



2017/01-02

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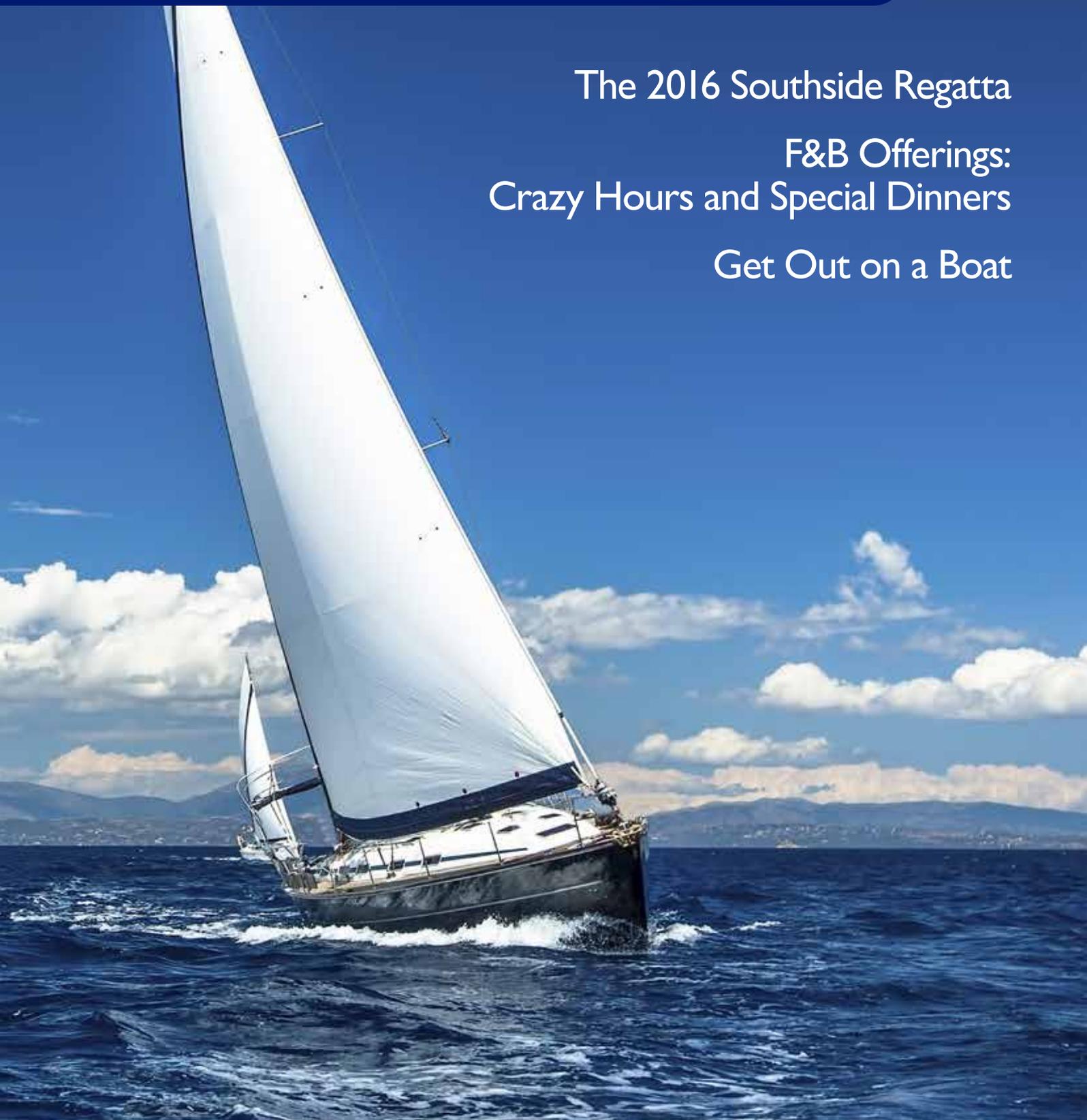
# HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB

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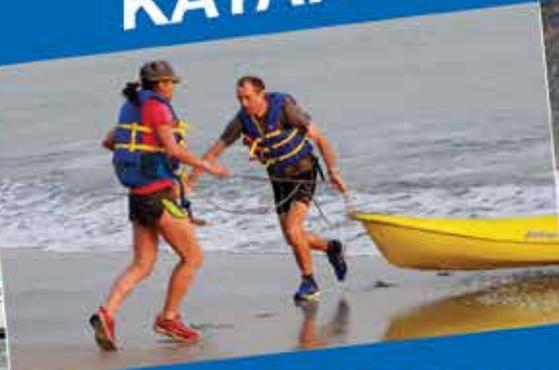
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# HORIZONS ISSUE 2017/01-02

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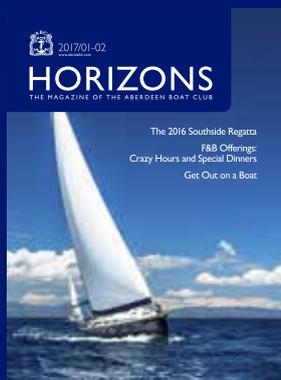
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*Horizons* welcomes ABC member contributions of articles and photos.  
Please contact the editor at [ann.white@ppp.com.hk](mailto:ann.white@ppp.com.hk)



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Nick Bodnar-Horvath • Hon. Gen. Secretary

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## Commodore's Letter

If Hong Kong returns to work after the holidays with its usual efficiency, this issue should drop into mailboxes by 4 January as New Year greetings from the ABC. As usual, this issue spans two months due to the annual CNY holiday announced this year by the crowing of a chanticleer on 29 January.

Rather a special year for the ABC, as the 50th anniversary of the Club's incorporation falls on 15 June, after which will follow a series of celebratory lunches and events culminating in the Golden Jubilee party in November; and with it the publication of a commemorative book. Now in preparation, it will feature nostalgic photographs, interviews, and articles dating from the Club's earliest "Nissan Hut" days. Anyone still with anything to



add please contact the GM's PA Selina.

