

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

July/August 2010





Cover shot - Kevin Lewis

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CONTENTS

| | |
|--|-------|
| <i>Commodore</i> | 1 |
| <i>General Manager</i> | 2-3 |
| <i>Jebsen Marine advertisement</i> | 4 |
| <i>Get Back in a Boat</i> | 5 |
| <i>2010-2011 Adult Beginner Sail Training Courses</i> | 6 |
| <i>ABC Summer 2010 Youth Sailing Programme</i> | 7 |
| <i>2010-2011 ABC Dinghy Racing Regattas</i> | 8 |
| <i>Dinghy Prize Giving 2009 - 2010</i> | 9 |
| <i>Macau McConaghy International Dinghy Regatta 2010</i> | 10-11 |
| <i>Fishing News June 2010</i> | 12 |
| <i>Simpson Marine advertisement</i> | 13 |
| <i>Food and Beverages</i> | 14-19 |
| <i>Kingsway Marine advertisement</i> | 20 |
| <i>Sport Activities</i> | 21 |
| <i>The 4 Minutes Workout You're Not Doing</i> | 22-23 |
| <i>St Baldrick's Day</i> | 24-25 |
| <i>Sunseeker Opening Regatta</i> | 26 |

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COMMODORE

I write this as I prepare my bag for my annual charter to Greece on "The Voyage Continues". I am not the only ABC member heading to the southern Mediterranean this summer as Patrick and Diana Bruce and the family of David Rees will be chartering in Croatia at a similar time. I wish you well and look forward to hearing about your trip. It may be that there are other members taking off for a charter holiday this year and if so we would be pleased for you to share your experiences through the pages of Horizons.

Members will be aware from earlier issues of Horizons that the finances of the Club demand constant attention such that the efficient provision of the services that members require and deserve is maintained. In addition to this we continually strive to make improvements to the Club facilities and work on new ideas for your entertainment at ABC.

I am particularly pleased with the outcome of our recent project to refurbish the swimming pool changing rooms. As you know this was funded from your contributions to the Building Levy and I hope you will all agree that this was money well spent. The transformation of the rooms makes all the difference after a day on the water or just lazing around the pool.

At the June General Committee Meeting the Club budget for the period July 2010 to June 2011 was discussed and approved. The recent significant expenditure to upgrade the Galley Kitchen demanded that the capital expenditure over the next 12 months needed to be more modest. Having said that, our prudent management of the finances will still allow expenditure on important and strategic House and Sailing matters. The resulting budget is well balanced and in particular demonstrates our commitment to further bolster our entry level sailing fleet.

We have for some time believed there was a need to give a facelift to the Four Peaks restaurant. This project has been allowed for in the approved budget and it is now planned for Matthew Johnson and the House Committee to finalise the interior design and arrange for the work to be done during the relatively quiet summer months. On the sailing front we are eager to consolidate the momentum generated by Kevin Lewison our dinghy courses, dinghy racing and general participation. As such we plan to invest in several more Picos and Laser 2000's.

Probably the most exciting element of this year's budget is the decision to initiate the J80 programme. Bruce Perkins has been working on this and following up on the overall strategy, supported by the RHKYC and HHYC, to introduce a number of J80 sailboats into Hong Kong and create a new class fleet. ABC will be part of this.

The J80 is a versatile boat which allows a natural progression from dinghy sailing to fix keel cruising or racing. It is of a reasonably modest outlay, particularly if purchased in a syndicate. Additionally, the Club is also offering joint Club and Member purchase. Further information on the financing arrangements on offer and the specification of the boat is available from the Club and if you have an interest I suggest you follow up soon so that you have an opportunity for racing in the new season commencing in September.

I mentioned holidays at the beginning and what better time to launch the ABC Summer Photographic Competition. As I have only just thought of doing this there are no rules as yet except that the subject will be 'Holidays'. We will follow up with some rules but in the meantime get out there and get shooting. Show us where you went, how you got there, who you met and what you saw. We will put on a show of the entries on the web site and around the Club in the autumn.

Happy holidays.

Barry Hill
Commodore



GENERAL MANAGER



Dear Members,

WEBSITE

Over the last few months Matthew our IT man has considerably up-dated our website. You may have noticed that you can now register on-line for all races the Club organizes, and this will be soon be extended to all functions and outlets bookings. I have found that since we have had this facility in place the number of boats participating in our races is increasing. Therefore, I hope the next step for Food and Beverage bookings will follow the same path.

Matthew is now working on improving our website calendar to make it easy to access and search information, whether you are looking for a marine or social event.

Most of the sub menus have been re-organised for an easier access to all sorts of information. We obviously are expecting comments and suggestions to keep this media up-dated and as user-friendly as possible.

In addition is the continued improvement on the dinghy webpage done by Kevin Lewis, our Dinghy Sailing Manager, where YouTube videos of racing and training can be seen as well as our Facebook page linking the whole dinghy sailing community in Hong Kong.

All that is to say that if you have not logged on to www.abclubhk.com recently, you may do that over the summer and keep track of what and how the Club is doing wherever you are in the world during your holiday.

HOUSE

We will have to endure some drilling this month again (but only for a few days). The Club is in need of more water proofing work on the roof. It seems to be a recurring event on Hong Kong's flat roofs; one side is fixed the other side starts to leak. We apologise in advance for any inconvenience caused, and we will keep the disturbance to the strict minimum.

The old basketball area has now been re-painted and is fitted with a mini football and an air hockey table.

We are now looking at opening very soon, on every Sunday, a young members' room on the third floor equipped with popular electronic games, computers and magazine. Steven our House Manager is working hard to get this new weekend fixture in place as soon as possible.

MIDDLE ISLAND

Over the summer holiday, Middle Island will be open every day; ferries will depart from the Club every hour and if there are sufficient numbers of members waiting to go, extra ferries can be arranged.

Opening and closing time are as follows:

Monday to Friday 9am to 6pm

Saturday 12pm-10pm

Sunday & Public Holiday 10am-9pm.

