



Limitless

Sailability Hong Kong
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無限可能
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Words of Welcome

歡迎辭

Welcome from Kay

Hong Kong has seen so much rain and extreme heat over the past couple months and although we have had to postpone programmes our sailors are enthusiastic and eager to go sailing!! Sailing numbers to the end of August reached 3388 and we are really pushing to at least match our last year figure of 5772, which I know we can do with our very competitive and supportive team and of course our donors.

We saw 12 sailors age 7-14 years, from the HK Association for ADHD, graduate in August from our Sun Hung Kai Scallywag Programme and what a great group of young people they were. On their graduation day we arranged a special treat for them onboard MoHan, in groups of 6 accompanied by family members, who also wanted to have the opportunity of this experience. Everyone had the chance to helm and under the supervision of Skipper Tai some also took us on a 360degree journey.

If you don't know what that is, why not come and join us one day to find out! This group has also generated one of two youth volunteers as they really showed a lot of enthusiasm and willingness to learn. The volunteering aspect is one we really cherish and promote within the youth who have joined as beneficiaries, as they will develop their sailing and volunteering skills whilst acting as role models for others.

Another group of youth with ASD, attending mainstream education, also began their Scallywag Programme sailing journey and we hope that they too will have a MoHan moment on this group's graduation day. Seeing how happy everyone has been with this experience we are now looking to make MoHan an integral part of this collaborative

來自 Kay 的問候

在過去的幾個月中，香港經歷了多場大雨和酷熱天氣，我們不得以推遲多個海上活動。儘管天公不造美，我們的水手依舊熱情高漲，迫不及待地想要出海航行！截至 8 月底，我們的航行次數已達到 3388 次，努力追趕去年所創下的 5772 次紀錄。憑藉團隊的競爭力、上下一心的支援、以及善長人翁的慷慨捐贈，我們相信今年都能突破這個紀錄。

在今年 8 月份，來自香港專注力不足/活躍症協會的 12 名介乎 7 至 14 歲年輕水手畢業了，每人在新鴻基贊助的 Scallywag 航海培訓計劃中表現出色。慶祝畢業典禮當天，我們特別為這些水手和家人安排了 6 人為一組的無限號登船海上體驗。


在 Tai 船長的指導下，每位水手都能親自掌舵，踏上了難忘的 360 度航程。如果您不清楚 Scallywag 航海培訓計劃能為學生帶給怎樣的體驗，我們誠邀您親自前來尋找答案！目前，培訓計劃正受兩大青少年水手義工熱愛，每位義工都向我們展現了極大的熱情和學習意願。我們非常推廣青少年從小接觸義工服務範疇，透過服務他人施予受益，成為帆船運動中的受眾；他們不僅能學習到帆船航行技能和義工社交技能，還可以肯定自我價值、成就自己、成為他人的榜樣等。

同樣參與 Scallywag 航海培訓計劃的另一青少年隊伍來自患有自閉症譜系障礙 (ASD)，並接受主流教育的學生，我們將在不久的將來與他們在無限號上慶祝畢業時光。看到大家對無限號感到無比興奮，我們盼望將「無限號海上體驗計劃」成為與新鴻基基金會常恆項目中不可或缺的部分。我們在此衷心感謝新鴻基對社區中代表性不足的一群所投放的持續支持和捐贈。

programme with Sun Hung Kai. Huge thanks to Sun Hung Kai for their continued support of the sailors from under-represented areas of our community.




Together with HHYC Sail Training we are now getting ready for the annual Bart's Bash event at Hebe Haven Yacht Club. Each year we join together to participate in the world's largest race whilst raising funds which will benefit Sailability Hong Kong. If you are interested in the history of the amazing race, you can find out more here www.bartsbash.com.

 If you would like to support us at this event, please feel free to contact us and if you would like to donate details may be found at the end of the newsletter. It really is a great event to be part of and this is its 11th year.

We are also looking to October and the Hebe Haven's 24hr Charity Dinghy Race, taking place over the weekend of 19th & 20th October. This year's theme is 'Summer Carnival' which we hope will attract a good number of people to attend not only to sail

另一邊廂，我們與白沙灣遊艇會攜手為一年一度在全球舉辦的 Bart's Bash 盛事做準備，活動將有助香港航能籌集經費。

如您想了解更多關於 Bart's Bash 比賽的精彩歷史訪問 www.bartsbash.com

 請義工在 Bart's Bash 活動中支援香港航能，與我們聯繫。或到月刊的最後部分找到相關捐款資訊。Bart's Bash 已舉行了 11 年，無疑是一個大型的盛會！



December 2023 Bart's Bash poster by Lizzie Sharp
2023 年巴特狂歡慈善賽上，由 Lizzie Sharp 設計的海報


另一方面，我們期待在 10 月 19 日和 20 日週末所舉行的白沙灣 24 小時慈善小艇賽。今年的主題是「夏日狂歡節」，我們希望大家的參與，不僅是為了帆船出海，而是樂在其中，享受大會的現場活動，同時也為團隊加油助威，香港航能將會為五個來自本地的不同慈善機構籌集資金。活動日上會有美妙的音樂和無盡的歡樂！香港航能是活動的受眾之一，我們在水上和岸上都扮演著重要角色，同時以籌款為目標。

but to come and join in the fun at the event whilst cheering on the teams as they raise funds for 5 local charities. There will be lots of interactive and fun attractions this year and as always good music and FUN! Sailability is one of the beneficiaries of this event and we play a huge part both on and off the water whilst fundraising is our aim.



Liberty in action on a windy day!
自由號在大風中暢航!

HHYC is expecting around 40-50 boats to join the event this year which is a fantastic number. Sailability's MoHan will take on the role of the event Start Boat and we will also have around 10 boats, included in the above numbers, being sailed by various beneficiaries and volunteers who join us on a regular basis. The sailors and volunteers are also great contributors to the fundraising as some get sponsored for their sailing and ask family and friends to donate to Sailability too.

 As in previous years our volunteers will do us proud working with the club to set up the event. They will also set up and man our well-dressed stall, stocked with lots of interesting things to buy in aid of Sailability at the event. Paul Wu, volunteer, will oversee the running of the Sailability aspect of the event as we will also have a team in Brisbane which need to be supported. Why not drop by and meet our Team. You may decide you would like to join us as a sailor or volunteer of the future!!! Don't worry, those of us in Brisbane will keep up to date with what is going on over the weekend at the club and we wish the event every success.

亞洲唯一
ASIA'S ONLY

HERE HAVEN YACHT CLUB
白沙灣遊艇會

24 小時慈善小艇賽
24 HOUR
CHARITY DINGHY RACE
CARNIVAL

24 hours of fun, games, entertainment and dinghy racing
香港和東南亞唯一24小時耐力小艇賽


19 (12 noon) - 20 (6 pm) | October 十月
(Saturday & Sunday 星期六及日)


Sponsors: St James's Place, Knight Frank, COBNEY'S BAKERY, BONCAFE, Crestbury, etc.