The logo displayed here will feature on letterheads and posters

throughout the year commencing with the first major sailing event, the Beneteau Four Peaks Race, over the weekend of 21-22 January. This new sponsorship association with such a renowned global brand in yachting is a proud accolade for ABC for which we are most grateful. More broadly, it is recognition of the endeavours and contributions made by all competitors and supporters over the years in making the Four Peaks the notable draw it has become in HK's yachting calendar since its inception 33 years ago. Perhaps the GM's expertise with French cuisine was also an influential factor ...

This New Year coincides with the quadrennial amendment to the Racing Rules of Sailing (RRS 2017-2022) which, *inter alia*, is a reason for the updating of ABC's Standard Sailing Instructions (SSIs) both on issue by the time you read this letter.

Two more marine issues: a reminder that the ABC power boat training courses



go live in February, and secondly the Club-owned J-80 *Javelin* is on offer for sale to Members at an attractive price. For details contact Marine Services Manager Alex Johnston.

As for the range of F&B delights over the continuing festive season, see the website!

And with that, I wish all Members a happy and healthy new year and Kung Hei Fat Choi for the Year of the Rooster.

**Chris Pooley**  
Commodore



## Flag Officer's Report

On 29 November 2016, we held our Annual General Meeting in the Harbour Room at the Club. This was our 49th AGM, with the 50th to be held next year. The AGM was very well-supported for a change and our Commodore was able to commence the meeting more or less on time. A quorum of 25 members was achieved within five minutes of the appointed time for the meeting.

After dealing with the routine matters, we addressed the election of General Committee members for the new year. This is the second year that the election of General Committee members took place since the rules were altered, enabling an equal number of General Committee members to be elected each year.

As it was, two members declined to seek re-election, and with one new member, Sam Cheng, being appointed to join the Committee, we were one

member short for the requisite number of members of General Committee. This was remedied with Steve Perret being elected from the floor.

Following the election of General Committee, the Committee then met to consider vacancies arising amongst the flag officers, as the new rules also enable half the flag officers to retire each year. Jon Zinke was elected Vice Commodore and Richard Walker and Matthew Johnson were re-elected Rear Commodore (House) and Honorary Treasurer respectively.

After dealing with the main business of the AGM, the Commodore invited members to raise any questions relating to the Club in an open forum. A lively debate ensued over the proposals for the Middle Island development and other issues relating to the Club.

We have enjoyed these after-AGM forums for many years now,



and they provide a good opportunity for members to give guidance to the General Committee on a host of issues. We welcome all feedback from the membership and we are only too pleased to receive comments or concerns of the membership at any time.

**Nicholas Bodnar-Horvath**  
Honorary General Secretary



# **Aberdeen Boat Club Announces**

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**T**hank you for all the positive comments I have received about the Middle Island changing rooms' mini-refurbishment. We have removed planters, creating more space to circulate, upgraded shower rooms, walls and ceilings, and installed new lockers. A new water pressure system, added since we removed the old tanks on the hill, seems to be working well. We still await the power upgrade I promised by the end of 2016 (never trust the French). The cause was a last-minute blockage from the Building Department, demanding a supplementary underwater and hardstand survey, before giving a go-ahead to construct the main switch room/transformer pillars on the RHKYC hardstand.

As I write, I still encounter resistance from the Water Supplies Department to proceed with the works. Their enforcement of old rules that I described in previous *Horizons* has become a procedural nightmare. With differing views from our consultant, WSD, third-party expert and us on what is to be done and what we already have, it appears the submission for our new water meter will take longer than planned.

But good news is that the works' final cost will be far cheaper than announced in November last year. WSD discovered after some strong persuasion from our drainage expert that not all our piping on Middle Island had to be replaced; just the connection between RHKYC and ABC. Nevertheless they still ask for a full change of piping but I am not letting it go. I hope that by the next letter in March, I will finally have the water meter installed.

Once we have the electricity upgrade with our new HKE meter and our own WSD water meter, we will apply for a license upgrade that will allow us to provide better services on Middle Island, in keeping with the long-term development project. These services could include a stronger and faster winch for dinghy recovery and an electric kitchen to cook proper meals on site.

### Town Hall Meeting

In November the Club held its annual Town Hall Meeting. Unfortunately only 16 members joined a very informative meeting. I cannot reinforce more the need for our members to attend these meetings as all information on progress and future objectives are given there. Generally after each of these meetings members send emails asking questions that were addressed during the evening. This coming year, in light of the approval date getting closer and more plausible, and the 50th anniversary, we are considering holding two Town Hall Meetings, one in the middle of the year and one in November. Please do make the effort to attend, as the closer we get to the approval date, the more commitment the Club must make and your views will be essential. By the end of 2018 we hope all approvals will be given and we will then commence the procurement and construction phases.

We welcomed the questions raised during and after the meeting and for reference below reprint them and the general replies. Should you need more information please do not hesitate to come and see me in the office; I can spend all the time needed to go through the presentation and give you any further information you require.

### What about the very picturesque photo on the Town Hall Meeting poster and website?

We have said already in previous THMs that the picture is not necessarily a final look of the building. We are not at the stage yet to finalise the project at this level of detail. The only objective at this moment is to establish the ABC right to develop Middle Island based on the concept as shown in the illustrations. The final design could be different.

### What about the landfill/hardstand usage of space and design?

The project is *at first* a very large reclamation to allow more boat storage



and then better facilities for the sport of sailing and boating activity. The plan also includes a very large 200-person indoor restaurant/bar and an outdoor lounge covered by the second floor roof. That is the general brief. The sides of the outdoor lounge will probably be open but protected; yet again we are far from this kind consideration of detail.

### What are the objectives?

The main objective today is still to get approval from various government departments for a large development on Middle Island, primarily directed at sports facility improvement. This is in line with Hong Kong Chief Executive Leung Chun Ying's policy address back in his first year stating that Hong Kong will provide training for elite athletes, increase its reputation regionally and internationally in sports and increase public access to club facilities.

The objectives have been, since day one, to get government approval for an optimum land space to support the policy address, hence we took the following steps in the development proposal in our global design:

1. Increase boat storage and training facilities;
2. Improve recreational facilities;
3. Add more pontoon berthing;
4. Improve facilities for children; and
5. Connect ABC and RHKYC for large sporting events.