SWIMMING

Our swimming lessons the last two months have finally proven to be a success thanks to Nicola Barguss-Smith, our wonderful swim coach. She is now taking a well deserved break and will resume Classes on Monday 30th August until Monday 29th November for 13 sessions.

The lesson fee is \$2,080 for members and \$2,340 for non-members.

You will be able to register on-line or directly through Nicola and invite friends to participate in her program.

MEMBERSHIP

In September, we will put forward a new membership drive with the target to increase our membership. The economy is pushing us to do so as everything is getting more expensive and the Club has to keep on renovating its facilities. The cost of living and the maintenance costs have both hit us this financial year and in order not to raise the monthly subscription, we decided to increase the numbers of members. Today we stand at 924 full paying members and the target is to reach 1000 members by December 2010. This implies a heavy recruitment program, for which your assistance will be more than helpful.

To start, the program, as of 1 July members rewards will again be implemented following the same pattern as in 2006. If you introduce and sponsor one new member successfully in the same month, two months of your subscription will be waived, two new members 4 months subscription waived, and it goes like this exponentially.

The program, once fully approved, will put on our website under membership. Please check it from time to time to see the best offers we have for your potential nominees.

SUMMER HOMEWORK

Our Commodore has launched a summer holiday photo contest and I would like to launch a summer story contest for all our young members aged 7 to 11. The best report sent to us will be published in this magazine and the winner will receive a birthday cake voucher from our pastry chef. So kids, sharpen your pencils and take your notebook with you to tell me in writing how your holiday has been, what interesting things you have done and what memories you have of your summer break.

Philippe de Manny

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“GET BACK IN A BOAT”

ADULT DINGHY SAILING

2010 - 2011

This Autumn ABC launches a new initiative specifically for adults wanting to participate more in Dinghy Sailing at our Club. Over the past three years, we have focused on our Youth Sailors and now, with more resources made available, we launch our “Get Back in a Boat” programme, which aims to facilitate and encourage adult sailors to keep sailing; those who have recently completed a sailing course, and also those who have not sailed for some time and need a bit of a helping hand to get out on the water once again.

To support this initiative, ABC has committed to purchase 3 more Laser 2000 Dinghies, which we view as our primary adult sailing dinghy. The double-handed 2000 is an adaptable boat, used both on beginners courses, for boat hiring and also for more advanced and competitive sailing. We will also continue the upgrading of our single handed Laser 1 fleet; with our existing ten dinghies, new sails and additional training equipment.

Laser 2000 Courses

| | |
|---------------|---------|
| August 2010 | 22 & 29 |
| October 2010 | 17 & 24 |
| December 2010 | 19 & 27 |
| June 2011 | 19 & 26 |

Our two-day Laser 2000 courses are a key part of our Adult sail training programme. Ideal for those needing a refresher, and also specifically for sailors who have just completed a Beginners Sailing Course, these courses revise basic sailing techniques, safety and the use of the third downwind Gennaker sail. Full details on these courses and a review from one participant are available to download from our club website

Laser 1 Courses

| | | |
|----------------|----------|---------------------|
| July 2010 | Weekdays | 19, 20 & 21 July |
| July 2010 | Weekends | 18, 24, 25 July |
| Oct & Nov 2010 | Weekends | 23, 31 Oct & 14 Nov |
| December 2010 | Weekdays | 22, 23, 24 Dec |
| July 2011 | Weekends | 2, 17, 31 July |

The single-handed Laser 1 is perhaps the words most popular sailing dinghy. Simple to rig and sail, and yet challenging to race, ABC now offers a number of new Laser 1 courses. By the end of the course, successful students will be familiar with all three sizes of rig, sail setting and the basics of Dinghy racing

Sailing Trips

| | |
|--------------------------------|-------------------|
| Sat 21 Aug 2010 | Stanley / Tai Tam |
| Sun 12 Sept 2010 | Po Toi |
| Fri 1 Oct 2010 | Po Toi |
| Thur 3 Feb 2011 (CNY holidays) | Tai Tam |
| Sat 5 March | Po Toi |
| Fri 22 Apr (Easter holidays) | Tai Tam |
| Tue 10 May (holiday) | Po Toi |
| Mon 6 June (holiday) | Stanley / Tai Tam |
| Fri 1 July (holiday) | Stanley / Tai Tam |

A great way to get more experience on the water, and rewarding to sail away for lunch outside of our normal sailing area. The destinations include Stanley, Tai Tam and Po Toi depending on weather conditions. Participants need to have passed their beginner course and have recent additional dinghy experience – a sailing trip is not for beginners! Most sailing trips are open to adults and teenagers aged 14 and over, and we normally use Laser 2000s and RS Feva Dinghies. An ideal family day out!

HKSF Improver Level 3 Course

January 2011 8, 9, 15, 16, 22

The next step after a level 2 course, the improver level 3 builds seamanship skills and introduces more advanced techniques. You need to have been sailing for a year since passing your level 2, and in January we expect more wind for more serious sailors!

The Supervised Sailing Initiative

September will see the launch of a new activity at ABC, “Supervised Sailing”. This will take place on Tuesday mornings, Friday afternoons and Saturdays, and will be available for adult and youth sailors, members and non-members, who wish to continue their sailing but with an Instructor present to assist with rigging and provide some encouragement “on the water”. Not a formal course, these sessions are aimed at those who have passed a beginners course but may not feel confident (or able) hire a boat and go out for a sail with no one else around. Watch this space for more details!

2010-2011 ADULT BEGINNER SAIL TRAINING COURSES AT ABC

Our monthly Adult Beginners Courses are the main “entry level” activity for those who wish to take up the sport of Dinghy Sailing. Each beginner course lasts for a full 5 days and we follow the syllabus of the Hong Kong Sailing Federation. Our courses are open to non-members as well as ABC members, and are all taught by professionally trained and qualified professional Instructors.