白沙灣遊艇會預計今年將約有合共 40-50 艘船隻出賽參加 24 小時慈善小艇賽。香港航能會派出大約 10 艘船隻參加，這是一個了不起的數字。

我們的無限號擔任活動起步船的角色，其他 10 艘船將由我們的受眾和義工們同行駕駛。水手和義工們在募款活動中各擔當重要的角色，全因有大家的貢獻，使我們的航行活動得予外界支持及贊助，得到家人或朋友的無私捐款。

與往年一樣讓我們引以為傲，香港航能的義工與白沙灣遊艇會協手籌備 24 小時慈善小艇賽，精心布置攤位，擺滿各式各樣有趣的物品，售賣的收益將全數用作支持香港航能項目。


 值得一提的是：義工 Paul 是此慈善賽中香港航能負責人，澳洲布里斯班的出戰隊伍需得到大家的支援，在此呼籲：如有興趣，敬請前來我們的攤位與我們進一步對話；您可以考慮成為出賽水手或是船上的支援小隊，請放心！我們陸續會向大家提供更多消息，在此預祝比賽順利成功。

 When you receive this newsletter, our Team will be working hard on the preparations for our 15th year Anniversary on 23rd November. A huge number of achievements to celebrate and to be proud of for us ALL. We will be sending out invitations to our Anniversary event soon and we hope to see some of you there, so please put the date in your diary, 23rd November – an event to highlight once again our accessibility, diversity and inclusion.

Finally, a huge thank you for the support we receive from so many of you within our community which continues to energise us whilst enabling us to change more lives going forward. We ALL hope you enjoy your read!



Kay Rawbone
Co-founder and Chief Executive
創辦人及董事
Sailability Hong Kong Limited

 當您展閱這期刊物之際，我們的團隊正緊鑼密鼓地籌備一個意義非凡的大日子——11月23日，香港航能將迎來成立15週年的慶典。這是屬於每一位成員的驕傲時刻，象徵著我們共同創下的無數成就。我們即將向各位寄出周年慶典的邀請函，誠摯希望您在日曆上圈出這天，並期待當天與您相聚，共同締造一個無障礙、多元化、包容並重的美好空間。

最後，衷心感謝眾多位參與者，義工們和教練們，因有您的支持及激勵，激勵我們前進，繼續改變生命。

希望您喜歡今次的內容!



Barts Bash Xmas Special 2023
2023年香港航能在巴特狂歡慈善賽的大合照

Seeing is Believing

View us on FB: <https://www.facebook.com/SailabilityHK> to see what we do on a regular basis.

Come and see us, 'seeing is believing'.

關注我們的Facebook 帳號，了解我們的日常活動。

親臨與我們一起參與，「眼見為實」。

Special Announcement

悼文

Barry Hill, Sailability HK Chairman 香港航能主席



Barry Hill, at the centre, radiating his trademark warmth and kindness
Barry Hill 在中間，展現他標誌性的溫暖與善意的笑容

It is with great sadness and heavy hearts that we announce the passing away of Sailability Hong Kong Chairman Barry Hill in the UK following a prolonged period of severe illness. Barry was undergoing treatment for his illness but complications arose and his condition became unrecoverable.

Barry was a well-known and much-loved figure in the Hong Kong sailing community. A former Commodore at Aberdeen Boat Club, he took over as Chairman of Sailability HK in 2021.

Barry also had a successful career as a project management specialist for large construction projects in the power generation and rail

我們懷著無比的悲痛與沈重的心情宣布，因長期病痛，最終在英國與世長辭。Barry 在治療期間，病情突然惡化，出現了無法逆轉的併發症，無情的命運讓我們失去了這位在香港帆船界中不可多得的人物。

Barry 令人敬重和喜愛，他曾是香港仔遊艇會的準將，2021 年接任了香港航能主席一職，他不僅在帆船界的風帆中揚名，更在專案管理領域中取得輝煌成就。他的職業生涯橫跨發電和鐵路運輸行業，為包括港鐵在內的多個大型建設項目鞠躬盡瘁，帶來了無數的貢獻。

Barry 是一位真誠的好人，擁有無數的奉獻精神和熱情。他的離世，對我們所有人都是一個不可言喻

transport industries, including the MTR. He was a good man with so much more to give and left behind many friends and far too soon.

Our thoughts are with his wife Diane and family.

的巨大損失，他太早離開了。我們的思念與他的妻子 Diane 和家人同在，祈願他們能夠在這個艱難的時刻找到一絲慰藉。



L-R: Barry at the helm of his yacht Skywalker-With fellow sailors-With a well-earned cuppa
圖片由左至右Barry 掌舵他的遊艇 Skywalker，與其他水手們一起，享受著一杯來之不易的熱茶



Foo Yuen Wai receiving Male Para Sailor of the Year from Barry Hill in 2022
付遠威 與 Barry Hill 的合照



Barry at his farewell lunch with Sai Kung and sailing friends at HHYC in May
Barry Hill 今年 5 月於白沙灣遊艇會與香港航能進行告別午餐

Sailability Spotlight

香港航能專欄

MoHan's Birthday

On 23rd July 2 years ago, MoHan sailed to HHYC as Sailability HK's new flagship! Donated by the Li Ka Shing Foundation and her operating costs supported by the Solarista Club, MoHan has become a beacon of inclusivity.

無限號生日

兩年前的 7 月 23 日，無限號作為香港航能的新旗艦船駛進白沙灣遊艇會！這艘船由李嘉誠基金會慷慨捐出，並由 Solarista Club 資助運營費用。至今無限號已成為香港航能包容精神的鮮明象徵。我們衷心感謝李嘉誠基金會和 Solarista Club 的鼎力支持，為我們揭開了香港航能歷史的新篇章。





A huge thank you for making this new chapter of our Sailability history happen 2 years ago.

This year was very special as we celebrated this 2nd birthday on Saturday 20th July 2024 in two locations. It was the only day we had free to share with those who know and have sailed on MoHan and we all know everyone enjoys a party!

Sailors from Saturday Sailing, our longest running programme joined in the 'party' atmosphere with other Sailability Sailors from a new ASD group at HHYC, whilst some of us joined the COA Seafood Rally to Yau Ley Seafood Restaurant.

今年特別不一樣，我們選擇在7月20日這個星期六，以兩個地點來慶祝無限號的二週年生日！這是唯一能夠與所有熟悉無限號並曾經與它一同航行的朋友相聚片刻，一場又一場充滿笑臉的派對。



Arrival in HK 15 July 2022 amidst a typhoon!
2022年7月15日遭遇颱風，無限號安全抵達香港！！

The COA Rally was a rather special occasion as we had 6 sailors from one of our ethnic minority programmes onboard MoHan, joining an event like this for the first time. Four of the ladies had already experienced MoHan during a short sail but not anything like this, their first yacht race and also the first time to be part of the 'big boat' sailing community.

