

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

January/February 2011



**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
David Tait - Vice Commodore
Bruce Perkins - Rear Commodore
Richard Walker - Rear Commodore
Yann Sandt - Hon. Treasurer
Nick Horvath - Hon. Gen. Secretary

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
dinghysailing@abclubhk.com

General Enquiries

The Galley
Tel: 2554 9494

Four Peaks Restaurant

Tel: 2553 3422

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COMMODORE



The Christmas festivities at the Aberdeen Boat Club have always been a highlight of the year and this year proved to be no exception as the staff and members combined to make it a memorable holiday period. The fun began as always with the Children's Christmas Party on a glorious Saturday afternoon with Santa arriving on his special customised water borne launch to be greeted from the Patio by in excess of 40 excited and eager kids. He made his way through the throng and up to the Grotto on the top floor where, after lavish sampling of cakes and other goodies, he proceeded to hand out mysterious pressies to everyone who turned up. No matter the pre planning and orchestration. It was spontaneity at its best and will always be the curtain raiser at ABC.

This was quickly followed by Commodores Drinks the following day which gave an opportunity for the mums, dads, sailors and all of us who are too old to sit on Santa's knee to spend a few hours with a glass of mulled wine or two at our Best Kept Secret. The weather had filled in with a vengeance overnight and the racers who turned out for Waglan 4 and 5 were greeted with greyish skies and a good 25 knots for the two round the cans races. This made for good post race banter which no doubt helped the great atmosphere created at Middle Island. The fine spread of turkey, ham and roast pig also went a long way to oiling the cogs on a blustery afternoon. Compliments to the chefs. Opportunity was also taken to host a Bai Sun ceremony to commemorate the arrival of our J80 fleet. Jailbreaker and Javelin were decked out in attractive ribbons and flags on the pontoon and members wished them well in their future campaigns.

Three days later the Kennedy School Senior Choir and stalwart music teachers Stephen and Jacqueline came to the Club for the sixth year in succession to fill our hearts with joy as they sang their own hearts out on a cold wet December night. The mulled wine was again on offer but the real boon was the magnificent all weather marquee which provided great shelter from the storm. This has always been one of my favourite Club events and although the audience was fairly small the sense of Christmas was huge. Good on you Kennedy School Senior Choir.

And a few days later, with the weather returning to more favourable temperatures, the Patio was graced with the eloquent sounds of the Hong Kong Male Voice Choir. Full diners and casual onlookers were treated to a fine catalogue of old favourites and newer tunes to set them up for the last few days before the really Big Day.

All this in the space of a week. Many thanks to Philippe and the staff for working hard to create all this enjoyment.

Lastly, I am pleased to report that the Four Peaks Restaurant re-opened as scheduled and what a treat it is to approach the new entrance and enter into a transformed dining area complete with new menu. The overwhelming majority of comments I have received on the outcome of this project are positive. For those who have not tried it yet I recommend you take time out and enjoy the new ambience.

The completion of this project means that all of our facilities which needed to be refurbished in one way or another have been done. There will be always be new things to work on but over the last few years we have addressed all the major refurbishment issues to make the Club a better place.
Best wishes for 2011.

**Barry Hill
Commodore**

GENERAL COMMITTEE

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(Commodore)



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Committee*



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*General Committee
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Bart Kimman
*General Committee
Member*



Ian Skeggs
*General Committee
Member*

GENERAL MANAGER

Dear Members,

The festive season is now behind us with its over indulgence and subsequent remorse. May our liver rest a little over the coming few quiet months, although Chinese New Year is just around the corner as well.



To help you recover we have a solution – Ed Haynes our ABC personal trainer has the ultimate hat trick to help you eliminate that guilt. Every Thursday morning between 7 and 8am, join our Bootcamp, so why not contact Ed directly on 9862 9851 (subsequently make fun of the General Manager trying to catch his breath).

If an early work out is not your cup of tea, you may alternatively practise “Tabata”, a four-minute workout, by following this ABC link under:

<http://www.abclubhk.com/download/474.pdf>

Good luck and good work out.

This month is truly “The Four Peaks” month at the ABC, not only because our Restaurant on the second floor named after this grueling race will finally be fully operating with its new menu and decoration, but also because on the 29 and 30 January we will run our 26th edition of the sailing and hill running race. One new fixture this year is the new peak to climb called Peak 300 near cap d’Aguilar.