Learning to sail is as easy as... ABC

We use two types of dinghy on our beginner courses. The first is the small, one or two person “Pico”, and this tough boat is ideal for your first few sessions. We introduce basic techniques, including rigging, wind awareness and capsize drill. Once a certain level of confidence on the water has been achieved, we move on into the larger two-person “Laser 2000” Dinghy. This boat is a more spacious, comfortable and also slightly more challenging dinghy for a crew of two people. The 5 days covers both the “Introduction” Level 1 Certificate, and also the “Beginners” Level 2 Certificate. By the end of the course, the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing a dinghy without an Instructor on board in light winds. Successful students will be awarded an HKSF Level 1 or 2 certificate, and ABC club members will be able to apply to be added to our hiring list to hire out our Pico dinghies.



The Laser 2000



The Pico

2010 - 2011 Course Schedule

The dates for our Beginners courses are shown opposite; please note these dates are subject to change at the discretion of ABC. Courses cost HK\$2,800 for ABC members, and HK\$3,750 for non-members. Normally courses fill up quickly, so advance booking is recommended. Also, please note that we can only accept your booking on receipt of application form and booking fee, which is 50% of the overall cost. Once you have booked your course, the booking fee is non returnable. Last minute cancellations will be charged the full fee unless a replacement student can be found.

Further details, and application forms, are available on our website www.abclubhk.com or contact Angela Ho at SailingSecretary@abclubhk.com

| 2010 | |
|---------------|--------------------|
| July | 10, 17, 18, 24, 31 |
| August | 7, 8, 14, 21, 28 |
| Sept / Oct | 23, 25, 26, 2, 3 |
| Oct | 16, 23, 24, 30, 31 |
| Nov | 6, 7, 13, 14, 28 |
| 2011 | |
| March | 6, 12, 13, 19, 20 |
| March / April | 26, 27, 5, 9, 16 |
| May | 1, 8, 15, 22, 29 |
| June | 4, 5, 12, 18, 25 |
| July | 1, 3, 10, 23, 24 |
| August | 6, 7, 14, 21, 28 |

ABC SUMMER 2010 YOUTH SAILING PROGRAMME

Mon 28 June – Fri 27 August



As you read this edition of our Horizons magazine, our Summer Youth Sailing Programme is well underway. Many of our courses are already booked up, but we still have spaces available, particularly for activities scheduled to take place in August. Further 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) |
|------|------------------------|---------------|---|--|--------------|------------------|
| 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 Days 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 1 | 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 Days Supervised Practice Topper Pico RS Feva | Age 12 – 18, hold HKSF L2 | 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 |
| | 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 |
| 8 | Sat 14 – Wed 18 Aug | | Beginners HKSF Lev 1&2 | Age 11 - 18 | 2,400 | 3,200 |
| | Sat 14 - Wed 18 August | | Improver HKSF Lev 3 | Age 12 - 18, hold HKSF L2 for at least 1 year | 2,400 | 3,200 |
| | Sat 14 – Wed 18 Aug AM | ✓ | Sea Lion Optimist Stage 1 | Age 7 – 11 | 800 | 1,064 |
| | 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 |
| 9 | 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 |

2010-2011 ABC DINGHY RACING REGATTAS

The Hong Kong Sailing Calendar will shortly be published, but here we provide a summary of the scheduled ABC Dinghy Races and main club Cruiser events, together with some of the important dinghy regattas that we hope our sailors will attend. Where possible we have tried to ensure cruiser and dinghy dates don't clash to give members extra opportunities to take part. Please note dates are subject to change at the discretion of ABC.

| September | DINGHY | CRUISER |
|-----------|---------------------------------------|----------------------------------|
| | ABC Opening Regatta | 4 & 5 |
| | ABC Dinghy Autumn Races Day 1 | 5 |
| | RHKYC Autumn MI Regatta (TBC) | 18 & 19 |
| | ABC Dinghy Autumn Races Day 2 | 19 |
| | ABC Opening Regatta | ABC Opening Regatta |
| | RHKYC Autumn Regatta at MI (TBC) | RHKYC Autumn Regatta at MI (TBC) |
| | ABC Dinghy Autumn Races Day 3 | 17 |
| | ABC Dinghy Autumn Races Day 4 | 24 |
| | ABC Dinghy Autumn Races Day 5 | 14 |
| | Around The Island Race | 21 |
| | Laser Class Championships | 27 & 28 |
| | ABC Dinghy Autumn Races Day 6 | 5 |
| | ABC South Side Regatta | 4 & 5 |
| | HKODA Optimist Nationals | 11 & 12 |
| | ABC Dinghy Autumn Races Day 7 | 12 |
| | ABC Dinghy Autumn Races Day 8 | 8-23 |
| | ABC Dinghy Autumn Races Day 9 | 29-30 |
| | ABC Dinghy Autumn Races Day 10 | 13 |
| | Laser Class Port Shelter Regatta | 19 & 20 |
| | Inter School Sailing Festival | 26 & 27 |
| | ABC Dinghy Autumn Races Day 11 | 27 |
| | ABC Dinghy Autumn Races Day 12 | 6 |
| | Tri-Club Regatta @ Shelter Cove RHKYC | 12&13 |
| | ABC Dinghy Autumn Races Day 13 | 13 |
| | HHYC Spring Dinghy Regatta | 19&20 |
| | ABC Dinghy Spring Races Day 2 | 20 |
| | ABC Dinghy Spring Races Day 3 | 2 |
| | ABC Dinghy Spring Races Day 4 | 3 |
| | ABC Dinghy Spring Races Day 5 | 10 |
| | ABC Dinghy Spring Races Day 6 | 17 |
| | ABC Dinghy Spring Races Day 7 | 1 |
| | ABC Dinghy Spring Races Day 8 | 7 & 8 |
| | HHYC Festival of Sport Regatta | 21 & 22 |
| | ABC Dinghy Spring Races Day 9 | 29 |
| | ABC Dinghy Summer Races Day 1 | 5 |
| | ABC Dinghy Summer Races Day 2 | 12 |
| | ABC Dinghy Summer Races Day 3 | 10 |
| | ABC Dinghy Summer Races Day 4 | 17 |
| | ABC Dinghy Summer Races Day 5 | 24 |
| | ABC Dinghy Summer Races Day 6 | 31 |
| | ABC Dinghy Summer Races Day 7 | 7 |
| | ABC Dinghy Summer Races Day 8 | 14 |
| | ABC Dinghy Summer Races Day 9 | 21 |
| | ABC Dinghy Summer Races Day 10 | 28 |
| | Classic Yacht Rally | Classic Yacht Rally |
| | Summer 1 | Summer 1 |
| | Summer 2 | Summer 2 |
| | Summer 3 | Summer 3 |
| | Summer 4 | Summer 4 |
| | Summer 5 | Summer 5 |
| | Summer 6 | Summer 6 |
| | Waglan 1 | Waglan 1 |
| | Waglan 2 | Waglan 2 |
| | Waglan 3 | Waglan 3 |
| | Waglan 4 & 5 | Waglan 4 & 5 |
| | Louis Vitton Trophy | Louis Vitton Trophy |
| | 4 Peaks Race | 4 Peaks Race |
| | Waglan 6 | Waglan 6 |
| | Waglan 7 | Waglan 7 |
| | Waglan 8 | Waglan 8 |
| | Waglan 9 & 10 | Waglan 9 & 10 |
| | Waglan Resail | Waglan Resail |