MoHan has really made a significant impact around the world, as people follow us on FB and IG and in July his year we had a mention on World Sailing's website, as they covered our first race to Macau with the COA. I am sure there will be more articles like this to come. During the past 2 years we have taken on many new challenges with MoHan as we look for accessibility and inclusivity whilst highlighting the abilities of all who come onboard.

What's next you may ask? Being part of more COA events, more racing at Hebe Haven Yacht Club, our 3rd Royal Hong Kong Yacht Club's



Mohan
無限號



Kay Rawbone with Hanin, Hanadi and Husna on MoHan
創辦人及董事 Kay Rawbone 與 Hanin, Hanadi 和 Husna 一起坐在無限號上

我們在白沙灣遊艇會中的慶祝無限號二週年生日，邀請了那些最早開始週六帆船日的水手們；另外，新成立的自閉症譜系障礙 (ASD) 小組成員都受到了邀請，他們當天參加了由遊艇船主協會 (COA) 主辦的海鮮拉力賽，駕帆前往有利海鮮餐廳。COA 拉力賽是一個特別的活動機會，同場我們有 6 位來自少數族裔活動計劃的水手們一同登上了無限號。對於這些水手們來說，這是他們第一次接觸旗艦船。儘管其中 4 位女士已經登上過無限號進行短途航行，但這是她們第一次參加遊艇比賽，也是第一次成為大帆船社群的一員。

7 月份，我們登上了世界帆船網站，報導中提及香港航能與遊艇船主協會 (COA) 聯手協辦的首場澳門航帆比賽。隨著無限號在 Facebook 及



Around the Island Race and our 3rd year of support at Hong Kong Race Week, our 3rd Aberdeen Boat Club's 4Peaks Race and Waglan Series and of course another offshore race wherever that may be.

All this in addition to acting as committee and start boat at various sailing events, MoHan taster fun day experiences for our many beneficiaries and volunteers who come along to support us and learn more about being part of an inclusive crew and much, much more with the ever-evolving programmes that are introduced. Sponsors, donors, corporates and readers please let us know if you would like to join us sometime – we will make it a very special day for you.

For those who like to see numbers here are a few for you:

- Over 600 people with a disability have been on board
- Different abilities onboard now stands at 15+ conditions/life challenges in addition to other sailors from different under-represented areas of our community
- We have travelled over 3,300 nautical miles
- Over 600+ sailing hours
- With a total 1,500+ individuals onboard

Finally, we would like to say a thank you to a Team from Clearwater Bay and the PolyU are helping us to design an amazing universal helm chair for us by our regular Team of Para Sailors and others joining us with life challenges. This is such an exciting project and one we look to be reporting more on in future editions.

Instagram 上越來越受關注，無限號已在全球多處留下印象，未來會有更多類似的文章報導及紀錄它對社區的貢獻。過去的 2 年間，無限號與我們迎接了種種的新挑戰，每個挑戰都彰顯了香港航能的使命以及其無障礙性、高度包容性以及治療性益處。

您可能會好奇，我們下一步會做什麼呢？答案是：我們將參與更多遊艇船主協會 (COA) 舉辦的活動、更多白沙灣遊艇會 (Hebe Haven Yacht Club) 舉辦的比賽；我們已連續第三年參與香港賽事週；我們將參加第三屆皇家香港遊艇會 (Royal Hong Kong Yacht Club) 的環島賽；最後，第三年對香港仔遊艇會 (Aberdeen Boat Club) 的四峰賽和瓦格蘭 (Waglan) 系列賽作出支援，或許更會參與一場離岸比賽！

無限號除了在各類帆船活動中擔任委員會和起步船的角色外，通過持續發展各個項目計劃為受眾和義工們提供航行機會，擁抱無障礙及高度包容空間。如果您是贊助商、捐贈者、企業或者讀者，請讓我們知道您有興趣參與其中——讓香港航能為您的受眾打造獨特又難忘的航行體驗！

值得關注的香港航能數據亮點：

- 超過 600 名傷健人士參與項目
- 來自 15 種不同能力，條件限制或面對生活挑戰的參與者
- 來自社區中被忽略的不同群體
- 航行超過 3,300 海里
- 超過 600 小時的航行紀錄
- 合共 1,500 多人參與

最後，我們深表感謝，感謝各位來自清水灣和香港理工大學的設計團隊，積極幫助我們實現通用舵手椅，專門為我們的帆船運動員和其他面對生活挑戰的朋友量身打造。這項目充滿了激動人心的創新，我們期待在未來的刊物中為大家帶來更多相關資訊。

Volunteer Spotlight

義工專欄

Clelia Van

Volunteers join us in many ways and this year was a little different. From a meeting with 3 students from the French International School to discuss the making of a film for a school competition to our first official School Internship. I met with the 3 students, the film was made and it got to the finals which made us so happy. A huge thank you and well done to the girls for the interest they had in what we do and for making the film.

Then, a few months after the film making, I received a request from Celia one of the students, as she was looking for an organisation to work with as part of a school internship programme. You will know by now that we never say NO at Sailability and again it was something new for us to become involved in. We value people and this was a wonderful opportunity for someone young to come and work with us for 5 days to learn more about us and how #it's more than sailing!!

義工們可透過多種途徑加入香港航能。唯獨今年的情況有點不同。早前來自我們與法國國際學校的三名學生會面，討論拍攝一部電影用於學校比賽，我約見了這三名學生，後來他們拍攝的電影順利進入了決賽，這讓我們感到非常高興，我感謝這幾位女生的熱情及專業，並紀錄了屬於香港航能的故事。

幾個月後，拍攝結束後不久，我收到了其中一名學生 Clelia 的請求，她正在尋找一個合作的組織，作為學校實習計劃的一部分。大家都知道，香港航能總是敞開大門，從不說不，我們重視每一個人，這一次對我們來說又是一個絕佳的新挑戰，讓青少年與我們共事 5 天，了解有關香港航能的故事，以及我們如何實現 #航能倡揚帆，人人皆可能！

Clelia 的實習計劃恰逢我們的銀齡水手義工培訓計劃開始之際。Clelia 並接觸過航行活動，讓她親自出海獲得實際經驗是相當重要。她在學習航海的時候與水手交流，了解他們選擇服務香港航能的原因，得悉義工的工作內容。她樂意參與培訓，並了解有關傷健意識培訓的內容。有一天，她體會傷健



Joining the Disability Awareness Training - supporting someone with visual impairment
參加傷健意識培訓 - 支援視力障礙人士

Clelia's internship programme began just as we started a Senior Sailor Volunteer Training Programme. Clelia was not a sailor and it was very important to get her out on the water to get some hands-on experience, whilst talking and learning about sailing, our sailors, why they come to Sailability and what their roles involve. The training also included an element of disability awareness training which Clelia was very happy to join, giving her another new experience as she was chosen as the sailor on that day to be lifted by the hoist from a wheelchair into a dinghy and back out again. Being immersed in this training provides a better understanding of how we can reach out to so many areas of our community and how we teach our volunteers to support our beneficiaries in a safe, caring and respectful way.

