



Limitless

Sailability Hong Kong
Newsletter, Issue 4

無限可能
第四期出版



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Words of Welcome

歡迎辭

Welcome from Kay

Well, what a busy time for us all over the past couple months, and fortunately the weather didn't dampen spirits as our sailors continued to take to the water, as much as they were able to.

We had lots to look forward to in May and June, which included learning to sail courses, racing and recreational sailing, whilst also preparing for the annual Hebe Haven Open Regatta over the weekend of 11th & 12th May, which was quickly followed by the World Sailing Steering the Course Women's Festival.

Sallywag and School/NGO/Organisation courses which took place during May and June included: Red Cross Margaret Trench School, Po Yan School, SSNA Lau Pun Cheung School, HK Society for the Blind, Morning Hope and Caritas Lok Yi SEN School, returning after a long break.

We also welcomed back the HK Association for Youth with ADHD, Tutor Chan and new sailors from PAACME which advocates for youth on the autistic spectrum who attend main streams schools. As you read on you will learn more about our involvement in some of the events mentioned above and other articles, which I am sure you will find interesting too.

It's always a special moment at Sailability Hong Kong when we see so many smiling faces both on and off the water. One example being sailors joining from SEN schools catering for higher support needs students, some of whom attend residential facilities. For these schools we provide training to teach parents, teachers and carers to sail, thus providing more opportunities for more parents to sail with their children. Sailing, showing once again, its inclusiveness and accessibility for youth and adults with high support needs.

來自 Kay 的問候

最近幾個月對我們所有人來說都是非常忙碌的時期，驟晴驟雨的天氣並沒有消沉水手們對航行的鬥志。

5-6月的活動琳琅滿目，包括帆船課程、賽事比賽及休閒帆船日等，過去的週日5月11-12日，我們籌備了白沙灣遊艇會的公開小帆大賽，還有國際帆船總會所舉辦的「引領航向」的女子航海節等等。

緊接著復活假期的回歸，整個5-6月都充滿著 Sallywag 的項目，該支持與各個學校 / NGO / 慈善機構所舉辦的活動，當中的學校來自：香港紅十字會瑪嘉烈戴麟趾學校、獻主會溥仁小學、劉本章學校、香港盲人輔導會、匡智學校及明愛樂義學校。

我們同時也歡迎專注不足 / 過度活躍症 (香港) 協會的陳老師，以及來自主流教育自閉學童家長會 (PAACME) 的新水手同學，PAACME 組織致力關注自閉症類群障礙學生於主流教育的所得到的福利和權益，支持及促進自閉學童融入社群。當您閱讀本刊季，您將了解更多香港航能對上述所有提到的工作信息，希望您會讀得津津有味。

每當看到不論來自水上或陸上的笑臉，我們的內心都會受到感動，並泛起一絲絲的暖意。一些水手從提供特殊教育服務的學校當中加入到香港航能，另一些水手則來自於寄宿家庭服務。對於學校項目，我們為家長、教師和照顧者提供航海培訓，提供更多親子同行機會。

透過航海活動，再一次展示對不同年齡界別的無障礙性、高度包容性以及治療性的好處。

Where has the time gone; MoHan, who will be celebrating her 2nd birthday on 23rd July. She will also be participating in her first off-shore race to Macau over the long weekend 29th June to 1st July with her inclusive crew. Another new adventure for us which I am sure will be reported in our next edition!

Finally, a huge thank you for the support we receive from so many of you within our community which continues to energise us and enables us to change more lives going forward.

We ALL hope you enjoy your read!