DINGHY PRIZE GIVING 2009 - 2010

| | | | | | |
|-----|----------------------|---------------|---|-------------------------|----------------|
| 1st | Optimist Summer 2009 | Gordon Mason | 1st | Open Series Summer 2009 | Katriana Milne |
| 2nd | Optimist Summer 2009 | Natalie Tsui | 2nd | Open Series Summer 2009 | Simon Milne |
| 3rd | Optimist Summer 2009 | Lucy Ross | 3rd | Open Series Summer 2009 | John & Ivy |
| 1st | Optimist Autumn 2009 | Gordon Mason | 1st | Open Series Autumn 2009 | Simon Milne |
| 2nd | Optimist Autumn 2009 | Natalie Tsui | 2nd | Open Series Autumn 2009 | Katriana Milne |
| 3rd | Optimist Autumn 2009 | James Hodgson | 3rd | Open Series Autumn 2009 | Goncalo |
| 1st | Optimist Spring 2010 | Gordon Mason | 1st | Open Series Spring 2010 | Natalie Tsui |
| | | | 2nd | Open Series Spring 2010 | John & Ivy |
| | | | 3rd | Open Series Spring 2010 | John Berry |
| | | | Line Honours Summer 2009 Autumn 2009 & Spring 2010 | | John & Ivy |



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▲ New Novatec 50 Sedan
HK\$ 4,480,000



▲ New Novatec 56
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US\$ 2,850,000



Bertram 55(1982)
US\$135,000



Lagoon 57(2002)
US\$660,000



Launch 25(2007)
US\$74,400



Master Craft X-80(2005)
US\$92,500



Princess 23M(2006)
GBP1,400,000



Princess 42(2003)
GBP550,000



Princess 54(2007)
GBP630,000



Passenger Ferry(1985)
US\$670,000



Princess 58(2007)
GBP680,000



Princess 67(2007)
US\$1,450,000



Princess 67(2009)
US\$1,680,000

MACAU MCCONAGHY INTERNATIONAL DINGHY REGATTA 2010

Words & Photos: Kevin Lewis



Dinghy sailing at our club is progressing fast, with particular enthusiasm from younger sailors and our youth sailing teams. We now regularly enter regattas held at the Royal Hong Kong Yacht Club, Hebe Haven and also the HKSF's Sail Training Association. The opportunity to take part in an event outside of Hong Kong was therefore an exciting new opportunity, and after being approached by the Macau Sailing Academy, ABC decided to support the event by sending over 6 ABC Pico Dinghies and a safety Boat.

Transporting boats around Hong Kong takes a lot of effort, but sending resources to Macau represented a far greater challenge. Together with our friends at Hebe Haven, who also supported the regatta, we sent a total of 15 Pico's and two safety boats, transported to Macau in two 40 foot containers. After sending our boats down to Hebe Haven, the staff there helped to pack the containers, which were then shipped overnight to Macau. Unloading took place at the Macau Container Port, just around the corner from the sailing area off Hac Sa Beach, and everything was set up and ready by Friday afternoon, when competitors and their families started to arrive.

Most of the Hong Kong entrants chose to stay at the superb Westin Hotel, located right next to the sailing area, with 24 families from all three Hong Kong clubs enjoying the first class facilities and special rates offered by the hotel especially for the event. Sailors from RHKYC, HHYC and ABC all joined the local Macau competitors, with a total of 56 competitors in Pico and Topaz divisions.

Day one of the event saw light winds with strong tides that really challenged the competitors, but still allowed three

successful races. Parents helped out on the beach, and some came out on the safety boats, while others spent a leisurely day at the hotel by the pool or even playing golf. With shorter races and a strong tide, competition was very close and exciting, with mistakes having a large impact on placings. ABC Sailors Peter and Yogi managed a 3rd in race 3, while in the Topaz, our Sailors Will and Lachlan sailed consistently finishing 2nd or 3rd in each race. On Saturday evening an outdoor barbecue, DJ and live band all added to the atmosphere. On the second day, a stronger breeze filled in, allowing an extra race and a discard for the regatta. We were also visited by Pink Dolphins, who spent some time near the race course but still proved rather elusive for the photographers! Results were very close, but it was Peter and Yogi who did best in the Picos, finishing 4th overall out of the fleet of 14, while Will and Lachlan hung on and finished 2nd overall in the Topaz fleet, again out of 14 entries.