Interviews with our Coaches, Instructors, Safety Boat drivers, Volunteers and Para Sailing Team Sailors followed as it all played a part in her understanding of the diversity in what we do as well as the accessibility at HHYC and the inclusion we provide for many.



Getting ready for the hoist
準備好提昇機器

It was then my turn and for me to explain to Clelia about our history over the past 15 years, the basic running of a charity, the fundraising we have to do to enable our programmes to run plus many other elements which highlight the uniqueness of what we do and the life changes we make. We provided her with a lot of literature, details of our board and their roles, job descriptions for myself and our Instructors, Safety Boat Drivers, Volunteers etc. It was a

人士從輪椅被吊進小艇再吊回來的過程。這次體驗讓她深入了解香港航能如何接觸社區的各個領域，以及香港航能如何教導義工們以安全、關愛和尊重的方式去支援我們的受眾。

Clelia 採訪了我們的教練、指導員、安全船駕駛員、義工以及傷健運動員，這一切都有助她了解香港航能工作的多元性，以及我們在白沙灣遊艇會提供的無障礙設施和包容性。

後來，我向 Clelia 講述香港航能過去15年的歷史，解釋我們作為慈善機構的基本運作，講述了我們為了使項目實現所需要進行的籌款活動，以及種種能夠突顯我們工作獨特性和改變生命的要素。我向她展視了大量資料，包括董事會的詳細信息及職員角色、創辦人及董事的工作描述、以及教練、安全船駕駛員、義工等角色的職責，解釋我們每天需要做的事情，如何使得香港航能可持續地支持我們的員工和受眾，成為具愛心，創新精神的慈善機構。

Clelia 還學習了網站編輯，這是她從未接觸過的事情，她做得非常出色，並希望在暑假結束後能夠幫



Getting ready for the hoist
準備好提昇機器



Safely in the dinghy with Instructor Karen Kwok
教練 Karen Kwok 確保吊索正確定位，並就位而進行移位



Instructor Karen Kwok ensuring the sling is correctly positioned and in place for the lift
教練 Karen Kwok 確保吊索正確定位，並就位而進行移位

time to explain too what we need to do on a daily basis to enable Sailability to continue to support our people and beneficiaries and to remain the caring and innovative charity we are.

Clelia was also introduced to website editing, something she had never done before and she did a great job, wanting to do more upon her return from her summer holiday. As the internship came to an end Clelia sent the most amazing message and mature message, which I would like to share with you:

“Good evening Kay,
I wanted to thank you for the incredible internship opportunity at Sailability, and for accompanying me and guiding me throughout this whole experience. Throughout the week, I’ve learned so much from you, as well as from the dedicated volunteers, para-sailors, instructors, and coaches. Sailing for the first time was an amazing experience, and I gained valuable knowledge about inclusivity and respect. You have also taught me important lessons on awareness, kindness, and treating others how

助香港航能。實習將近結束時，Clelia 發來了一封非常感人和成熟的訊息，我想在此與大家分享：

「晚上好 Kay！我想感謝您在香港航能為我所提供的難得的習機會，並在整個過程中陪伴和指導我。這短短的一周，我從您和那些敬業的義工、傷健運動員、指導員、教練們身上學到了許多許多東西。第一次航行的體驗，對我來說是不起飛的經歷，我學習了很多關於包容和尊重的寶貴知識。您教會了我許多重要的課題，關於洞察、善良以及如何對待他人，成為我今後銘記於心的做人原則。

完成實習後，我會把報告分享給您，我也非常樂意幫助 貴會更新網站！在暑假結束後，我希望能以義工的身份回來幫忙，因為我愛上了香港航能這個大家庭，我看到了這個組織對傷健運動員和有需要人士，以及義工們產生了積極的影響。感謝您讓我擁有這次難忘的經歷。

Clelia 敬上」

you want to be treated, which I will from now on always keep in mind.

I will send you my report once I'm done, and of course I will be glad to help with the website! I would also love to come back to help from time to time after my summer trip as a volunteer, as I love the Sailability family and I saw the positive impact it has not only on the para-sailors and people with disabilities, but the volunteers as well. Thank you for this unforgettable experience. Clelia"

Well, school holidays have come to an end as Clelia said 'I would love to come back and help' and it happened during the last week of August just before her return to school. We have a way of bringing people together, irrespective of age, ability etc and it means such a lot to us ALL. Thank you Clelia for choosing us for your internship.

This internship was closely followed by another, student, Etyhan Slama, from the same school whose sister Elia sailed with us and you may remember her from previous editions. Etyhan and Elia have since moved to France and we wish them and their family every success in their new life

We look forward to next year and new internships – it really is a great opportunity for us ALL.

Author: Kay Rawbone

Make Sailing Accessible to EVERYONE

View us on FB: <https://www.facebook.com/SailabilityHK> to see what we do on a regular basis.

Come and see us, 'seeing is believing'.

關注我們的Facebook 帳號，了解我們的日常活動。
親臨與我們一起參與，成就「航能倡揚帆，人人皆可能」。

隨著暑假的結束，Clelia在開學前的最後一週回來幫忙，如她所說：「我真希望能再回來幫忙。」這個願望最終實現了。無論年齡、能力如何，我們總是有辦法把不同的人凝聚一起，這對我們所有人來說都意義非凡。感謝 Clelia 選擇香港航能作為她的實習機構。

緊隨其後，另一位來自同一所學校的學生 Etyhan Slama 也加入了我們的實習計劃。他的妹妹 Elia 曾經與我們一同航行，你們可能還記得她在之前的期刊中出現過。Etyhan 和 Elia 現在已搬到法國，我們衷心祝願他們和他們的家人在新的生活中取得圓滿成功！