時間過得很快，無限號將會在 7 月 23 日慶祝她的第二個生日。

於 6 月 29 日至 7 月 1 日，她成功連同傷健團體出賽，第一次離開香港遠赴到澳門參與遠洋賽艇比賽。新冒險新里程，將在下一期刊季報導！

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，使我們有力量繼續改變生命。

請享受您的閱讀！



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

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」。

Sailability Spotlight

香港航能專欄

Offering opportunities, enhancing lives

提供機會，改善生活
ILM 學院



From left to right: Kay Rawbone with Hanin, Hanadi and Husna on MoHan
从左至右：創辦人及董事 Kay Rawbone 與 Hanin, Hanadi 和 Husna 一起坐在無限號上

The Institute of Leadership and Management programme (ILM) is an NGO with a mission to enhance the lives of Hong Kong's ethnic minority community. Some commentators suggest the best way is for ethnic minorities to fully participate in the Hong Kong community is to learn Cantonese, and whilst some do that, for many, this isn't a practical solution. The ILM programme aims to develop alternative solutions and offers opportunities and activities which participants would otherwise not have, and perhaps not even think about.

ILM 學院是一個香港非政府組織，專注幫助少數族裔融入社區，並提升他們生活品質。有一些時事評論人認為：讓少數族裔全面融入香港社區的最佳途徑是讓他們學習粵語。

事實上對於很多少數族裔來說，儘管學習了粵語，但並不能切實讓他們感到融入。ILM 學院計劃旨在開發替代方案，為他們提供機會和活動，有些機會是少數族裔從未擁有過的，甚至沒有想過有機會能接觸的，帆船運動就是其中之一。

Sailing is one of those.

Adnan is a technology business owner and ILM volunteer, who was part of the very first ethnic minority group to join a Sailability course back in 2020. He “never imagined there would be sailing opportunities in Hong Kong using English language for instruction.” One member from that initial group, Daoud, is now a trained Safety Boat Driver regularly helping with a range of Sailability programmes. Husna and her two daughters Hanin and Hanadi are among the latest people in Hong Kong to try sailing for the first time thanks to the ILM.

Hanin is a student of Interior Design at the Hong Kong Design Institute. She was nervous the first time she took to the water in a Hansa 303 boat. “It was better than I expected,” she said, “but the opportunity to meet new people, and just to get out of the city is great, it’s so peaceful.” Until she had tried it, she thought sailing was a passive sport, “I used to think sailing involved sitting on the boat, but afterwards my arms and my back were aching. But it was a good kind of pain!”

Adnan 是一位科技企業的創業者，現在是 ILM 學院的授課義工，他在 2020 年加入香港航能，是第一批參與帆船課程的少數族裔。他「當初從未」想過在香港有幸得到以英語授課的免費帆船體驗。當時的小組另一位成員 Daoud 現今已成為香港航能安全船的舵手，協助各種帆船項目順利進行。

另一方面，Husna 及她的兩個女兒 Hanin 和 Hanadi 是最近加入嘗試帆船體驗的新成員，一切都多得 ILM 學院的接軌和支援服務。

Hanin 就讀香港知專設計學院的室內設計課程。她第一次乘搭漢莎 303 船出海時感到緊張。體驗過後她認為：「比我想像中要好，而且能夠結識，到新朋友，遠離都市的喧囂，感覺很棒，在海上很寧靜。」

在嘗試帆船之前，她以為帆船是一項被動的運動，她以為：「帆船出海就是只是坐在船上，但事後卻發現我的手臂和背部都變得酸痛，是代表有付出，有參與的痛感！」



Mike Rawbone presents certificates to the first group who completed the Scallywag programme for ethnic minorities in July 2020; Left to right: Ed Tang (Senior Coach), Mike Rawbone and sailors Anse, Adnan, Adil, Somawia and Daoud

Mike Rawbone 於 2020 年 7 月為第一批少數族裔完成 Scallywag 計畫的隊員頒發證書
由左至右：資深教練 Ed Tang，已故創辦人 Mike Rawbone 以及船員 Anse, Adnan, Adil, Somawia 和 Daoud 的大合照

For the next step of her development, Hanin wants to try sailing on a big boat like MoHan. She will surely get that opportunity. Hanin said her younger sister Hanadi was also very nervous about coming to Sailability the first time, so much so, she didn't want to leave the house! But now it's different.