Pico Division

| | | |
|---|----------------------|-------|
| 1 | Oliver & Scarlet | RHKYC |
| 2 | Sebastian & Julianna | RHKYC |
| 3 | William & Derek | HHYC |
| 4 | Peter & Yogi | ABC |
| 5 | Antonio & Santiago | HHYC |
| 6 | Jane & Matt | ABC |

Topaz Division

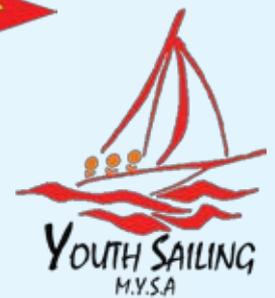
| | | |
|---|------------------|-------|
| 1 | James & Gui | HHYC |
| 2 | Will & Lachlan | ABC |
| 3 | Sophie & Florrie | RHKYC |
| 4 | Clara & Isabel | RHKYC |
| 5 | Goncalo & Yann | ABC |
| 6 | Natalie & Noah | ABC |



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Overall, a great weekend, particularly as so many families took the opportunity to come and get involved in the event. A big thanks to Jon Gilbrath and everyone at Macau for organizing such a great weekend; the staff at Hebe Haven for their huge help in packing and unpacking the containers, and of course the sponsors McConaghy, Miramar and The Westin. A full selection of photographs and a video from the event are available on our facebook page, www.facebook.com/AberdeenBoatClub

FISHING NEWS JUNE 2010



Fishing on Saturday the 12th, left at 730am in the mist and fog, which stayed with us till the other side of the Lima Island, after that it was high overcast with the odd bight spell. Destination was the Buoy 50 miles away, the sea was flat calm so we were able to make good time and started to get into the blue water 40 miles out where we started to fish. We caught the first Mahi after half an hour or so. There were quite a number of flying fish around but not much else moving. That changed as we got to the buoy where we had several multiple strikes. We caught around 12 Mahi Mahi and a good size Oceanic Tuna. Which was taken during a troll down a line some way from the buoy.

Several schools of Tuna seen on the way back and one school of Mahi, which were being chased by something. With the weather being as unpredictable as it has been I was hoping to get out on Wednesday the 16th but that has not happened, Buoy is showing 9ft swell force 5-6! Thai Lady did make an attempt to get to the Riggs but had to return due to technical problems.

Saturday 19th gave a forecast which was looking good, Kidusi left at 730 AM setting off to the South East of the Limas, the wind was from the South

West at force 4, waves 1 meters South West, visibility was quite stunning. We started to see a good but slow change at the 25-mile mark but did not start to fish until the water became clearer if somewhat green. We did manage to take a small Mahi Mahi from an anchored ship and as we headed further south it became clear that the blue water was going to be very far out and unless we found it things were going to be slow. Just before 12 noon we brought in the lines and made a run south towards the Riggs. There were a number of ships working around, with the tug chasing a mainland lobster boat, gave us a chance to have a quick run pass, but no takers. The water had stayed very green, but not to be put off we trolled around for an hour before we had to start home with the now lighter wind and seas behind us.

Disappointing day from the fishing side, but a good run for the boat. I am now planning a trip to leave ABC at 5.30 am, arrive at the Riggs at 8.30-9 troll during the day and the tie up for some overnight fishing. The next day troll again in the area before moving north and a final run back to ABC arriving back 5-6PM. This of course will be very weather dependent, dates to be advised. If you maybe interested let me know. Dates for fishing in July are:

Tues 6th, Wed 7th, Thur 8th, Fri 9th
Sat 10th
Wed 14th, Fri 16th, Sat 17th, Sun 18th

If you are interested please email me include a contact number.

Tight Lines





SWAN 60 Sailing at Jakobstad - Finland

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FOOD & BEVERAGES

REGULAR EVENT



\$10 Dollar Oyster Every Wednesday Evening at Four Peaks Restaurant

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

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

Bring Your Own Bottle (Every Monday & Tuesday at Four Peaks Restaurant)

NO CORKAGE FEE
(max 2 bot. for each table)



Taittinger Champagne Madness HAPPY CHAMPAGNE HOUR AT THE WAGLAN BAR 2 GLASSES FOR THE PRICE OF 1

EVERY THURSDAY FROM 6:00PM -9:00PM
Please call Waglan Bar at 2553 3422 to make sure it's all chilled

Enjoy 20% off at these outlets:

Terms & Conditions
• All prices are subject to a 10% service charge. Discount do not apply to service charges. • Offer is not redeemable for cash and cannot be used in conjunction with other promotional offers. • Please present ABC membership card before placing order. • Not valid on public holidays or festive occasions. • Igor's Group reserves the right to amend the terms and conditions without prior notice. The decision of Igor's Group shall be final.

Lan Kwai Fong : Stormies Crabshack/ Crow's Nest 2845 5533 The Cavern 2121 8969
La Bodega 2524 7790 The Keg 2810 0369 Marlin 2121 8070
Soho : Wildfire 2810 0670 Mid-levels : Wildfire 2540 6669
Stanley : Wildfire 2813 6161 The Bosthouse 2813 4467
Wanchai : Big Ernies 2520 5303 Swindlers 2520 5101
Tsimshatsui : Wildfire 2690 1598 Nomads 2722 0733 Airport : Wildfire 2361 2999

www.igors.com
IGOR'S
GROUP

*Delaney's welcomes
Aberdeen Boat Club Members.
By showing your ABC membership card,
you can enjoy 10% off in the following outlets.*

the dublin jack
Irish Pub

*Delaney's Wanchai: 2804 2880
Delaney's Kowloon: 2301 3980
The Dublin Jack: Central 2543 0081
Pad Thai: 2126 7900*

FOOD & BEVERAGES

JULY / AUGUST



Indian Curry Dinner Buffet

Date: Friday 30 July / Friday 13 August
Time: 6:30pm
Venue: The Patio

Only \$118 per adult
\$78 per child under 12

All you can eat Indian Curry Buffet
with Salad Bar and Dessert

Please call the Coffee Shop
at 2554 9494 to reserve a table

Char-grilled Sausage Night

All you can eat international sausage with Salad Bar
Only \$168 per adult & \$88 per child under 12 years

- France: Toulouse
- Germany: Nuremberg
- Austria: Vienna
- Italy: Pepper Sausage
- UK: Cumberland, Bratwurst & Cheddar Bratwurst
- Spain: Chorizo Riojano
- South Africa: Boerewors Sausage
- US: Johnsonville Sausage
- Morocco: Mergues Sausage

Saturday 17 & 31 July

Date: Friday 7 & Saturday 27 August

Time: 6:30pm

Venue: The Patio



For reservation please call the Coffee Shop at 2554 9494



Fantastic Children Sunset Buffet

Aberdeen Boat Club offers a special
buffet for children

Date: Friday 9 July & Friday 20 August
Time: 5:00pm – 8:30pm
Venue: The Patio

menu corner, along with such fun
activities as Bouncy Castle at the
playground, Giant Floater Splash
at the pool, Candy Floss Machine,
Colorful Balloons for every child &
live cooking spaghetti station.