On behalf of the Club, I would like to thank AEDAS (check spelling) and David Roberts for sponsoring our race for the fourth time. Without a sponsor, this would be a very difficult race to run due to the immense number of volunteers, costs, and safety measures that have to be put in place. I must also thank all the volunteers who spend the night on Peaks waiting for the runners and the Control Room ladies who are the only human contact we have overnight to stay awake and have information of the progress of the race.

*Jon Zinke, Tom Berry on Ma On Shan,
Tony Matthew, Geoff Dixon, Jan Dixon on Violet Hill,
Tony Leung and Eddy Poon from the sea school on Mont
Stenhouse,*

Eric Bouveron and Jacques Mehault known as the French Foreign Legion on Lantau Gate, Graham Price and Tim Thistle Boy Scout group on Lantau Peak, Douglas Ross tactical unit on our new peak 300, David Reese, Stephen Haach, Matthew Johnson, Wayne Thomson on the start and finish boat, Bill Areson, Patrick Bruce, Peter Wheeler and Alan Reid on safety patrol duties

Finally, our sweet voices of the night in the control room: Diana Bruce, Ellen Zinke, Nataly Berry and Ms. Martha Collard’s 150 TH St. Stephen Scout group)

Finally yet importantly, thanks go to Dave Robinson and Chris Horwarth from Fragrant harbour for their superb yearly coverage of the race and picture show at the prize giving. A special mention to David this year who sponsored a magnificent “Oris” watch for the spirit of the race, which I am sure you saw displayed at the reception over the month of December.

As I mentioned earlier, this month is the four Peaks month in the club and I would not close this chapter without informing you about our restaurant renovation work:

It all started with the idea of a coat of paint and reupholstering of chairs. With time passing by and sample after sample of materials being chosen and then rejected, it appeared that maybe a large scale refurbishment would be needed. The budget of a quarter of a million dollars rapidly looked very small to do anything apart from changing the carpet or changing the chairs, or doing nothing at all. We ended up doing the latter.

Two years later the restaurant was not looking any better and once again, at a budget meeting, the refurbishment of the room came back with the same idea – a simple touch up to the old chairs with the same amount of money. We first approached some of our members in the profession of design and hospitality development who shared their ideas and suggestions but with the same striking feed back – a much larger budget would be needed for something attractive and long-lasting. One year later the budget finally reached a level where a substantial renovation could be considered.

Instead of impersonating designers and architects, we decided to appoint a professional company and tendered the project after drafting a comprehensive brief on what would be the new restaurant's look and feel.

P.S.I. won the tender and Mr. Van Maclean became our designer with the heavy responsibility to make the Four Peaks Restaurant a prime outlet in our Club with a fresh welcoming feel yet retaining some traditional aspects of a maritime look.

With the advice of Mr. Van MacLean, simply renovating our restaurant would not result in a finished product. Extending the same new appearance to the corridor and lobby would give our members a totally new environment and experience. Very quickly the blueprints and drawings convinced us to proceed with the extended renovation plan.

Finally the last discussion during the planning process focused around the Waglan Bar touch up, initially to be carried out at a further stage next year. When we realised that once the contractors would be in place and that the extra material needed for the bar work will not cost much more, the Committee decided to refurbish the entire floor at the same time. We now believe this has been the right decision and that we have achieved a complete project for the Club.

The creation of a new entrance gives the Four Peaks Restaurant its well deserved identity and has removed the previous impression of the restaurant being the back room of the bar. The modern paneling and the traditional wallpaper give the room a fresh look yet a time-honoured feeling, while the display of the Four Peaks Race trophies and some traditional maritime navigation instruments complete the marine link with the quintessential Club race to which this restaurant is dedicated. The corridor and the bar are now more inviting with a modern yet elegant look and are effectively separated from the restaurant, thereby making the Four Peaks Restaurant stand apart as a new outlet with its own character.

Further improvements in the electrical wiring, air-conditioning, and kitchen equipment have also been made.

The new menu reflects the conflicting but necessary need of a large club selection by offering the traditional cuisine section, our chefs' modern creations, and of course the Asian and steakhouse dishes.

The Coffee Shop menu will be served only until 3pm and not in the evening. A new addition is a special children's menu with tasty and healthy options. Please ensure that everyone complies with the dining room dress code, which has not changed but will be strictly enforced.

We hope you will enjoy your new Four Peaks Restaurant and Waglan Bar as much as we have enjoyed creating it for you.