Stage	Extent of work	Remarks	Stage	Extent of work	Remarks
P	Preliminaries	Fees, power & water			Completed by 2017 Power & water available
1	West reclamation	<ul style="list-style-type: none"> <li>• Complete 2021</li> <li>• Seawall 126LM</li> <li>• Backfill 2,480 M2</li> <li>• Pontoon berthing</li> <li>• HS-SW ratio 22:1</li> </ul>	2	Front of house 1/F Restaurant	<ul style="list-style-type: none"> <li>• Complete 2024</li> <li>• Sailors' bar under feature roof</li> <li>• 1/F Club function room</li> <li>• 400 M2 GFA</li> <li>• 100 M2 circulation space</li> </ul>
	Essential accommodation and existing pavillion extension	<ul style="list-style-type: none"> <li>• Completed by 2021</li> <li>• Kitchen, Change Rooms, Lecture Room, Race Office, Landscaped roof play area</li> <li>• Extend existing dining room</li> <li>• 615 M2 GFA</li> </ul>		Land connection to RHKYC	<ul style="list-style-type: none"> <li>• Complete 2025</li> <li>• 3-meter wide road</li> <li>• To be included in stage 1 as option</li> <li>• Mutually exclusive with stage 5</li> </ul>
		<ul style="list-style-type: none"> <li>• Completed by 2022</li> <li>• Ground floor bistro</li> <li>• 290 M2</li> </ul>		More boat storage towards the east	<ul style="list-style-type: none"> <li>• Complete 2026</li> <li>• Additional boat storage, services connections, new drainage</li> <li>• 56LM sea wall</li> <li>• 855 M2 Hardstand</li> <li>• HS-SW Ratio 15:1</li> </ul>

### Where do we stand today?

After five years of hard work on the main development progress we are about to finish the first major step for the development which will get our lease improved. The 25 years' outstanding water and power upgrade once completed will allow us to do the development project. That has been my work since my employment here and it will finally be completed after 12 years.

For our main development all submissions have been made to the Government and we are now getting feedback from various departments. HAB, our main licensing body, has given us a verbal approval in principle pending all other departments' support.

We have been through hundreds of submissions, surveys, and assessments,

working with seven consultancy experts to assist us in the process, and today we are close to the end of the preliminary process.

We are extremely hopeful that by 2018 full approval will be granted and that by 2022 Stage 1 of the project will be completed including the reclamation for boating, the extension and improvement of the essential accommodation described as classrooms, meeting rooms, changing rooms and other facilities, and finally the ground floor of the new Clubhouse. Stage 2 is optional and will be considered nearer the time.

### What about interior décor and landscaping?

The accommodations' décor, look and feel for the entire building will not be finalised before 2019.

### What about financing?

As a self-financing project through the building levy and 70 percent of all entrance fees, this arrangement will continue throughout the project or until we will have enough reserves; whichever comes first, as I have explained in previous *Horizons* articles. The Club will have capitalised approximately \$40 million by the end of 2016 and we will need about \$98 million by the end of 2022. We will encounter a shortfall of \$20 million around 2021 based on current projections and are actively looking at additional other income streams but these are not yet finalised. The preliminary phase will cost \$17.5 million of which 50 percent has been spent in the work of improving water and electricity and consultancy fees. The summary of the financial forecast is shown below:

Stage + Extent of work	Year	Cost HKD (M)	Consistency (5%)	Inflation (2%-5YRS)	Total HKD (M)	Accumulated
1 Preliminaries Sub-Total 1	2019	17.1	0.1	0.3	17.5	17.5
2 Phase one Sub-Total 2	2022	69.0	3.3	8.2	80.5	98
Phase Two	2024	13.0	0.6	1.3	14.9	112.9
3 Phase Two OPT 1	2025	4.0	0.2	0.4	4.6	117.5
Phase Two OPT 2	2026	25.0	1.2	2.5	28.7	146.2
<b>Total HKD (M)</b>		<b>128.1</b>	<b>5.4</b>	<b>12.7</b>	<b>146.2</b>	

### **The main Clubhouse**

The Monday and Tuesday closure of the Four Peaks restaurant is now in effect for the next two months, as premised in previous issues. This two-day a week closure will help us deal with staff overtime that actually hits the record due to lack of staff and hiring difficulties. By March we will resume normal operations, but the January and February opening modification will allow many staff to take extra time off to compensate for overtime.

The epic story of car parking and lockers that started two years ago carries on moving from one issue to another. As a quick "aide-mémoire", we were first told in 2014 that the sail lockers in the basement car park were using a registered car parking space and that we had to resume the usage of the latter. Then it appeared over the year that another car park space was changed into a Sailing and Marine storeroom and we were told to reinstate it. Then we were ordered to reopen two car spaces in the rear of the car park near the general store room (where no one parks).

We complied with everything and hoped to be able to apply to relocate the lockers back where they once were in order to have clearer and more user-friendly parking and a safer place for all sail lockers.

It did not happen. After ABC made three submissions, then new regulations, restrictions and nightmares kept coming back to us. Today our fourth submission to the Building, Transport and Home Affairs departments and the Land Office awaits a reply.

That said, HAD recently told us that we need to have 70 parking spaces as declared in 2008 (we have them, so that is a good point), but TD has a new regulation of 2.5 by 5 meters' parking space (hard

to apply to a building designed and built in the 1980s for cars of then-reasonable sizes). If forced to comply we shall reduce the number of parking spaces by at least 10. So again we face total uncertainty with conflicting regulations from one department to another.

Perseverance, suppleness of the mind and great serenity are skills to have in my profession or asylum retreats will become recurrent.

Still our super-efficient government departments either implement old regulations never really enforced or drop new regulations that fall on us like leaves in autumn, informing us when we speak or telling us that they have been uploaded onto the department's website. Obviously, I spend most of my spare time reading these wonderfully entertaining pieces of literature.

Our swimming pool license is under scrutiny from the FEHD, as they have found discrepancies between their drawings and our footbath's actual location. EHD has been requesting original drainage drawings and new drawings to be done as built in the 1990s. Potentially they could reorder the relocation of the footbath as they are not pleased with what has been in place since the Clubhouse opened.