All children can enjoy these activities
free of charge.

This special buffet will feature an
exciting set-up, including a children's

Only HK\$88 per child (3-12 years),
no charge for children under 3

For only \$20/per Child Children food with Bouncy Castle and Splash at Patio

Friday 2 July & Friday 6 August



FOOD & BEVERAGES JULY



1 July Family Buffet

Date: Thursday 1 July
Time: 12:00noon
Venue: Four Peaks Restaurant

All you can eat international Buffet with free-flowing Prosecco & House Wine

Feature:

- Freshly Shucked Australia Oyster
- Sashimi & Sushi
- Roasted Carving Station

Adult \$208 and \$308
Children \$128 under 12 years
\$ 308 with free-flowing prosecco and house wine

Please call the Four Peaks Restaurant at 2553 3422 to reserve a table

- ABC Signature Hainan Chicken Station
- Home Made Dim Sum
- Chef Singh's Indian Curry and more...

Lamb on Spit Evening

Date: Saturday 10 July & Friday 23 July
Time: 6:30pm
Venue: The Patio

All you can eat tender juice whole Australian lamb on Spit with Salad Bar
Only \$138 per adult & \$88 per child under 12

Please call the Coffee Shop at 2554 9494 to reserve a table



Impress All of the Members with this Impressive "Texan" US Prime Rib Roast Dinner

Date: Saturday 24 July
Time: 6:30pm
Venue: The Patio

All you can eat with Salad Bar and Dessert Corner
Only \$238 per adult with a pint of Carlsberg
\$138 per child under 12 without drinks

Unite State is known for its exceptional beef. One of the reasons is because in Unite State the cattle is raised the same way as it has been for centuries, roaming on grass. Their 100% grass-fed beef is more natural and quality is guaranteed. Bursting with full, mellow flavor, US Prime Rib Roast is sure to become a family favorite for any special occasion, so please join us for this special evening & call 2554 9494 to reserve a table

BEVERAGES JULY



Wine Tasting Evening

Date: Friday, 16 July
Time: 6:00pm – 8:00pm
Venue: The Galley

Free Admission

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.

“Kedington Wines”

Chardonnay Alexander Park Plunkett Fowles - Victoria.

Cabernet Sauvignon Alexander Park Plunkett Fowles - Victoria

Merlot De Martino Maipo Valley - Chile

Chateau Ducla - Bordeaux

and More.....

Cocktails of the Month (July and August)

Guava Colada

Coconut puree, Malibu rum, pineapple, guava

Green Apple Cooler

Vodka, lime, crème de menth, green apple, slash with soda

Bloody Mojito

Rum, fresh lime, bloody orange puree, fresh mint

Alcoholic \$40

Non-alcoholic \$32



Wine of the Month July

Fairview Darling Chenin Blanc

2008/ 09
South Africa, Paarl
South Africa, Coastal

Rich pear aromas, with fynbos and honeysuckle aromas. Rich, rounded mouthfeel with acidity that balances well and adds to a long finish

Bottle \$ 150

Glass \$ 30



Fairview Goats do Roam 2006 South Africa, Coastal

Vibrant ruby red colour. Cedar, anise and fleshy fruit on the nose. Medium bodied palate, but good length and structure carrying to a long finish. Blackberry fruit and supple tannins.

Bottle \$ 150

Glass \$ 30



Beer of the Month (July and August)

Carlsberg

\$32. per bottle



FOOD & BEVERAGES AUGUST

Discovered Salmon in 12 ways

Norwegian Salmon Evening

Date: Saturday 14 August

Time: 6:30pm

Venue: The Patio

\$198 per adult & \$108 per child under 12 years

Free Buffet for four people if any one can tell us name of the dishes
Total 4 prizes

For reservation please call the Coffee Shop at 2554 9494



Succulent perfection 'Special Australian Angus Beef BBQ Night

Date: Saturday 21 August

Time: 6:30 pm

Venue: The Patio

All you can eat \$288- per adult & \$168 per child (5-12 years) & free of charge if you under 5 years

The Certified Angus Beef brand promises exceptional taste with every mouthwatering bite. That's why it is the world's premium brand of fresh beef. Their reputation for excellence began nearly a quarter of a century ago. Today, the Certified Angus Beef brand can be relied upon at more than 100 discerning Clubs & Restaurants in Hong Kong like at the Aberdeen Boat Club

Feature a very simple menu with 4 Australian Angus Steak 3 sauces and 4 side dishes.
Salad Bar



Steaks

Angus Ribeye
Angus NY Striploin
Angus Tenderloin
Angus Rump
Sauces:
Red Wine
Green Peppercorn
Mushroom

Sides

Steak Fries
Jacket Potato
Corn on the Cob
Steamed Broccoli
If you can finish an Angus 30 oz Rump & a Pint of Carlsberg Within 15 minutes then it will be FREE!
Time is Money!!!