Wish you all a wonderful Chinese New Year as this magazine is a two-month issue.

Four Peaks Restaurant Before



After



Club Notice

Car Park Notice

Members are reminded that the display of a valid ABC car park permits is required for admission into the ABC car park. Valid car park labels were sent by separate mail on 29 December 2010. Members not displaying their valid car park permit may be refused entry or levied a parking charge upon entry.

Parking labels will be automatically renewed this year again. If you have any changes, please let Cobo know in advance.

Aon Yacht Insurance



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ATTENTION TO DETAIL

A few useful hints:

- **ALWAYS** read the small print
- **ALWAYS** ask your broker if you are not sure, however small the matter may seem
- **ALWAYS** ask for a firm written quote, with terms and conditions from the insurer attached
- **BE AWARE** that cheaper isn't necessarily better

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Ray.lam@aon.com
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The Aon logo, consisting of the word "Aon" in a bold, red, sans-serif font.

LADIES' RACE 2010



The Ladies' Race is where the faire sex get a chance to show their mettle, and their male assistants are consigned to fetch the drinks etc.

The race started in fine weather of a 15 knot Easterly, and the Race Officer set Course 15: Start; Castle Rock (P); Beaufort Is (S); Shek O Rock (P); Chesterman (S); Finish (in Deep Water Bay), a healthy 15 miler in fast conditions. Redeye took a close start, and slowly opened up a lead, with Red Kite II and Wicked gradually pulling through the fleet in the chase behind J-15 Redeye.

Well placed Wicked, skippered by veteran performer Liz Hamerton, suffered a spinnaker problem near Beaufort after Shek O, allowing others to pick up some minutes. The Farr Side, without its usual crew of old women, and pgraded with experienced skipper and offshore helm Carolyn Lee , plus Aileen Davis of Tardis together with Natalie Berry hoisted their kite early, cut the cape D'Aguilar corner and pulled up through the fleet .

Winner was The Farr side, with Redeye second and Red Kite II third, with Red Kite II taking honours on the IRC calculation.

2010 Saturday Series Race 6

With Christmas constraining numbers, a healthy three boats took the start in a 12-15 knot easterly: sloop Taka Rita, twin-cat-rigged catamaran Poppytoo, and The Farr Side in single handed configuration.

The 11 mile Course 51 was: start-upwind mark-Round Is (P)- Tai Tam Club Mark - Stanley Club Mark -Round Is (S) - finish.

After a tight start, The Farr Side was first to Round island , with Taka Rita catching by Round island. Poppytoo out-footed Taka Rita but did not point so well on the way to Tai Tam, then and look a took a good lead for the return, while the Farr Side appeared to have problems with its main halyard.

Results had first place to Taka Rita with Poppytoo second, giving Poppytoo the Series lead, over Taka Rita and Ahoyka and The Farr Side.

John Berry

J-80

In August, I made the most adventurous hobby-decision in my life -- to buy a J80-boat under a co-ownership arrangement with the Club. Although my prior sailing experience had been limited to dinghies and the biggest boat I had sailed was a Laser 2000, we have braved a number of yacht races since the boat was delivered in October , including a few Waglan races and the Around-The-Island race. Naturally, we made mistakes, just to name a few :-

- We missed a shortened course committee boat and flag; we reached the original planned finish point and searched the committee boat with no luck
- We did not understand what the J-flag means in ABC races, and passed through the finish line in a unique but wrong fashion
- We arrived late at the South Lamma starting point - the 4-horsepower engine did get us there fast enough.....

Given this season is typically windy, new guys like myself and the crew are experiencing and appreciating the force of nature on the boat and we are trying our very best to cope with it. Fortunately, I find the friends hanging around the Waglan Bar to be my knowledge database. I guess I am now becoming very annoying, asking naive questions to many sailors in the Club all the time; hence the need to buy free beers for them one day.