作者：Kay Rawbone

Sailor Spotlight

帆船水手專欄

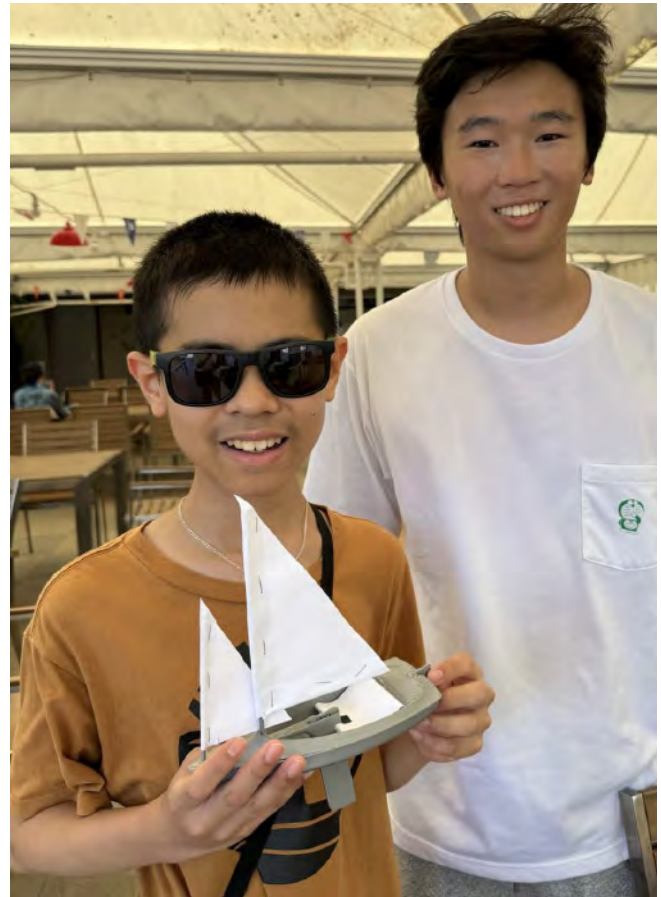
Henry Shao and Ethan Kong

Henry Shao, now 12 years old, joined us back in 2021 as a sailor with visual impairment (VI). Being blind has not stopped Henry enjoying life and trying different things. Racing is something he is happy to be part of and he has now progressed to not only sailing with his father, Kai, but with other volunteers. Outside of sailing, Henry keeps busy playing the drums in a band and is now learning to play the saxophone. What next, we ask ourselves?

Our introduction to the Ebenezer School, where Henry is a pupil, has brought other children with VI to sail with us, offering something new for them experience and additional learning for us and our volunteers with regards to the support these special sailors require.

With this in mind and when asked by a young volunteer sailor, Ethan Kong, who was sailing at RHKYC's Hong Kong Race Week this year if I

邵知言和江祺豐



Henry and Ethan with version of the Hansa 303
Henry 手拿漢莎303 模型

12 歲的邵知言 Henry 在 2021 年首次加入我們，是一名視障水手。雖然失明但並未有阻止 Henry 享受生活，嘗試新事物，他非常熱衷於參加帆船比賽，如今不僅與爸爸 Kai 出航，還會與其他義工一起航行；在帆船以外的時間他並不會閒著，積極參與樂隊打鼓，學習演奏薩克斯風。他會如何成大器呢？請大家拭目以待。

我們與 Henry 正就讀的心光學校結緣，更多視障孩子加入了香港航能的團隊，這不僅為他們提供了新的體驗，也讓我們和義工們在支援特別需要的水手方面同樣學習了許多。當青少年義工水手江祺豐 Ethan 在香港遊艇會舉辦的香港賽事週期



Henry and father Kai got 1st Award at Hansa 303 Class Doubles
邵知言 Henry 和爸爸邵凱 Kai 獲得第一名漢莎 303 雙人賽

could think of a project for him to do over the summer, I immediately thought of a 3D model of a Hansa 303. This would then help our blind and visually impaired sailors to feel the boat thus enabling these sailors to have a better idea of the parts we talk about and where they are on the boat.

And it all happened on Saturday, 10th August, 2024. Please read the following from our Facebook Page on 11th August courtesy of Andrew Sheard:

“Sailors with Sailability have a wide range of disabilities and need individual assistance to help them on the water and on land. A few days ago, one of our volunteers, Ethan Kong, presented a model of a Hansa 303 to Henry, aged 12. Henry, who lost all his sight at the age of 4 due to cancer, is a regular sailor but has never been able to see the boat. The model enabled him to feel the overall shape and structure of the boat for the first time. Ethan, aged 17, who regularly sails 29ers with Aberdeen Boat Club, produced the model using digital technology and a 3-D printer. It was a very moving moment when the two of them met. After being able to touch the model Henry sent a message to Ethan in braille saying, “Thank you for making the Hansa 303 model. Although I have sailed a Hansa many times before, I have learned about the shape of the boat today, and its sails. I hope to go sailing with you soon!”



Henry's feedback in braille
Henry 盲文回饋

間問我能否為他安排一個暑期項目時，我馬上想到了由他製作漢莎 303 立體模型的計劃。建立模型能大大幫助我們視障水手，透過觸摸船體，他們更好地理解我們經常談及的船隻部件及其位置。這一切在 2024 年 8 月 10 日（星期六）實現了。請閱讀我們在 8 月 11 日 Facebook 上的更新，感謝 Andrew Sheard 提供以下內容：

「在香港航能，患有傷健的水手們面對著各種各樣的身心障礙，需要在水上和陸地上都得到個別的協助。幾天前，我們的義工 Ethan，為 12 歲的 Henry 帶來了漢莎 303 帆船的模型。Henry 在 4 歲時因癌症失去了視力，雖然經常參與航行，卻從未親眼見過這艘船。這個模型首次讓他能夠用手感受帆船的整體形狀和結構。

現年 17 歲的 Ethan 經常在香港仔遊艇會駕駛 29er 帆船，他利用數字技術和 3D 打印機製作了這個模型。當兩人見面的那一刻，情感氛圍深深打動了在場的每一個人。在觸摸到模型後，Henry 用盲文發了一條訊息給 Ethan：「謝謝您製作的漢莎 303 模型。雖然我曾多次航行，但今天我終於了解了它的形狀和風帆。我希望很快能和您航行！」

Henry 的媽媽告訴 Kay：「我非常感謝香港航能對我們一家的支持，香港航能的社群充滿了各種才華，不僅限於航行！」



Henry feels delighted
非常開心的 Henry



Kay, Ethan & Henry talk about the Hansa 303 model
Kay, Ethan 與 Henry 一同討論漢莎 303 立體模型

Henry’s mother told Kay “We are so grateful for all the support from Sailability”. The Sailability community has many talents, more than sailing!”

The second model is now in the process of being made as Henry noticed there was no joystick!! Ethan has now modified the original design and is adding additional features which will prove to be very useful to this group of sailors. Watch this space as we update you on progress in the next edition!!

Huge thank you to Ethan for his hard work and thoughtfulness and to Henry for being a regular sailor with Sailability HK. Both Sailability Stars!!

其後，Henry 發現模型缺少操縱桿，Ethan 現已修改了原始設計，立即重做第二個模型，並增加了更多對視障水手非常有用的細節功能。

敬請關注我們的下期的最新進展！

特別感謝 Ethan 的努力和細心，以及 Henry 作為香港航能的常規水手的積極參與。他們都是香港航能的明亮之星！

Programme/Event Roundup

項目/活動總結

Macau Rally 2024

Sailability HK' s First Offshore Race!

香港航能首次之離岸跨境海上比賽!



Entering Macau on 29th June
7月29日入境澳門

Sailability HK has taken part in an offshore race for the first time! The event, organised by the Cruiser Owners Association, was the Macau Rally which involved sailing Hong Kong to Macau on Saturday 29 June, with the return leg on Monday 1 July.

“This was something new, another milestone for us”, said Sailability Co-Founder and CEO Kay Rawbone, “we are always eager to show-

香港航能首次參加了離岸跨境海上比賽！此次活動由遊艇船主協會主辦，名為澳門拉力賽。比賽於6月29日（星期六）從香港出發前往澳門，並於7月1日（星期一）回程返回香港。

香港航能創辦人及董事 Kay Rawbone表示：「這次活動對於我們來說是嶄新的，也是我們新的里程碑。我們希望展示香港航能如何在各類海上活動上接納及包容所有人。」

case the inclusivity of what we do.”