BBQ Roast Whole Pig

Date: Saturday 28 August

Time: 6:30pm

Venue: The Patio

All you can eat Tender Juice Whole Pig on Spit With Salad Bar
Only \$138 per adult & \$88 per child under 12 years

For reservation please call the Coffee Shop at 2554 9494



A Flavour of Typhoon Shelter

避風塘海鮮風味



Baked Crab Meat Soufflé \$68
蟹肉梳乎厘

Carpaccio of Tuna and Salmon \$88
With fried garlic and black beans dressing
吞拿魚，三文魚薄切蒜茸豆豉調料



Fried Crab with Chili \$138
避風塘炒蟹

Wok fried Mantis Prawns \$98
椒鹽瀨尿蝦

Razor Clams in Black Beans Sauce \$98
豉椒炒聖子



Fried Rice Noodle with Supreme XO Sauce and Seafood \$68
海鮮至尊XO醬炒河粉

Poached Baby Squid \$98
白灼吊桶

Salmon Fillet with Sprouts in Hoisin Sauce \$108
烤三文魚伴幼苗粟米薄餅包



Stir-fried Egg Noodles with Imperial Soy Sauce \$58
豉油皇炒麵

Stir-fried Water Spinach with Chili \$48
In Fermented Bean Curd Sauce
椒絲腐乳炒通菜

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SPORT ACTIVITIES

Swimming lessons at Aberdeen Boat Club: Aug - Nov 2010

Coach: Nicola Barguss

| Monday | Class name | Age | Maximum class size |
|---------------|-----------------|----------------|--------------------|
| 1:30 – 2:00pm | Adult beginner | | 4 |
| 2:00 – 2:30pm | Parent and baby | 18 – 36 months | 4 |
| 2:30 – 3:00pm | Beginner 1 | 3 years + | 4 |
| 3:00 – 3:30pm | Beginner 2 | 3 years + | 4 |
| 3:30 – 4:00pm | Improver 1 | 4 years + | 4 |
| 4:00 – 4:30pm | Improver 1 | 4 years + | 4 |
| 4:30 – 5:15pm | Improver 2 | 5 years + | 6 |
| 5:15 – 6:00pm | Improver 2 | 5 years + | 6 |

Class Description

- Parent and Baby = for confident babies able to submerge. Parental assistance in the water is required. (18-36mths)
- Beginner 1 = Non swimmers wishing to learn basic water skills and confidence. (3yrs+)
- Beginner 2 = Water confident children learning to swim on their front and back. (3yrs+)
- Improver 1 = 5-10 metre swimmers working on stroke skills. (4yrs+)
- Improver 2 = 10-20 metre swimmers working on further stroke skills and increasing stamina. (5yrs+)
- Adult Beginner = Non swimmers learning basic water skills and confidence.

Monday 30th August – Monday 29th November (excl. October 18th) 13 sessions. Lesson fee: \$2080 for members, \$2340 for non-members

Pleasure Vessel Grade II Operator Certificate Courses (Part A master, Part B engineer)

Part A (master)

Dates : 19, 20, 21 April 2010 2, 3, 5 August 2010
1, 2, 3 November 2010

Times : 7:00pm to 10:00pm

Cost : \$1,500 for member/person/course.
\$1,800 for non-member/person/course.

Part B (engineer)

Date : 26, 27, 28 April 2010 9, 10, 11 August 2010
8, 9, 11 November 2010

Time : 7:00pm to 10:00pm

Cost : \$1,500 for member/person/course.
\$1,800 for non-member/person/course

For details please contact Cobo on 2553 3032 or visit our website : www.abclubhk.com

Thursday ~Personal Trainer Ed Haynes

Boot Camp – 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 is FREE.
Check this out with our Club personal trainer Ed.

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

Wednesday ~ Squash Coach at ABC with Chad

- Junior class starting Wednesday May 12 4:30pm to 5:30pm; cost \$150 per child, maximum 6 players per class.
- Individual lessons: Please call to arrange them. To book please call 9522 0434 or email Chad at chadsunde@gmail.com

THE 4 MINUTE WORKOUT YOU'RE NOT DOING!



Hi guys, I'm back after having a month off recovering from a nasty bug – which is why I'm more determined than ever to get myself back into shape. How? As the temperatures continue to soar and the sun continues to shine, the grueling Hong Kong heat that we've all forgotten about is most definitely back for the summer. Taking this into consideration, this month we're focusing on an even shorter and sharper form of training than our last 'May'hem Circuit. Please welcome 'Tabata training'...

Tabata interval training is a form of training first used by the Japanese speed skating team due to its rapid conditioning improvement capabilities, and has quickly become a favorite for cardio-loathers and fat-loss enthusiasts due to its ability to tax your energy systems and torch the flab in just 4 minutes!

Tabata training is great because it is renowned for delivering big results in little time. I'm going to take you through 2 of my favourite Tabata workouts, which you can integrate and use as part of your current workouts, as a finisher to a workout, or just as an entire workout itself! You can perform these Tabatas up to 3 times a week. Trust me, these aren't easy, which is why it's necessary to gradually progress (periodize) your Tabata training. At the end of this article, I will provide you with an 8 week progression model which you can follow and will last you until the end of August.

Traditionally, a Tabata consists of four exercises that you can easily transition between. Perform the first exercise for as many reps as you can do in 20 seconds, rest 10 seconds,

and perform the second exercise for as many repetitions as possible for 20 seconds and so on until you have completed all four exercises. Now you're at the half way mark because a Tabata usually lasts for 4 minutes. Go back to the first exercise and repeat the entire Tabata.

Tabata Workout #1 – The Bodyweight Tabata

1. Bodyweight Speed Squats – With weight remaining on your heels, back straight and knees in line with toes, lower yourself towards the floor until your thighs are almost parallel with the floor. Then extend through your legs, coming up onto your toes. Repeat as many times as possible.
2. Burpees – From a standing position, drop down into a press up position (on your hands and feet). Jump your feet up to your hands so that you're in a crouched position. Drive with your legs and stand up. Staying on the spot, kick your legs out behind you and finish back into a press up position. Repeat as many times as possible.
3. Alternating Squat thrusts – (covered in May 2010 Horizons). Start in press up position with back straight. Bring one knee under your chest. Jump the same leg backwards and the other leg forwards at the same time. Repeat as many times as possible.



4. High knee Skips – Staying on the spot, alternate between driving one knee up to waist level whilst springing up onto your toe. Repeat as many times as possible.