Having said that, my family and I enjoyed the process very much and are learning quite fast (I hope) from the mistakes. And with myself as a lousy example, I can probably say that - if I can sail a J-boat, anyone can! I encourage members, even those with basic sailing experience like me, to try out the J-boat at the ABC and hope one day we shall sail or compete with each other in the Club's races

~ Michael Tsui



THE RAJA MUDA SELANGOR INTERNATIONAL 2010

19th-27th November 2010



The Raja Muda Selangor International Regatta is a full week long challenging offshore sailing event where yachts race north through the Straits of Malacca. Starting from Port Klang, Kuala Lumpur, yachts make scheduled stops at the Malaysian West Coast Islands of Pangkor and Penang en route, then to the finish at the wonderful island of Langkawi. The event is organized by the Royal Selangor Yacht Club in association with the Royal Ocean Sailing Club (RORC)

In its 21st year the Raj Muda is one of Asia's best sailing events where the onshore activities can be just as demanding as the sailing. The Regatta comprises of three offshore/coastal overnight passage races, some 240 miles in total, plus Harbour races in Penang and two days inshore racing in Langkawi. In addition there are great regattas dinner/parties ashore almost every night and if the sailing and partying isn't enough there is a traditional trishaw race around the streets of Georgetown, Penang for you to compete in.

The event attracts a huge variety of yachts, from old wooden classics - some well over 100 years old - to modern racers. Myrna & I were sailing with Peter Cremers on his custom Warwick 55 'Shahtoosh' in the premier cruising division along with other 'BIG' boats such as Dr Ian Nicholson's 'Intrigue' and Hans Rahmann's Judel Vrolijk 21.3m "Yasuda" amongst the other usual entries. This year a Russian team joined for the first time with Alex Takhovski's all Russian crew on a Jeanneau 50DS 'LeRo'

In the premier cruising class we have a slightly more comfortable ride than the crews on the higher performance planning boats; their crews had to sit on the rail all night. Plus we ate and drank well; grilled steak, roast chicken

dinners (& veggies) and Pizza or Shepherds pie lunches. I heard pot noodles & mars bars were the order of the day for the 'racing' fleet crews!

Last year "Shahtoosh" placed 3rd in division in the overall standings and Antony Hastings' Beneteau F53 'Baby Tonga' with the young Raja Muda (Crown Prince of Selangor) himself onboard as crew, taking 1st overall. We hoped to do better this year and take the top slot from Baby Tonga. However Baby Tonga were taking no chances this year they had a full 14 man crew, almost all were known Olympic sailors.

Race 1. The weather predictions for the event didn't look too promising, N/E wind less than 5 knots and thunderstorms, indeed there was so little wind at the start of the first race, the RO pulled up the hook and radioed all boats to follow him along the course. Finally after almost an hour motoring into more promising winds the RO dropped the hook on the committee boat and re-set the start line so finally, a very light breeze the yachts set off on the first leg, Port Klang to Pangkor Island, some 91 km to the north.



Opinions and tactics varied from boat to boat. Some elected to stay close to the shore in order to pick up the evening land breezes, others decided a better course of was to stay further off shore. However it wasn't just as simple as that. Those that moved away from the coast faced heavier contra tides, and in light wind conditions that could be a real set back if the wind died, while those yachts who stayed close in to the shoreline had shallow depths and sand bars to contend with. And everyone was mindful of the ominous dark clouds of the many thunderstorms looming on both horizons

On 'Shahtoosh' we stayed inshore and although we had wind all the way, winds were definitely much lighter than last year so keeping the boats momentum required full concentration and constant headsail changes between jib and asymmetric spinnaker. Preventing the boat coming to a complete stop was a real challenge, if that happened it would take much more wind that was on offer to get her 25 tons or so moving again.

On a few occasions I'd swear we were going backwards with the tide but a check on the GPS confirmed we were still moving north



We finally arrived at the finish in Pangkor at around 8:00 am next day as opposed to 2:00 am in the previous year. We were to find out later that the boats in all divisions going further out seemed to have fared just a little better.

We were hosted and billeted at the new Best Westin Resort and Marina Pangkor and day prizes were awarded at a great party at the hotel that evening. We were a bit disappointed to see results for the first race. In the premier cruising class, Baby Tonga won 1st place, nevertheless we still picked up 3rd place, with the Russian's coming in between by getting 2nd. Intrigue was having some trouble with their hydraulics that was to dog them throughout the event.

The following day the yachts and their crews (some nursing very sore heads) once again prepared their boats for the next leg, race from Pangkor to Penang approx 61 km.

A few boats had some difficulty getting out of the new marina, on account it was low tide and the marina has less than 2 m depth anyway ! Fortunately, the more prudent skippers decided the marina wasn't really a good choice and had anchored their boats off the other side of Pangkor Island on the previous day.