The Regatta is about 30 nautical miles from Hong Kong to Macau and MoHan was crewed as usual with a mixed team of para and able-bodied sailors. The Para Sailors, Tze Ming, Tsun Ming, and Sze Lung, manoeuvred the boat (helm, jib and main sail) while the rest of the crew (Fred Vaudaine, CK Chan, Leo Dai, Daphne Chan, Ransom Lee, Tai and Kay Rawbone) were onboard to assist.

Leg 1 to Macau was upwind which reduced the progression of all the boats and conditions proved to be challenging with a couple of sudden squalls. Skipper Fred and the team handled it all very well, by reducing the sail area, and rifting the main and jib until the storm had passed. Everyone onboard was fine and they used the remainder of the trip to dry out! However, by the end of the day only four of the ten boats managed to complete Leg 1 within the finishing window.

As you will see from the photographs, MoHan arrived in Macau just as the sun was going down, creating some beautiful skylines. One of the most anxious moments on the voyage was going underneath the 4 bridges when entering Macau as the tall main mast gets



From Left to Right Daphne Chan, Ransom Lee, CK Chan, Leo Dai
左至右的人物為陳思敏 Daphne, 李文斌 Ransom, CK Chan, Leo Dai

這場帆船賽從香港到澳門約有 30 海里。和往常一樣，無限號由混合義工及傷健運動員共同組成。傷健船員們為 Tze Ming、Tsun Ming 和 Sze Lung，負責操作船隻（包括掌舵、副帆和主帆），義工水手包括 Fred Vaudaine、CK Chan、Leo Dai、陳思敏 Daphne、李文斌 Ransom、Tai 和 Kay 在船上提供協助。

出發前往澳門的第一段航程是逆風行駛，船隻只能以較慢的速度前進。天氣的變化，幾次突如其來的狂風令讓航行充滿挑戰性。船長 Fred 和其他團隊成員很好地應對了這些挑戰，縮小帆面並調整主帆和副帆的角度，直至暴風雨過去。

船上的每個人狀況良好，並利用剩下的航程讓濕透的身體得以吹乾！當天結束時，參賽的十艘船中僅有四艘成功完成了第一段賽事。

從照片中可以看到，無限號在夕陽下抵達澳門，這一場景構成了一幅美麗的天海景觀。航行中最緊張的時刻是進入澳門時，要通過四座橋下進入，因為船隻高大的主桅杆非常接近橋的底部結構！



Photo Sunset on 29th June
日落美景 - 7月29日

翌日是休息日，因此水手們趁機放鬆一下，然後準備返回香港。在澳門的活動包括品嚐當地美食和到賭場碰碰運氣！經常參與無限號航行的水手們 Daphne 陳思敏表示：「這是一段有趣、放鬆且非常愉快的時光。」

週一早上，在前往回程起跑線的途中，水手們非常興奮，因為他們看到一些粉紅色的海豚在三角

quite close to the underside of the bridge structure!

The following day was a rest day, so the crew took the opportunity to enjoy a break before the return leg to Hong Kong. Being in Macau, the activity included tasting the local food and losing some money at a casino! But it was “fun, relaxing, a very happy time”, said crew member Daphne Chan who sails regularly on MoHan.

On the way to the start line for the return leg on Monday morning, the crew sighted some pink dolphins swimming near Sanjiao Island which caused much excitement and augured well for a really good day ahead!

Kay Rawbone who was part of the MoHan crew for the Rally said, “most of the return trip was downwind sailing. Everyone was so happy about this after a very long trip on Leg 1.” For the return to HK, MoHan recorded a finish time of only 3 hours 44 minutes and was in 7th place.

島附近游泳，預示著天晴氣朗的一天即將來臨！有幸參加無限號拉力賽的水手 Kay 表示：「回程大部分時間都是順風航行。經歷了第一段去程的長途航行後，對於回程航行，水手們都感到非常開心。」在返回香港的賽段中，無限號更創下首次有記錄以來僅用了 3 小時 44 分鐘完成賽事，排名第 7 位。

對於香港航能來說，這是一個偉大的里程碑，能夠安全地完成第一次離岸跨境賽事。船長 Fred Vaudaine 感嘆：「這也是朝向未來更具挑戰性賽事邁出的重要一步！」

整個拉力賽安排非常出色，組織得井然有序。我們非常感謝遊艇船主協會（COA），感謝船長 Fred Vaudaine、傷健水手們、義工們，給予了團隊如此多的支持，使這次旅程完滿劃上句號。我們將繼續為每個人提供參與帆船運動的機會。

作者: Andrew Sheard



From Left to Right Leo Dai, Ransom Lee, Daphne Chan, Tsun Ming, Tze Ming, Tai, Kay Rawbone, Sze Lung, Fred Vaudaine
左至右人物為上

“It was a great milestone for Sailability, to accomplish this first offshore race safely,” said Fred Vaudaine, “it is also a step towards more challenging events to come!!”

This whole Rally was brilliant and very well organised. A huge thank you to the COA. Thank you to Fred Vaudaine our Skipper, our Para Sailors, and our volunteers who give so much support enabling us to do what we do as we continue to make sailing accessible to EVERYONE.

Author: Andrew Sheard



Passing wind turbines in Macau waters
在澳門水域時經過風力渦輪發電機



Enjoying the rest day in Macau From Left to Right Tsun Ming, Tse Ming, Daphne Chan, Ransom Lee, Leo Dai
享受澳門的休息日·從左到右為 Tsun Ming, Tse Ming, 陳思敏 Daphne, 李文斌 Ransom, Leo Dai

Hebe Haven Yacht Club Open Day

白沙灣遊艇會開放日



Kay, Daphne and her mother
Kay, 陳思敏 Daphne 和媽媽

There was a real buzz at Sailability HK as volunteers welcomed visitors, friends and family to the Hebe Haven Yacht Club Open Day on 4 August!

On offer from Sailability were rides in Hansa 303 dinghies with an experienced volunteer sailor. The sun was bright and strong, thankfully the club Garden Bar was serving iced water in an attempt to keep everyone cool.

Kay Rawbone Sailability HK CEO and Co-founder said, "it was great work by our team of instructors and volunteers to make it an amazing day at Hebe Haven. The hot weather didn't deter the new sailors, and some are returning soon, they can't wait to learn more."

Well done and thank you to everyone who helped make the day a success!