It also appears that now we are to add some extra safety equipment such as a panic button, a red phone directly connected to the ambulance service, fire exit signs in case a fire starts in the pool, and other bits and pieces. Not a big deal to do but certainly very important to have!

The government last year informed us that we were not allowed to store on both premises of the Club more than 150 kg of LPG used for our movable gas heater. I referenced this in previous *Horizons* and told you that we will find a

solution to keep you warm during winter. We have now installed, with Town Gas' great help, six new fixed gas heaters connected to the main gas supply. Made in Australia, they are practically the first of this quality to be installed in Hong Kong. A few electrical heaters are safely set up in outlets as a supplement, and shawls will be available at the Patio and sundeck if you still feel chilly.

### **Special Portuguese menu**

Our new Food and Beverage Manager Robin Sherchan has produced a very neat Portuguese F&B promotion, for which our chef undertook special training and tasting in one of Hong Kong's top Portuguese restaurants. Please read Robin's article in this issue and do enjoy the special Portuguese wine he selected to go with the menu offerings.

### **Annual Club CNY closure**

As usual, over Chinese New Year, the Club will close for 2.5 days; Chinese New Year's Eve and the first and second days. The Club will close at 3 pm after lunch on Friday 27 January and remain totally closed on Saturday and Sunday, the 28th and 29th. Access to the car park, gym, squash courts and pontoons will still be open but no other facilities will be open.

The Club resumes normal operations on Monday 30 January for breakfast at 8:30 am.

Monday, 6 February, is the date for the annual ABC staff party at the Hong Kong Regal Hotel, for which your contribution will be gratefully received. The Club will close at 3 pm that day and reopen the next morning at 8:30 am. A traditional Chinese dinner, games, competitions and presentations of yearly awards and promotions all will be a part of the staff party.



# Update on Steven Ng



By Philippe de Manny

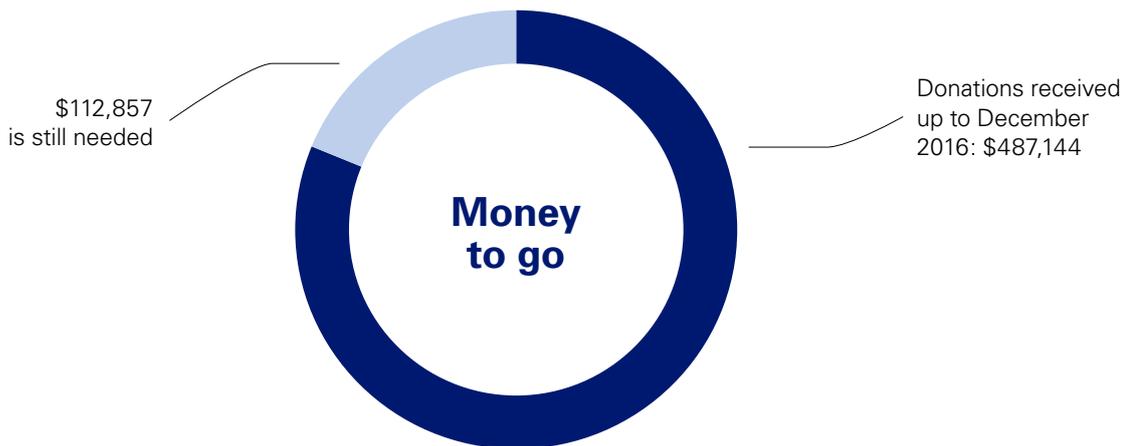
Steven has been moved to Wong Chuk Hang Hospital, nearer to the Club, and is making slow but good progress in his long recovery. He is more aware of his surroundings and his left side has gained better motion whilst the right side of his body is still not responding. With new acupuncture treatment and better care in

this new place we sincerely hope he will get better and better.

### Thanks to Members

A great thank you to all Members who have contributed to Steven’s children’s education fund. The first year of his daughter and the last year of his son at

university have been sponsored and we have nearly enough for the next two years. I call on you again to carry on passing the message to each and every one as we need one more little effort to cover all his children’s education. To contribute, see [www.youcaring.com](http://www.youcaring.com) and “Steven’s children education fund”.



Dear ABC Members,

*Life has not been easy since 8 May. Seven months ago, on Mother’s Day, our father, Steven Ng, was feeling very ill with severe fever. Then it started getting bad – we immediately sent him to the hospital and he became unconscious the following day. At first, we thought that he had a stroke, but the fact is it was even worse. He was diagnosed with encephalitis, a rare but serious condition that causes inflammation of the brain.*

*Fortunately, after various medical treatments, we can finally see some progress in terms of his recovery. We have been receiving a lot of love from our father’s colleagues from the ABC and his friends.*

*Most importantly, we would like to show our gratitude here for all your generous donations, for both financial and spiritual support. Your kind support gives us so much hope to see that there is light despite all the darkness.*

*We truly believe that things will get better day by day, however hard they are. We are told that the recovery progress may be very long and tough, but miracles happen every day.*

*Don’t ever lose faith, just as we never lose faith in our father.*

*Lastly, we would like to thank you all once again for your great support, for which we are genuinely grateful. We will continue working hard at our studies, to be the son and daughter whom our father would be proud of.*

Best,  
William and Stephanie Ng



**Aberdeen Boat Club Celebrates**

# *Valentine's Day*

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EXQUISITE FRENCH DINING + ROMANTIC  
MUSIC ON STRINGS**

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**LOVE FOREVER**  
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The Four Peaks Restaurant, from 6:30-11:00pm  
**RESERVE EARLY FOR THE BEST SEATS!**  
Call 2552 8182 or email: [booking@abclubhk.com](mailto:booking@abclubhk.com)





**Aberdeen Boat Club Announces**

# **CRAZY HOUR**

**FOR JANUARY & FEBRUARY 2017**

**TUESDAYS & WEDNESDAYS  
5PM-7PM & 9PM-11PM**

**SELECTED BEERS @ \$30/PINT &  
WINES @ \$30/GLS ONLY**

**SELECTED HOUSE POURING  
LIQUORS @ \$18/SHOT ONLY**

**AT THE WAGLAN BAR & SUN DECK  
SEE YOU THEN!**



## January/February F&B Promotions

Throughout January, the Galley and Patio will feature modern Portuguese cuisine and Portuguese wine.