Race 2. Off went the gun at one o'clock and we were off, the race went pretty much as the previous days race – almost. Slightly before midnight the entire fleet sailed into a very big hole. 'Shahtoosh' was becalmed for 9 hours and we didn't arrive at the finish in Penang until late the following afternoon. As the results were announced we'd placed 4th, with Baby Tonga 1st, the Russians 2nd and 'Yasuda' 3rd.



Fortunately, we bounced back on race 3, the Penang Harbour race the next day when Shahtoosh managed a cool 2nd in division, not bad for such a big boat on a 'round the cans race' we were short crewed too but Baby Tonga was still in the top slot. With the Tri-shaw races in the afternoon followed by the dinner and party the crew had something to feel good about, the free beers flowed well that night.

Race 4. Next day was the last of the three offshore overnight passage races, Penang to Langkawi 61 km. Another light wind day and at one o'clock all boats had a clear start.

Seeing all the boats lined up after the start, racing neck and neck with the old buildings and hills of Georgetown serving as a backdrop was a truly impressive sight.

Winds had been light on the two previous races and passage race to Langkawi proved to be no exception and we ghosted along pulling out all the stops in our efforts to keep moving looking for the tell tale signs of an approaching breeze. Ripples on the water, billowing of the spinnaker and the like. At one point in the night we were excited to see large patches of ripples on the almost glass like surface coming toward the boat, as the crew prepared to trim the sails, a voice from one of the more experienced crew broke the silence "anchovy" he said. "something

bigger is chasing and feeding on ‘em” and sure enough those huge patches of ripples swept past the boat heading toward the shore without so much as a puff of wind or movement of the boat.

Eventually the wind did pick up and finally we sailing into Langkawi Marina in the early morning just as the sun was coming up



With four races completed we had two coastal races left to do. These were conducted around the many small inlands to the north of Langkawi. This is truly a wonderful area to sail around in, you are really amongst huge limestone cliffs and formations and constantly passing many deserted tropical beaches, really stunning.

In the inshore races Shahtoosh got a 2nd and a 3rd and so, in the overall standing gave us 2nd overall. Not what we wanted but one place up from last year. The final party and prize giving was a splendid affair, the selection of food exceptional and beers flowed on & on. Eventually music and dancing began and not to forget the ubiquitous limbo dance, went on and on into the wee hours.

Langkawi is truly a sailor’s paradise as it has been for a long, long time. Well merchants and old sailing vessels involved in the spice trade have been plying these waters for centuries and true to form, Langkawi is still a duty free port. Wines & spirits cost only a fraction of what the cost elsewhere in Asia as a result many boats replenish their ‘ships stores’ before departing for home port or heading further north to Phuket, Thailand for the Kings Cup Regatta. Shahtoosh is heading up there also, however for now Myrna & I need to fly back to Hong Kong briefly before heading off to Phuket and the Kings Cup later in the week, but that’s another story.

For further information on the Raja Muda Regatta, race reports and pictures, click on the following links;
<http://www.rmsir.com/index.html>
<http://asianyachting.com/news/RMSIR2010/5.htm>

Wayne Robinson

THE HONG KONG WELSH MALE VOICE CHOIR ~ 19 DECEMBER 2010



Note from our members

Thank you for last night’s dinner & carols with the Welsh choir - really great evening & the marquee, complete with decorations, looks great. We thoroughly enjoyed our curry and thank you for accommodating us there.

Kind regards
Jan & Geoff

Thank you & team for all the function arrangement and superb service. Joseph was very helpful and please convey our heartfelt appreciation to him. All the guests had a jolly and enjoyable gathering.

I wish you and team a Blessed Xmas and a Happy, Healthy and Prosperous New Year 2012.
Mrs. Roldan



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Wanchai, Hong Kong

Sanya
T: +86 131 1197 8227
Room 123 & 124, A5 Commercial Area,
Times Coast, Yuya Road, Sanya, China

Shenzhen - Futian
T: +86 755 8899 8363 / +86 138 2888 8909 F: +86 755 8318 7383
Room D211, Shopping Park, Fuhua First Road,
Futian, Shenzhen, China

Shenzhen - Yantian
T: +86 755 8899 5353
Shop No.2, Kingkey Palace Hotel, No.90, Yankui Road,
Dameisha, Yantian District, Shenzhen, China



CHRISTMAS AT THE CLUB



For more photos
please see Club's
website :
www.abclubhk.com
Gallery

TIBET WATER

TIBET SPRING

西藏冰川矿泉水

5100

WORLD WATER



WATER FROM THE ROOF OF THE WORLD A TASTE OF THE TIBETAN HOLY LAND

*The majestic Nianqing Donggula Mountains in Tibet
store the very essence of its prehistoric glaciers.*