Author: Andrew Sheard

今年 8 月 4 日的白沙灣遊艇會開放日上，香港航能的氣氛格外熱鬧，義工們熱情接待訪客、朋友和家人。參加者有機會與經驗豐富的義工水手們一起乘坐漢莎 303 出海暢遊。艷陽高照，遊艇會花園酒吧區更是貼心地提供了冰水，讓大家在炎炎夏日中保持涼爽狀態。

香港航能創始人 Kay Rawbone 表示：「我們的教練和義工團隊使嘉賓在白沙灣度過了出色的一天。炎熱的天氣並沒有阻止新水手的參加，我相信有些人會很快再次回來，因為他們迫不及待地想學習更多呢。」

幹得好！在此我要感謝每一位參與並協助當天活動的人士，使這次活動取得圓滿成功！

作者：Andrew Sheard



International Hansa Class Asia Pacific Championships, Australia

在澳洲舉行的漢莎級亞太錦標賽

The International Hansa Class Asia Pacific Championships take place in Australia from 20th October to 25th October and Sailability HK will be represented by a strong and diverse team!

The Championships are being held at Southport Yacht Club, the Gold Coast, about an hours' drive south of Brisbane. Our team will be competing alongside sailors from Australia, New Zealand, Japan and the USA in all four classes – Liberty, Hansa 303 single handed male, single handed female, and Hansa 303 double handed.

The Sailability HK team were selected via Open Qualifying races organised with the approval of HKSF's Selection Committee on 3rd, 10th, and 14th July. As at all our events Sailability volunteers played an integral part in the qualifying races with Lizzie Sharp and Paul Wu stepping up as Race Officers with our volunteer Race Committee. Coaches and instructors acted as safety on the water, towing and mark laying. We were grateful to HHYC's Sailing Centre for the loan of race management materials and flags.

The team going to Brisbane comprises the winners of each class in the qualifying races, one self-funded participant, plus coaching and support personnel:

前往澳洲布裡斯班的團隊包括資格賽中每個組別的獲勝者、一名自費參賽者以及教練和支持人員：

- Hansa 303 Double handed 漢莎雙人賽 Kai Kui (Fiona) Lee and Rheanne Buitre
- Hansa 303 Women's Single handed 漢莎級艇女子單人 Yuk Chun Leung (Sylvia)
- Hansa 303 Women's Single handed 漢莎級艇女子單人 Oi Po Chung (self-funded)
- Hansa 303 Men's Single handed 漢莎級艇男子單人 Wai On Fung
- Hansa Liberty 漢莎自由級艇 Yuen Wai Foo
- Senior Coach 高級教練 Ed Tang
- Team Support 團隊支援 Kay Rawbone

國際漢莎級亞太錦標賽將於 10 月 20 日至 25 日在澳洲舉行，香港航能將派出一支強大而多元化的隊伍代表參賽！本屆錦標賽將在澳洲黃金海岸的南港遊艇會舉行，該地距離布里斯本以南約一小時車程。

我們的參賽隊伍來自澳洲、紐西蘭、日本和美國的水手們，同場競技參與四個級別賽：自由級、漢莎 303 級男子單人賽、女子單人賽，以及漢莎 303 級雙人賽。

他們是經過香港帆船運動總會選拔委員會批准下所舉行的公開資格賽選拔出來，賽事在 7 月 3 日、10 日和 14 日舉行。我們的義工們在每場比賽都發揮了不可或缺的作用。義工 Lizzie Sharp 和 Paul Wu 擔任了賽事總監，帶領義工賽事委員會協助進行比賽；教練及指導人則在水面上擔任安全人員，進行拖船和標記鋪設。我們感謝白沙灣遊艇會帆船中心借出比賽管理材料及旗幟，使得賽事順利進行。

Of this team only Foo Yuen Wai has sailed before in Australia and that was 9 years ago! All the team are mindful that sea conditions are typically rougher in Australia compared to HK. "I expect a more challenging arena," said Fung Wai On who will compete in the Hansa Liberty Class.

To prepare for this, Senior Coach Ed Tang is ensuring all team members practise "in harsher offshore conditions" with longer sessions to develop greater strength and endurance. Whilst the weather, wind and sea conditions may be different to Hong Kong, Foo Yuen Wai is quick to acknowledge that the key challenge comes from competing "in a strong international fleet, against sailors who are all masters of their craft".

An additional challenge is that the HK team will be using charter boats. This "brings uncertainty", said Foo Yuen Wai, "as the team won't see the boats they will be using until we arrive in Australia" (and last year the charter boats arrived late!). We hope the boats available to our team are in tip top condition so they do justice to themselves and give their best performance!

Fiona Lee, who is autistic and a regular member of the Saturday Sailing programme, will be sailing in international competition for the first time. These Championships are a major milestone in her sailing development and her mother, Ling is thrilled at her daughter's progress since joining Sailability.

"For this first overseas Championship, my only wish is for Fiona to enjoy the experience, and I'm sure she will. We all know the saying that it's not the winning that's important, but the taking part and enjoying it. Growing up as a special child, Fiona couldn't comprehend what rules were, all she cared about was winning, and if things didn't go her way, she would throw a tantrum. Now that she is older, the tables have turned and all she cares about in a competition is having a good time. It has been incredible to see Sailability help her grow up, become more organised and less dependent on me (her mother), and become so much better at managing her emotions."

All the sailors set their own individual goals

在這個團隊中，只有付遠威曾在澳州參加過航行比賽，但那已經是 9 年前的事了！所有團隊成員都注意到，澳州的海況通常比香港更加風大浪急。參加漢莎 303 自由賽的 Fung Wai On 說：「我預計這將是一個更具挑戰性的賽場。」

為此，高級教練 Ed Tang 確保所有團隊成員能夠「在更惡劣的海上條件下」進行航賽，並安排了更長時間的訓練，以增強運動員的體能和耐力。雖然當地的天氣、風況和海況可能與香港有所不同，付遠威承認，最大的挑戰來自於「與強大的國際船隊中技藝高超的水手們競爭。」

另一個挑戰是，香港團隊將使用包租船隻參賽。付遠威表示，這也會「帶來不確定性因素」，因為「在我們到達澳州之前，團隊無法看到將使用的船隻」（去年包租船隻曾出現延誤！）我們希望我們的船隻處於最佳狀態，這樣運動員才能夠作出正確的判斷並發揮最佳表現！

患有自閉症的 Fiona Lee 是星期六帆船日的常規成員，她將首次參加國際比賽。這次錦標賽是她帆船發展的一個重要里程碑，她的母親 Ling 對女兒加入香港航能後的進步感到無比興奮。

媽媽分享：「對於參與首次的海外錦標賽，我唯一的願望是 Fiona 能夠享受這段經歷，我相信她能做到這點。有句話說，勝利不是最重要，重要的是參與並享受這個過程。有特別需要的 Fiona 以前無法理解什麼是規則，她只關心勝利，如果事情不如她所願，她會發脾氣。如今，她成長了，比賽中會更關注自己是否玩得開心。我看到香港航能幫助她成長，使她變得更有條理，減少對我的依賴，並且在管理情緒方面有很大的進步，這真是太不可思議了。」

所有水手們都為這次錦標賽設定了自己的個人目標。付遠威說：「我的目標是進入前 10 名，但我會全力以赴，爭取最好的成績！」

香港資深女子傷健運動員 Sylvia Leung 說，「獎牌是我的最終目標。即便不能獲獎，也能提升我的世界排名。能夠從自己和其他參賽者的經驗中學習，也相當重要。」

for the Championships. “I’m aiming to be in the top 10”, said Fung Wai On, “but for sure I’ll be going all out to do my best!”.