Introducing "Crazy Hours" at the Waglan Bar and Sun Deck!  
Every Tuesday and Wednesday in January and February.  
5 pm-7 pm and 9 pm-11 pm, except for Tuesday, 28 February.  
Selected beers @ \$30 a pint and wines for \$30 a glass only!  
Selected house-pouring liquors at \$18 a shot only!  
With some nibbles on the house, games and surprise lucky draws.

### January Wine of the Month

White: Xanadu Exmoor Chardonnay 2011

Margaret River, Australia

Red: Xanadu Exmoor Cabernet Sauvignon 2013

Margaret River, Australia

**\$45 per glass**

**\$220 per bottle**

### January Beer of the Month

Grolsch – the Netherlands

**\$30 per bottle**

### February Wine of the Month

White: Terra Noble Reserva Sauvignon Blanc 2015

Casablanca Valley, Chile

Red: Terra Noble Gran Reserva Carmenere 2012 Colchagua

Valley, Chile

**\$49 per glass**

**\$240 per bottle**

### February Beer of the Month

Coopers Original Pale Ale, southern Australia

**\$39 per bottle**

### January and February Cocktails

Blushing Chicks Valentine's cocktail **\$68**

Blue Harbour vodka, vanilla crème liqueur, coconut purée,

Wild Wombat coffee liqueur and strawberry crème liqueur

La Vie en Rose **\$40** (no alcohol)

Fresh raspberry purée, vanilla syrup and ginger ale

## January Events

# 14

**Saturday**

**The Galley**

**7 pm**

**Adults: \$289**

**For members over age 65 \$229**

**Children (ages 3-12) \$189**

**Grilled Seafood and Four Shapes Pasta Buffet with complimentary wine-tasting for home delivery**

Includes the chef's selection of high-quality seafood, grilled on the spot. Accompanied by a buffet featuring a wide variety of fresh vegetables and four pasta shapes: farfalle, conchiglie, penne rigate and rotini.

# 21

**Saturday**

**The Galley and Patio**

**7 pm**

**Adults: \$218, or \$268 with free-flow of red or white wine**

**Members over age 65 \$188**

**Children (ages 3-12) \$118**

**Shabu Shabu Hot Pot Japanese-Inspired Dinner**

All-you-can-eat Shabu Shabu, accompanied by a selection of seafood and freshly cut meats.

To reserve for your family and friends, call Reception at 2552 8182 or email [booking@abclubhk.com](mailto:booking@abclubhk.com)

In February, Chinese festive cuisine will be on offer in the Galley and the Patio.

## February Events

11

**Saturday**

**The Patio**

**7 pm**

**Adults: \$219, \$269 with free-flow of red or white wine**

**For members over age 65 \$189**

**Children (ages 3-12) \$119**

### **All-you-can-eat Tandoori and Shawarma Kebab**

India meets the Middle East! Discover authentic fresh flavours and aromas with the tandoori oven and shawarma grill out in the deck. Choose from an array of appetizing Indian naans, bhajis and curries and Middle Eastern hummus, salads and falafels!

14

**Tuesday**

**The Four Peaks**

**6:30-11 pm**

**Adults: \$1388 per couple**

### **Valentine's Day Celebration**

Exquisite five-course French meal with free flow of Prosecco, romantic music on strings and a special gift for every lady.

25

**Saturday**

**The Patio**

**7 pm**

**Adults: \$288**

**For members over age 65 \$228**

**Children (ages 3-12) \$188**

### **All-you-can-eat Korean Barbecue Gal Bi with complimentary wine-tasting for home delivery**

Mains from the Grill: Wang Gal Bi (with specially marinated US Angus beef), Samgyeopsal (fresh pork belly) and Dak Gal Bi (marinated chicken), all with a buffet of a wide array of authentic Korean dishes – a must try!

28

**Tuesday**

**The Waglan Bar**

**6:30-9:30 pm**

**Adults: \$188 with free tasting of Stratheden,**

**Towiemore, Lossit and Gerston classics with a mystery whisky.**

### **The Lost Distillery Masterclass with Whisky Global Brand Ambassador Ewan Henderson**

In the last century, almost 100 of Scotland's malt whisky distilleries were closed or destroyed, accounting for nearly half of all distilleries that ever existed in Scotland. On this evening, you will learn and taste the present-day expressions of legendary whiskies that belonged to the craft of whisky distilling almost a century ago.

The whisky tasting will be accompanied by carefully paired appetizers, finger foods, tapas and small bites of quality smoked meats.



# A Brief Introduction to Portuguese Cuisine

Courtesy [www.lisbon-tourism.com](http://www.lisbon-tourism.com)

**W**hilst related to Mediterranean cuisine, traditional Portuguese cuisine is dramatically influenced by the use of a wide variety of spices in its traditional dishes. This approach became custom during and after the colonial age, when Prince Henry the Navigator ordered his ships to bring back as many exotic fruits and vegetables from the New World as possible.

If we keep this in mind, we will understand that the Portuguese cuisine is one of the most influential cuisines in Europe – very few know that it was the Portuguese that brought and popularised tomatoes and potatoes, and even tea, to Europe.

Traditional Portuguese cuisine is best-known for its fondness for ingredients such as piri-piri (very hot chilli peppers) and black pepper as well as cinnamon and saffron. One might say that the Portuguese are in love with these ingredients, as well as with olive oil, which they use for both flavouring and cooking.

Anyone can get a sense of traditional Portuguese cuisine from the culture's timetable for eating. Whilst breakfast consists only of coffee and bread (with butter or jam or a slice of ham), lunch can last up to two hours. Dinner always begins after 8 pm – from this serious timetable anyone can see that the Portuguese mean business when food is involved.

## **The national dish:**

Of course, Portuguese cuisine varies across the country, but everywhere,

invariably, one can find fresh fish and seafood. Therefore, it is no wonder that the national dish turns out to be represented by dried and salted cod, called "bacalhau" after the fish that serves as the dish's unvarying centrepiece.

This dish has been around ever since the discovery age, when sailors caught cod and then salted and dried the fish in order to make it last through the long voyages between continents. The Portuguese say that there are 1095 ways of making bacalhau: one way for each day of the year, for three years.