*From here streams Tibet Spring 5100,
a rare and natural source of water with unique molecular properties.*

*Flowing underground at 5100 metres, this Tibetan water
is pollutant-free, balanced and mineralized.*

*Its esoteric mineral qualities make it undoubtedly
one of its kind in the world.*



TAIWANESE FOOD PROMOTION

JANUARY AND FEBRUARY



Taiwanese Mian Xian with Baby Oyster \$42
蚵仔麵線

Deep-fried Jumbo Chicken Wings \$52
風沙雞翼

Pan-fried Oyster Omelette \$68
蚵仔煎

Mushroom and Minced Pork with Vegetable Rice \$58
香菇肉燥飯

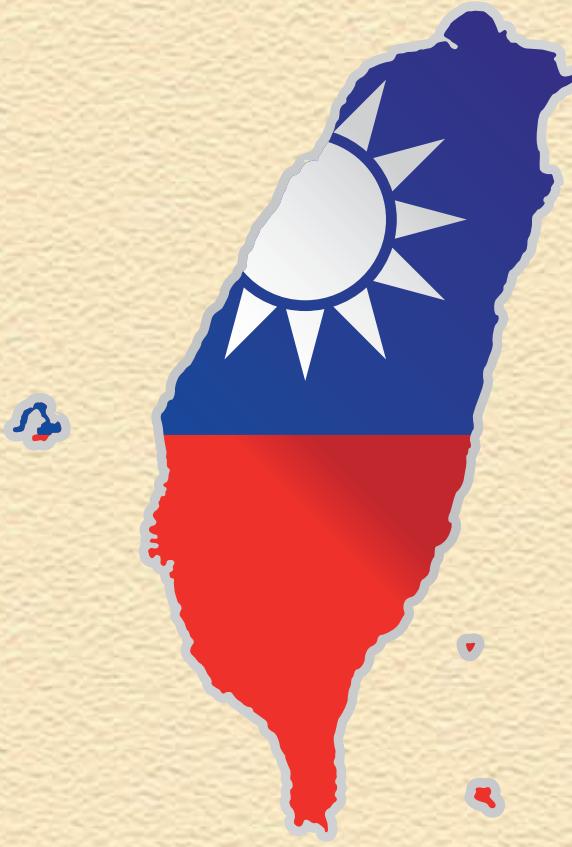
Glutinous Rice with Preserved Meats \$68
蝦干臘味糯米飯

Sweet & Sour Prawns with Pineapple \$98
咕嚕蝦仁

Stir-fried Taiwanese “A” Vegetable (\$Garlic or Fermented Bean Curd Sauce) \$52
蒜蓉或腐乳炒台灣A菜

Deep-fried Stuffed Dumpling \$48
酥炸湯圓

Pancake with Bean Paste \$48
豆沙餅



SPECIAL PROMOTION

JANUARY AND FEBRUARY

JANUARY SPECIAL PROMOTION

Hot Pot Buffet

Date: Saturday, 29 January 2011

Time: 6:30pm

Venue: The Patio

Enjoy the delicious special soup base, with a lot of fresh ingredients and sugar cane juice

Only \$168 per adult and \$88 per child (3-12 years old)

For reservations please call the Coffee Shop at 2554 9494



Australian Prime Rib Evening

Date: Friday, 28 January 2011

Time: 6:30pm

Venue: The Patio

Grass fed Australian beef is known for their meat quality consistency in tenderness and flavour and is the Aussie trademark nowadays.

The natural way of breeding these animals in open field brings back the original taste of beef as opposed to grain fed animals.

Our regular Prime Rib Roast nights are becoming one of the Club's most popular events. Booking is heavily recommended to avoid any disappointment.

Book now with our Coffee Shop staff on 2554 9494.

Only \$238 per adult

\$138 per child (3-12 years old)



FEBRUARY SPECIAL PROMOTION

Succulent perfection ‘Special Angus Beef BBQ Night

Date: Saturday, 19 February 2011

Time: 6:30pm

Venue: The Patio

The Certified Angus Beef brand promises exceptional taste with every mouth watering 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 the Aberdeen Boat Club

There will be a simple menu with 4 types of Australian Angus Steak, 3 sauces and 4 side dishes.