Tabata Workout #2 – The Dumbbell Tabata*

1. Dumbbell Shoulder Press – Start by standing upright with your knees slightly bent, position dumbbells to each side of shoulders with elbows directly below wrists. Press dumbbells upward until arms are extended overhead. Lower to side of shoulders and repeat.
2. Standing Dumbbell Bent Over Row – Stand with knees bent, back straight and bring your chest towards the floor so that your torso is almost parallel with the floor. Allow dumbbells to hang directly under shoulders. Simultaneously drive your elbows backwards with your upper arms at a 45 degree angle from your body until the dumbbell touches your lower chest/upper rib cage. Lower back to start and repeat.
3. Dumbbell Squats – Dumbbells will remain by your sides for this entire exercise. With weight remaining on your heels, back straight and knees in line with toes, lower yourself towards the floor until your thighs are almost parallel with the floor. Then extend through your legs, coming up onto your toes. Repeat as many times as possible.

4. Romanian Deadlift - Stand with feet shoulder width apart and hold dumbbells in front of body and rest on thighs. With knees straight, lower dumbbells toward top of feet by bending hips and ensuring your lower back remains straight at all times. After hips can no longer flex, lift dumbbells by extending waist and hip until standing upright. Pull shoulders back slightly if rounded. Repeat.

*Stay with the same two dumbbells for the entire Tabata without putting them down.

Tabata Workout Progressions

Not everyone is capable of completing an entire 4-minute Tabata. Follow this weekly progression chart to gradually build up your ability to successfully complete the full Tabata.

Week 1 — 10/20 x6
 Week 2 — 15/15 x4
 Week 3 — 10/20 x8
 Week 4 — 15/15 x6
 Week 5 — 20/10 x4
 Week 6 — 15/15 x8
 Week 7 — 20/10 x6
 Week 8 — 20/10 x8

Just so you understand the chart, here is what each figure means — 10/20 x6 = 10 seconds work / 20 seconds rest x 6 rounds.

Here I've provided 2 examples of Tabata workouts for you to have a go out, but these are by no means the only options when it comes to Tabata training. Don't be afraid to use this as inspiration to be creative and develop your own personal Tabata workouts. If you have any questions regarding exercise or health tips, or would like to share some of your own Tabata workouts, email Ed ed@coastalfitnesshk.com or call me on 98629851.

ST. BALDRICK'S DAY



Kevin Lewis, Richard Kligler, Barry Hill

It may have been a very cloudy day, but the new chrome domes were shining brightly, all 25 of them! Yes, 5 Shavees (including Philippe de Manny, Paul Chong and Andy Tsui) were shorn on Saturday evening May 8th at the Classic Yacht Rally 2010 and 20 more brave Shavees received a clean shaven head on Saturday, May 29st at the 2nd Annual St. Baldrick's Day Event hosted by the Aberdeen Boat Club.

The heroic volunteers included both young and older ABC members. And let's also give a **"big mound of hair"** to The ABC Team, made up of ten ABC staff, for their participation in assisting with the event and, of course, being shorn and raising donations for the cause! These courageous people shaved their heads bald in solidarity with the children that, in most instances, lose their hair during cancer treatment. In return for their sacrifice, the Shavee's family and friends made donations to

childhood cancer research in their honour.

The events were an outstanding success thanks to the generous and thoughtful people that donated HK\$129,375.60 at the Classic Yacht Rally 2010 and HK\$145,624.40 at the Club for a **"hair" raising grand total of HK\$275,000.00!**

The event was attended by family, friends and children of the Shavees. There were also many members that joined in on the festivities. There was music, Lucky Draw, St. Baldrick's items and **"shear"** entertainment for all! It was a great time for a great cause!

The St. Baldrick's Day Events started ten years ago in the United States as a challenge among three friends. The events have grown into the World's largest volunteer-driven fundraising events solely for childhood cancer research. This year alone 36,861 people



Thomas



Joseph

have already shaved their heads bald and have raised over US\$20 million! And well over US\$100 million has been donated since 2000 when it all began.

This is the fifth year that the St. Baldrick's Day Events have been held in Hong Kong. To date over 468 people have shaved their heads raising over HK\$7 million. This year the Hong Kong St. Baldrick's Day Events raised over HK\$3.2 million thanks to the 148 Shavees, including the participation by Aberdeen Boat Club.

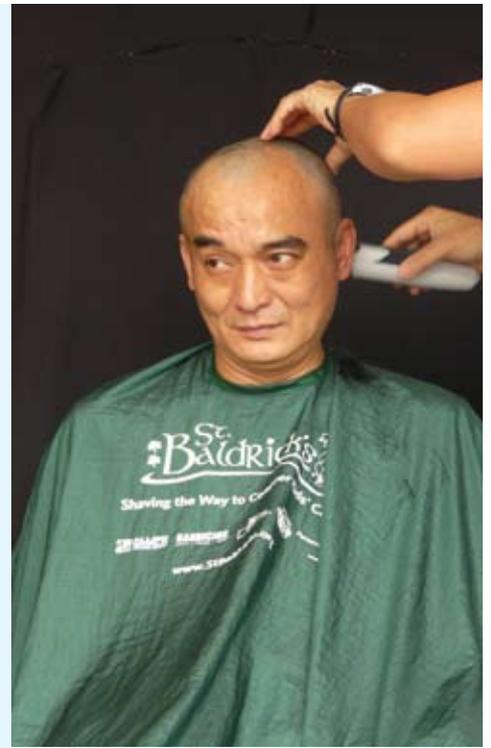
The funds raised in Hong Kong are distributed to the Children's Cancer Foundation in Hong Kong. The Foundation is directed to exclusively seek out childhood cancer projects. Over the past four years the donations have funded various research projects here in Hong Kong in compliance with the mission to find a cure for kid's cancer.



Ah Singh



Chef Tommy



Patrick



Happy Kids



Teenager Shavees



the de Manny's family



Harry

Thank you to the Aberdeen Boat Club for being a hero for kids with cancer!

Yours "Baldy",

Richard Kligler
Hong Kong Volunteer Organizer
St. Baldrick's Day Events



Ex. Chef Paul



Richard and his son Shan



Danny



Sunseeker Opening Regatta 2010

4th & 5th, September



Organised by the Aberdeen Boat Club
www.abclubhk.com

For Notice of Race, please visit our website www.abclubhk.com

Contact Cobo on 2553 3032 or e-mail : mbs@abclubhk.com