Bacalhau is deemed Portugal's faithful friend, since – and not just for a short period of time – this fish was the basis of the country's economy. With a 500 year-old recipe, bacalhau is the country's major delicacy, and is even more popular than any fresh fish in the marketplace. Of course, over the centuries, the recipe has been improved, with bacalhau becoming increasingly delicious as time passed.

## **Traditional specialties**

However, if you do not necessarily care for fish or other seafood, you can try another national specialty, a thick stew of vegetables and meat called "cozida à portuguesa". Even if the original recipe was considered the rich man's stew, folks around the country quickly discovered a way of making a lower-cost cozida à portuguesa whilst keeping the same delicious taste.

In time, it became more and more obvious that this stew can have as many recipe versions as the number of families

in Portugal. Therefore, when it comes to making a stew with vegetables and as many types of meat as possible (pork, beef and chicken boiling in the same pot), the sky and the cook's imagination are the limit.

Arroz de pato is a very tasty and traditional rice dish that is quite common all over Portugal. It is particularly greatly enjoyed on those special occasions when all the family gets together for a special Sunday lunch or for any reason at all. It's very much a peasant's dish, where you cook a whole duck with chorizo, rice and spices – a very simple, one-pot meal.

In the north of Portugal, "leitão assado", or roast suckling pig, is very popular, as are "linguiça" and "choriço", Portugal's traditional sausages.

## **So good and simple**

For a sweet close to your meal, try tigelada, the quintessential Portuguese egg pudding. Portugal is a nation of sugar lovers, and everybody knows pudding. That's the one thing that has to be on the dessert menu. There have been many different interpretations of tigelada. It can be made with a traditional recipe but served with a contemporary presentation. It is so simple, but so good.

*With all these ideas in mind, the ABC has made January, the beginning of the year of 2017, the month of Portuguese cuisine in our Club. We hope you will enjoy the ABC's interpretation of authentic Portuguese cuisine presented the Portuguese way at the Galley – Olá Portugal! ✨*



# Home Wine Delivery January 2017

	\$/Bottle	Quantity	Amount
<b>SPARKLING</b>			
<b>Villiera Tradition Brut N.V. (South Africa)</b> A blend of 55 percent Chardonnay, 33 percent Pinot Noir and 12 percent Pinotage. This wine displays the full, balanced yeasty complexity synonymous with a wine made in this style. The wine retains its fresh racy zestiness that is a result of crisp acidity and rich fruit.	\$160		
<b>WHITES</b>			
<b>Mt. Langi Ghiran Billi Pinot Gris 2015 (Australia)</b> Aromas of spiced pear dominate the palate. Depth and texture are persistent though the mid palate, with honeydew and lime characters adding further complexity. The fine acid structure completes this wine, delivering balance and length.	\$128		
<b>Hartenberg Estate Chardonnay 2015 (South Africa)</b> A Stellenbosch estate wine, aged for 12 months in French oak. Fresh lemon and lime are followed by creamy nuttiness on the nose. This wine has a complex structure with a vibrant crisp palate flowing into an elegant oak finish. Good for pairing with cream-based foods, such as smoked chicken or duck, and seared tuna with olive oil, lime juice and black pepper.	\$155		
<b>Two Paddocks Picnic Riesling 2015 (New Zealand)</b> Rockmelon, peach stone and white rose petal aromatics lead to a strong textural-driven mouthfeel showing a delicate mineral flow with great depth and persistence.	\$155		
<b>Klein Constantia Sauvignon Blanc 2015 (South Africa)</b> Aromas of white peach and berries fill the nose. The fruit flavours follow through onto the full and expressive palate with an intense long finish, showcasing the typical Klein Constantia minerality. 90 points ~ Tim Atkins SA Wine Report 2016	\$145		
<b>REDS</b>			
<b>Matetic Corralillo Pinot Noir 2012 (Chile)</b> Aromas of red cherry, blueberry and spices, so typical of this variety. The palate is elegant and fresh with soft tannins and a juicy, long and persistent aftertaste. Ideal companion for pasta, mushroom risotto, oily fish, cheese, light red meat and spicy food. An organic wine. 90 points ~ Wine Enthusiast 2014	\$198		
<b>Charles Melton Father in Law Shiraz 2014 (Australia)</b> Deep and bright garnet colour with crimson rim. Aroma of dark-scented berries and vanillin oak. Sweet and cedary. The wine is balanced with elegance, with traditional palate weight and mix of tannins and plushness. A warm spicy finish of excellent length.	\$178		
<b>Louis M. Martini Napa Valley Cabernet Sauvignon 2013 (California, USA)</b> This wine exhibits a deep burgundy colour and complex aromas of dark fruit and dried herbs. On the palate, concentrated flavours of blackberry, black cherry and cassis are framed by liquorice and toasted cedar on the long finish. Rich and broad in the mouth, this excellently balanced wine has an expansive mid-palate and sturdy tannins. 91 points ~ Wine Spectator	\$288		
<b>Mills Reef Reserve Merlot 2011 (New Zealand)</b> This full-bodied Merlot bursts with aromas and flavours of luscious blackberry and plum, with liquorice, violet, spice and mocha notes emerging in subtle layers. Twelve months' ageing in quality oak barrels has bestowed a silky smooth palate to complete this fine wine. 3.5 stars ~ TizWine.com Review 2012	\$178		
	Total		