\$288- per adult & \$168 per child (3-12 years old)

Salad Bar

Steaks

Angus Ribeye

Angus NY Striploin

Angus Tenderloin

Angus Rump

Sides

Steak Fries

Jacket Potato

Corn on the Cob

Steamed Broccoli

Sauces:

Red Wine

Green Peppercorn

Mushroom

BEVERAGE



Wine Tasting Evening

Date: Friday, 14 January 2011

Time: 6:00pm – 8:00pm

Venue: The Galley

Free Admission

“Northeast Wines & Spirits Ltd”

- Sauvignon Blanc (Organic Wine)-Battle of Bosworth-Aust.
- Chardonnay-Hartenberg Est -Stellenbosch-S.Africa.
- Pinot Gris-Sanctuary -Marlborough-NZ.
- Pinot Noir-Little Yering-Aust. and more.....

Wine Tasting & Canapés

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



Northeast Wines & Spirits Ltd.

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

Wine of the Month

Stella Bella

Semillon Sauvignon Blanc 2008

Aroma : Elder flowers, black currants and gooseberries with nettles and sweet herbs.
Palate: A bundle of flavors layers and textures. Lemon/lime citrus all fresh and crunchy, finished with a fruit tingling acidity.

Food Idea:

Goat's cheese, pistachio and rocket salad or marinated, barbecued prawns

Price : \$210 per bottle \$42 per glass



Stella Bella Cabernet Merlot 2007

Aroma: Young, powerful and deliciously ripe.

Palate: A rich, lush wine of abundant fruits – red currents, mulberries, plums, blackberries, blueberries and cassis, this ambling fruit richness is complimented by plentiful ripe fruit tannins and the finest grained French oak.



Food Ideas:
Barbecued veal rack or Manchego

Price : \$240 per bottle \$48 per glass

Beer of the Month



Winter Cocktails

Vanilla Mimosa @ \$48

Vanilla liqueur, orange juice and sparkling wine

Ginger and Herbs Tea @ \$35

Fresh ginger, lemongrass, camomile, Korean citrus and honey



FOOD & BEVERAGE

Taittinger Champagne Madness

Happy Champagne Hour at the Waglan Bar
Two glasses for the price of one

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



\$10 Oyster is back!

Every Wednesday Evening at Four Peaks Restaurant

Freshly shucked imported oysters at \$10 each
Served with homemade mango salsa, tomato salsa and shallot vinaigrette or just on its own.

Order as many as you like. Make your reservation now if you would like to take up this offer as a limited number of oysters is available.

Lamb on Spit Evening

Date: Friday, 14 January and Saturday, 12 February

Time: 6:30pm

Venue: The Patio

All you can eat tender juicy whole Australian lamb on the spit with salad bar

Only \$138 per adult \$88 per child (3-12 years old)



Seafood BBQ Evening

Date: Saturday, 22 January and Saturday, 26 February

Time: 6:30pm

Venue: The Patio

The Club presents a mouth-watering medley from the sea. Treat yourself to an all-you-can-eat selection of seafood and freshly shucked oysters and top this treat with our famous homemade cheese cake.

Only \$238 per adult \$128 per child (3-12 years old)

For reservations, please call the Coffee Shop at 2554 9494



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A NEW YEAR WITH NEW GOALS



Thursday ~Personal Trainer Ed Haynes

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

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

As we say goodbye to 2010 and welcome 2011, it's time for us to look back on what we have (and haven't) done last year, and to either make amends, or keep on striving for further success in the future! I am of course referring to health and fitness here, so whilst you may be proudly displaying your trophy for the "most bottles of wine consumed at your staff x'mas party" on your top shelf, perhaps it's time you started setting yourself some new goals...

With the world constantly becoming more and more health conscious, we now have access to an increasingly large amount of information on how to stay fit and healthy, some better than others. So when we sit down to construct our list of New Year's Resolutions, it becomes a bit of a struggle knowing where to start! I know it's commonplace to laugh off New Year's resolutions, but I think they can provide a powerful catalyst for change if they are done right. The problem with most resolutions is that they are little more than aspirations or wishes. So, I thought it would only be appropriate to provide you with some simple guidelines which you can use to kick-start your 2011 health and fitness resolution! Check out these 5 Coastal Fitness Tips to a stronger, fitter and healthier you.

