own bottle

26

- Oysters for only \$10 EA

27

28

- Evening Seafood and Meat w/ Crab

29

- Evening Lamb on Spit