**Free Wine Tasting on Saturday, 14 January,  
6:30-8:30 pm, at the Grilled Seafood and Pasta Buffet**

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

**\*Minimum order – 12 bottles and mixed case available.**

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

Tel (Office): \_\_\_\_\_ Tel (Home): \_\_\_\_\_

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

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

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





# Home Wine Delivery February 2017

	\$/Bottle	Quantity	Amount
<b>SPARKLING</b>			
<b>Jaillance Blanc de Blancs Brut NV, France</b> Sparkling and elegant with light lemon flavours. Ideal as an apéritif or with sushi or lighter dishes.	\$128		
<b>WHITES</b>			
<b>Paracombe Chardonnay 2014, Adelaide Hills, Australia</b> Attractive bouquet of delicate nectarine, pineapple and melon aromas.	\$155		
<b>Juniper Crossing Riesling 2015, Margaret River, Australia</b> Floral notes of citrus blossom and jasmine, freshly cut lime, green apple, pear and a hint of orange peel.	\$168		
<b>Enguera Blanc d'Enguera 2013, Valencia, Spain</b> Notes of apples, mint and bay leaf. Quite spicy with unnoticeable oak. Vegan-friendly.	\$128		
<b>Patrice Moreux Pouilly Fumé 2015, Loire Valley, France</b> Complex nose of candied fruits with a whiff of lime and white fruits	\$200		
<b>REDS</b>			
<b>Brotte Côte du Rhône Esprit Barville Rouge 2014, Rhone, France</b> Aromas of small stone fruits and delicately spicy hints of pepper, thyme and garrigue. WA88-90.	\$155		
<b>Enguera Distinto 2013, Valencia, Spain</b> Red fruits with slight aromas of spices and toasted from oak ageing. Vegan-friendly.	\$118		
<b>Mendel Malbec 2013, Mendoza, Argentina</b> Wonderful nose of dark fruits, dark chocolate, spices and hints of graphite. WA92.	\$235		
<b>Porca de Murca Tinto Red 2013, Douro, Portugal</b> Notes of white pepper, roasted plum and dried red berry flavours. WS90. Top 100 wines of Wine Spectator 2015	\$128		
<b>ROSÉ</b>			
<b>Brotte Tavel Les Eglantiers Rosé 2015, Rhone, France</b> Red fruits (red cherry, strawberry) with white-fleshed stone fruits. WA90.	\$178		
	Total		

**Free Wine Tasting on Saturday, 25 February,  
6:30-8:30, at the Korean Barbecue**

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

\*Minimum order – 12 bottles and mixed case available.

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

Tel (Office): \_\_\_\_\_ Tel (Home): \_\_\_\_\_

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

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

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



# Get Back in a Boat!

# The ABC's

# Opportunities for

# Adult Dinghy Sailors

The Aberdeen Boat Club rightly focuses on the development of youth sailing, but there's still a lot going on for the adults. Below we list a few activities to encourage you to get back in a boat. As ever, check our website for further information, and check with Angela Ho at [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com) for availability of specific courses.

## Adult HKSF Level 3 Course

At present, we offer only one weekend-based adult Level 3 course per year. The course uses Laser 2000s and Laser 1s, and focuses on seamanship skills. In February, we can expect stronger winds; usually the Level 3 course is a very rewarding activity. To be eligible, candidates must hold an HKSF Level 2 for more than a year, and also have more than 30 hours of sailing written into their logbooks. The course costs \$3,100 for members and \$4,650 for non-members.

## Adult Laser 2000 Course

These courses are always popular, and are ideal as a refresher and also for those who have completed their beginner course and hope to perfect their skills. Further details are on our website under "Adult Intermediate Sailing Courses".

## Dinghy Sailing Trip

A great way to spend a sociable day sailing to Stanley, Po Toi Island or Tai Tam. Not for beginners, but for those who have passed their Level 2 and have additional experience. It's also an opportunity for a family to sail together – teenagers may join as well, provided they too hold their HKSF Level 2. Application forms with further details are available on our website under "Course" and "Application Forms".

## Adult Beginner Courses

Our weekend-based beginner courses restart in March and then take place nearly every month. We use the Pico dinghy and the Laser 2000 two-person dinghy. Details and application forms are available at [www.abclubhk.com](http://www.abclubhk.com). 

### Children's Course

**Optimist Learn to Sail:** 7, 14 and 21 January

4, 11 and 18 February

### Adult Courses:

**Adult Beginner Course:** 4, 5, 11, 18 and 19 March

4, 8, 9, 22 and 23 April

1, 6, 7, 13 and 14 May

3, 4, 10, 11 and 18 June

1, 8, 9, 15 and 16 July

13, 19, 20, 26 and 27 August

### Intermediate Courses:

**Level 3:** 4, 5, 11, 18 and 19 February

**Laser One Course:** 14-16 April

**Laser 2000:** 25, 26 February and 4 March

**Sailing Trip:** 19 February



# The Southside Regatta 2016

By Alex Johnston

This year's Southside Regatta was truly an international event with teams from Poland, Finland, India and Indonesia; resulting in a great starting line-up of 117 dinghies.

The regatta consisted of two race tracks – the One Design course racing at the Po Toi islands and the Optimist and Open Dinghy Division racing in Stanley Bay and Deepwater Bay. A big thank you goes to local Race Officers Brenda Davis and Barry Truhol on the Optimist course, and to David Norton on the One Design course. Both ran great racing, despite the light winds over the weekend.

On the Saturday, the One Design course managed four races and the Optimist Course three races before the wind went light, curtailing racing for the day. On the Sunday, unfortunately the light airs remained, which meant the AP flag was up for most of the morning, leaving the sailors ashore at Middle Island and hoping for a breeze.

Eventually the Optimists got a short race in at the bottom of Deepwater Bay.

Unfortunately this was not enough to allow racing of the One Design course, despite a valiant attempt by the RO to try to get a race in.

The prize-giving at Middle Island was very well-attended. Proceedings kicked off with the HKODA having their Optimist of the Year awards – which went to Duncan Gregor. The Regatta prize-giving followed – please see the adjacent run order. ABC Commodore Chris Pooley presented the prizes.

It was great to see so many young sailors at Middle Island, and very encouraging for the future of ABC dinghy sailing as well as that across Hong Kong.

A very big thank you to all members who assisted with the event both on and off the water. Your assistance is always greatly appreciated. 