“A medal would be my ultimate goal,” said HK’s leading female para sailor Sylvia Leung, “and if not, an improvement in my global ranking. It’s also important to absorb and learn as much as you can from the experience and from the others who are taking part.”

Authors: Andrew Sheard, Kay Rawbone

您可以在我們的 Facebook 頁面上關注團隊的進度，我們將在下一期的無限可能詳細報導！

作者：Andrew Sheard, Kay Rawbone

You can follow the teams progress on our Facebook page and we’ll have a full write up of the event in the next Newsletter!

<https://www.facebook.com/SailabilityHK/>

關注我們的Facebook 帳號，了解團隊的進展。我們將在下一期刊完整報道該活動！
親臨與我們一起參與，成就「航能倡揚帆，人人皆可能」。

More information

<https://hansaregionals.org/asia-pacific/>

<https://www.facebook.com/hansaasiapacifics/>

<https://southportyachtclub.com.au/regattas/2024-international-hansa-class-asiapacific-championships/>















Calendar – September

九月活動日曆

	Programme	項目
1	Foreign Domestic Workers (helpers) day 1 ▲ Para Team Training	外籍家庭傭工 & 傷健帆船訓練
2		
3		
4	▲ Para Team Training	傷健帆船訓練
5		
6		
7	▲ Saturday Sailing Programme + Volunteer Training	週六帆船日及義工訓練
8	Foreign Domestic Workers (helpers) day 2 ▲ Para Team Training	外籍家庭傭工及傷健帆船訓練
9		
10	Jockey Club Sarah Roe School ESF SEN Annual Sailing Programme begins for 8 weeks	英基賽馬會善樂學校
11	▲ Para Team Training	傷健帆船訓練
12		
13		
14	Bart's Bash 2024 with MoHan at the event COA Awards Dinner	巴特狂歡節帆船籌款節日
15	Foreign Domestic Workers (helpers) day ▲ TREATS Charity & Para Team Training	外籍家庭傭工 & TREATS 慈善日 傷健帆船訓練
16		
17	Jockey Club Sarah Roe School ESF SEN	英基賽馬會善樂學校
18		
19		
20		
21	▲ Saturday Sailing	週六帆船日
22	TREATS Charity & Para Team Training MoHan Port Shelter Regatta	TREATS 慈善日 & 傷健帆船訓練 & 無限號牛尾海帆賽
23		
24	Jockey Club Sarah Roe School ESF SEN	英基賽馬會善樂學校
25	▲ Para Team Training	傷健帆船訓練
26		
27		
28	▲ Saturday Sailing	週六帆船日
29	Metropolitan University Fund Raising Event for Sailability	香港都會大學籌款日
30		

Calendar – October

十月活動日曆

Programme	項目
1	
2  Para Team Training 2024-2025 Hong Kong Club Senior Sailing Programme starts this month. Interested? Let us know.	傷健帆船訓練 2024 - 2025 年Hong Kong Club 銀齡長者課程本月開始, 如感興趣, 請聯絡我們。
3	
4 Sunnyside SEN School	靈實恩光學校
5  Saturday Sailing & TWGHs Tsui Tsin Tong SEN School	週六帆船日 及 東華三院特殊需要學院
6  Para Team Sailing & TREATS Charity	傷健帆船訓練 及 TREATS 慈善日
7	
8	
9  Para Team Training	傷健帆船訓練
10 Sunnyside SEN School	靈實恩光學校
11	
12  Saturday Sailing & TWGHs Tsui Tsin Tong SEN School	週六帆船日 及 東華三院特殊需要學院
13  Para Team Sailing & TREATS Charity	傷健帆船訓練 & TREATS 慈善日
14	
15 Jockey Club Sarah Roe School ESF	英基賽馬會善樂學校
16  Para Team Training	傷健帆船訓練
17	
18  Para Team Sailing & TREATS Charity & Team Leaves to join the Hansa Asia Pacific Championships 20 – 25th October in Brisbane	傷健帆船訓練 及 TREATS 慈善日 & 無限號出戰漢莎太平洋賽選
19 24hr Charity Dinghy Race at HHYC	24小時慈善小艇賽
20	
21	
22 Jockey Club Sarah Roe School ESF	英基賽馬會善樂學校
23  Para Team Training	傷健帆船訓練
24	
25 Sunnyside SEN School	靈實恩光學校
26  Saturday Sailing & TWGHs Tsui Tsin Tong SEN School & RHKYC Around the Island Race	週六帆船日 及 東華三院特殊需要學院 & 香港遊艇會環島賽
27  Para Team Training & TREATS Charity	傷健帆船訓練 及 TREATS 慈善日
28	
29 Jockey Club Sarah Roe School	英基賽馬會善樂學校
30  Para Team Training	傷健帆船訓練
31	

Calendar – November

十一月活動日曆

Programme	項目
1 Sunnyside SEN School	靈實恩光學校
2 ▲ Saturday Sailing & TWGHs Tsui Tsin Tong SEN School	週六帆船日 及 東華三院特殊需要學院
3 ▲ Para Team Training & TREATS Race Training	傷健帆船訓練 及 TREATS 慈善日
4	
5 Jockey Club Sarah Roe School	英基賽馬會善樂學校
6 ▲ Para Team Training	傷健帆船訓練
7	
8 Sunnyside SEN School	靈實恩光學校
9 ▲ Saturday Sailing & TWGHs Tsui Tsin Tong SEN School & MoHan HHYC Monsoon Winter Series	週六帆船日 及 東華三院特殊需要學 無限號出戰冬季季風系列賽
10 ILM Fun Day & Para Training	ILM學院 及 傷健帆船訓練
11	
12 Jockey Club Sarah Roe School	英基賽馬會善樂學校
13 ▲ Para Team Training	傷健帆船訓練
14	
15 Sunnyside SEN School	靈實恩光學校
16 ▲ Saturday Sailing	週六帆船日
17 TREATS Annual Inclusive Race Day	TREATS 年度無障礙性賽跑日
18	
19	
20 ▲ Para Team Training	傷健帆船訓練
21	
22 Sunnyside SEN School	靈實恩光學校
23 Sailability 15th Anniversary & HHYC Winter Monsoon Series	香港航能 及 冬季季風系列賽
24 ▲ Para Sailing	傷健帆船航行
25	
26	
27	
28	
29	
30	

Final Words

結束語

We hope you have enjoyed reading this edition of Limitless!

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Interested in becoming a sailor and/or representing Hong Kong?

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Contribute to Limitless!

The Limitless! Editorial Committee welcome all articles and photographs.

Please submit them by email to info@sailability.org.hk or guyshirra@gmail.com

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Andrew Sheard — Contributor, Facebook & LinkedIn
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