1. Keep them few in number.

Productivity studies show that you really can't focus on more than 5-7 items at any one time. And don't try to cheat by including sections with several resolutions under each section. This is a recipe for losing focus and accomplishing very little. When referring to health and fitness, here's an example of how you might want to structure your goals;

1. Nutrition – I'm going to limit myself to one night out a week, and give myself one cheat day a week where I can eat what I want (so long as I've earned it!)
2. Training – I am going to take part in some form of exercise at least 3 times per week (the more specific you can be with regards to your training, the better!)
3. Competition – I am going to enter the Hong Kong Standard Chartered Marathon and complete the race in under ... minutes.



2. Make them SMART

Just like any other goals, you should ensure that your goals are S-M-A-R-T.

- Specific—your goals just identify exactly what you want to accomplish in as much specificity as you can muster. So rather than “I’m going to lose weight”...

How much weight are you going to lose and how are you going to do it?

- Measurable—as the old saying says, “you can’t manage what you can’t measure.” If your goal is to get fitter or stronger, set yourself some targets which can be used to monitor your progression. If running is your thing, make sure you time each run that you do and keep a record of it somewhere safe. If you fancy yourself as a bit of a macho-man in the gym, then setting some weight or lifting targets such as ‘the max number of pull-ups/pushups in a minute’.
- Actionable—every resolution should start with a verb (e.g., “quit,” “run,” “finish,” “eliminate,” etc.)
- Realistic—you have to be careful here. A good resolution should stretch you, but you have to add a dose of common sense. A useful tip is to set mini goals within the bigger picture. So if your goal is to achieve a sub 60 minute time in the 10km race in November, set yourself monthly time goals leading up to it, to ensure you’re staying on track.
- Time-bound—every resolution needs a date associated with it. When do you plan to deliver on that resolution. It could be by year-end (December 31) or it could be more near-term (March 31).

3. What are you willing to do?

Make a list of what you need to do to achieve your goals, and then make a list of what has to go in order to reach those goals. And consider that no worthy goal is ever reached without making some kind of sacrifice. Don’t underestimate how lapses in discipline can affect your training.

4. Write them down

This is critical. There is a huge power in writing your resolutions on paper even if you never develop an action plan or do anything else. Keep a detailed logbook of your training program. According to Tommy Kono, a two-time Olympic Gold medal winner, there is no single better training aid. Says Kono, “The palest ink is better than the best of memories.” A well-kept training journal allows you to monitor and evaluate the efficacy of your training program and helps you to set short-term goals.

5. Go public.

Tell your family and friends what you are committed to achieving. Going public creates accountability and leverage, as well as providing you with some well needed encouragement on those down days.

As always, the Coastal Fitness Team are here to help with any of your Health and Fitness questions. Feel free to drop us an email at info@coastalfitnesshk.com or give us a call on 9862 9851.

Wishing you all the best for 2011!

Ed Haynes

Head of Fitness and Performance
Coastal Fitness Limited
www.coastalfitnesshk.com



How to solve the Questions of Class

| New |
|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 325 | 355 | 375 | 400 | 430 | 445 | 470 | 545 | 630e |

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Unit 5, G/F, Aberdeen Marina Tower, 8 Shum Wan Road, Aberdeen, Hong Kong 香港香港仔深灣道8號深灣遊艇俱樂部地下5室
Tel 電話: (852) 3180 3189 Fax 傳真: (852) 2805 6867 Email 電郵: info@jepsenmarine.com Website 網址: www.jepsenmarine.com
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Tel 電話: (86) 21 2306 4748 Fax 傳真: (86) 21 2306 4995 Email 電郵: chinainfo@jepsenmarine.com

Valentine's Day

On arrival

Complimentary Glass of our Valentine's Cocktail
"Velvet Cuddle" & Enchanting Canapés

Date: Monday, 14 February 2011

Time: 6:30pm

Venue: The Four Peaks Restaurant

\$1,288 for you and her and a bottle of
Taittinger Champagne
\$988 for you and her

BILL OF FARE

Cupid's Potion
Langoustines Consommé
with vegetables & a dash of Pernod

Love Cushion

Veal Carpaccio
with anchovies & tuna dressing

Rest of the Warrior

Lime Sherbet
some sweetness before the storm of passion returns.

Two to Tango

Char-grilled Venison Chop
sweet potato and zucchini flowers with pink peppercorn
sauce

~~Or~~

Steamed Baby Lobster

with honey chestnut and baby carrot

Silky Obsession

Sweetheart Tiramisu

Coffee or Tea