# 2016 Southside Regatta Prize-winners

Hobie 16 (Division G)			Laser 4.7		
	Skipper	Crew		Skipper	
3rd Overall	Chris Shu	Lung Shun Biu	3rd Overall	Aniketh Rajaram	
2nd Overall	Ronald Tam	Aster Wong	2nd Overall	Emily Wong	
1st Overall	Karl Chan	Katie Sin	1st Overall	Nancy Highfield	
29ers (Division D)			Optimist		
	Skipper	Crew		Skipper	
3rd Overall	Malo Kennish	Anatole Martin	3rd Overall	Douglas Leung	
2nd Overall	Alexander Gronblom	Martin Mikkola	2nd Overall	Thibault Minne	
1st Overall	Calum Gregor	Russell Aylsworth	1st Overall	Duncan Gregor	
420			Open Division		
	Skipper	Crew		Skipper	Crew
3rd Overall	Chow Pak Ken	Chan O Tik	3rd Overall	Ulysse Ha Thuc	Johan Van Dan Berg
2nd Overall	Julia Szmít	Hanna Dzik	2nd Overall	Samantha Sharp	Hannah Crawford
1st Overall	Maciej Krusiec	Rafal Radecki	1st Overall	Tim Meyerhoff	Callum Henderson
Laser Radial		Skipper			
3rd Overall	Christopher Bezy				
2nd Overall	Nicholas Bezy				
1st Overall	Kuba Rodziewicz				

*Volunteers Wanted:*

# The Beneteau Four Peaks Race 2017

*Supported by Simpson Marine*

The Beneteau Four Peaks Race 2017, supported by Simpson Marine, will take place over 21-22 January, just less than two months away. In order to run the race, the Club relies considerably on a team of enthusiastic volunteers to run the hill check points, help race control at the Main Clubhouse in the Bridge Room and be out on the water with safety boats.

We would greatly appreciate your assistance. You will be placed in the race support team according to your experience and abilities and your availability over the race weekend. You do not have to commit to the duration of the race's two whole days, as the race support team works in shifts.

If you are interested in assisting with the race as part of the support team, please contact either Alex Johnston or Jennifer Li in the ABC Marine and Sailing Office. Alex can be reached via [marine.services@abclubhk.com](mailto:marine.services@abclubhk.com) and Jennifer may be reached at [marinecoord@abclubhk.com](mailto:marinecoord@abclubhk.com) and 2518-9523.





# ABC Easter Youth Sailing Programme

**Application Deadline: 24 March**

The Easter school holidays are about the best time to sail with great wind! Please apply early, as Easter tends to be our most popular time to sail, and courses quickly become full, most especially our Optimist Junior activities. As usual, full details are on our website, [www.abclubhk.com](http://www.abclubhk.com), and also from Angela at [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com). We also offer an "early bird discount" for those who book before 3 March.

Date & Time	Junior Course	Activity	Eligibility	Discounted cost if booked before 3 March	\$ Cost (Member/ Non-member)
Mon 3-Fri 7 April <b>AM</b>	✓	Optimist Stage 1	Age 7-11, can swim with confidence	972/1,791	1,080/1,990
Mon 3-Fri 7 April <b>PM</b>	✓	Optimist Stage 2	Age 7-11, passed Optimist Stage 1	972/1,791	1,080/1,990
Mon 3-Fri 7 April <b>PM</b>	✓	Optimist Stage 3	Age 7-11, passed Optimist Stage 2	972/1,791	1,080/1,990
Mon 3-Fri 7 April		HKSF Level 1 & 2 Beginner Course	Age 11-18, can swim with confidence	2,385/3,582	2,650/3,980
Mon 3-Fri 7 April		HKSF Level 3 Improver Course	Age 11-18, passed HKSF Level 2 and with one year of sailing experience since	2,385/3,582	2,650/3,980
Mon 3-Weds 5 April		RS Feva Introduction Course	Age 11-18, passed HKSF L2	1,431/2,150	1,590/2,388
Thurs 6-Fri 7 April		RS Feva Gennaker Introduction	Age 11-18, passed RS Feva Introduction	954/1,433	1,060/1,592
Mon 10-Fri 14 April <b>AM</b>	✓	Optimist Stage 1	Age 7-11, can swim with confidence	972/1,791	1,080/1,990
Mon 10-Fri 14 April <b>AM</b>	✓	Optimist Stage 4 Race Introduction	Age 7-11, passed Optimist Stage 3	972/1,791	1,080/1,990
Mon 10-Fri 14 April <b>PM</b>	✓	Optimist Stage 2	Age 7-11, passed Optimist Stage 1	972/1,791	1,080/1,990
Mon 10-Fri 14 April <b>PM</b>	✓	Optimist Stage 3	Age 7-11, passed Optimist Stage 2	972/1,791	1,080/1,990
Mon 10-Fri 14 April		HKSF Level 1 & 2 Beginner Course	Age 11-18, can swim with confidence	2,385/3,582	2,650/3,980
Weds 12-Fri 14 April		Three Days' Supervised Practice	Age 11-18, passed HKSF L2	1,431/2,150	1,590/2,388
Sat 15-Mon 17 April		Laser 1 Introduction Course	Age 12-Adult, passed HKSF L2	1,431/2,150	1,590/2,388
Mon 17 April		Dinghy Sailing Trip	Age 12-Adult, hold HKSF L2 or RS Feva Introduction with additional sailing experience	477/717 (youth) 558/837 (adult)	530/796 (youth) 620/930 (adult)

**Please note course timings:**

**AM course:** 9 am-12:30 pm (meet at 8:45 at main Clubhouse)

**PM course:** 1:30 pm-5 pm (1 pm ferry from main Clubhouse)

**Whole-day course:** 9 am-4:30 pm (meet at 8:45 at main Clubhouse)



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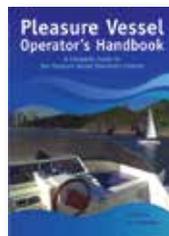


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## Hong Kong Pleasure Vessel Operator's Handbook

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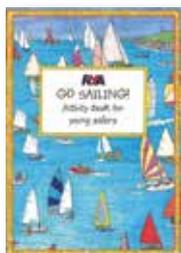


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## RYA Sailing Books for Children

\$85

The RYA Go Sailing and Go Sailing Activity Books are delightful handbooks on dinghy sailing for children with large formats and full-colour. The activity book includes stickers and multiple games, quizzes and educational tasks.



Available now at the ABC Club Shop

## Skiff Buoyancy Aid

\$960

SLAM's skiff buoyancy aid is lightweight and flexible, and has two front pockets. Comes in grey and white or black. Used by the ABC High-Performance Sailing Team.



Available now at the ABC Club Shop



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