到達下一個階段，Hanin 希望能駕駛像無限號一樣的大船。她肯定會獲得這個機會的。Hanin 說她的妹妹 Hanadi 第一次參加帆船課時緊張到不得了，甚至想過缺席！但現在情況已經迥然不同了。

13歲的 Hanadi 正在就讀中學，她參加了為期 3 天的香港航能帆船體驗活動，對她來說是一次新奇的體驗。她感覺：「能有新的戶外體驗實在太棒了。」

她與搭檔 Jessica Chan 在「引領航向」的女子航海節上驚喜地獲得第三名。她跟我們說：「下一次我想嘗試翻船」，並補充說：「當然最後要有命爬回船上！」



Hanin (right) with Catherine Kwan at the Women's Sailing Festival in May
Hanin (右) 在五月的女子航海節上與義工成員關小燕合影



Hanadi (left) & Jessica (middle) after coming third place in the 2024 Women's Sailing Festival Regatta, with Alexandra (right)
Hanadi (左) 和 Jessica (中) 在 2024 年女子航海節中獲得第三名，並與獲得第一名的 Alexandra (右) 合照

Hanadi is 13 and at secondary school, she has now taken part in 3 days of sailing so it's still a novel experience for her. "It's just great to be outside trying something new", she said.

In the Dinghy Regatta that was part of the Women's Sailing Festival, she sailed with Jessica and amazingly they came in third place. "For the next thing I want to try capsizing", she said, adding, "and then getting back into the boat of course!"



Hanadi and Jessica with Kay after coming third place in the 2024 Women's Sailing Festival Regatta
Hanadi, Jessica 和 Kay 的合影

To date the ethnic groups on the Scallywag ethnic minorities programme have included people whose background is Bangladeshi, Kenyan, Pakistani, Turkish, and Indian. All the participants talk fondly about the Institute of Leadership and Management programme which provides a pathway for members of their community to connect with Sailability. Hanin said, "It's good for us to meet other people when we come to Sailability." Adnan adds that Sailability HK is a "very friendly community."

Author - Andrew Sheard

迄今為止，Scallywag 項目中的少數族裔群體來自於孟加拉、肯亞、巴基斯坦、土耳其和印度，所有參與者都對 ILM 學院的組織的項目充滿熱愛，該項目為少數族裔社區提供了與外界聯繫的新途徑。Hanin 說：「我們來到香港航能與更多人接觸，對我們所有人帶來正面影響。」另外，Adnan 認為香港航能是一個非常友善的社區。

作者 - Andrew Sheard



Female ethnic minorities group photo taken in 18 May 2024
攝於 2024 年 5 月 18 日的女性少數族裔隊員大合照

Make Sailing Accessible to EVERYONE

Volunteer Spotlight

義工專欄

The Couple who Enjoy every Moment with Sailability Daphne Chan and Ransom Lee

In 2022 when Sailability acquired MoHan thanks to a generous donation from the Li Ka Shing Foundation, Daphne Chan and Ransom Lee were among the first to volunteer for crew training. Since then, they have become key members of the Sailability MoHan team, taking part in several Typhoon and Monsoon series.

“We love to sail on MoHan and enjoy helping the para sailors,” said Daphne, “we have become friends with all of them. We’re now among the most experienced MoHan volunteers. We like to be part of the Hebe Haven Yacht Club racing series and both of us like to win.”

After selling their manufacturing business in China several years ago, they have given themselves more time to relax and enjoy life, much of it volunteering with Sailability HK.

When not on the water with Sailability, the couple like to do a little horse riding, and not just any horse riding, but dressage which is an Olympic sport in which the horse responds to their rider with precise, timed, elegant movements.

After completing an LCSD course sailing course with some friends they were introduced to Sailability in 2019 by Candy Tse, a popular former Instructor with Sailability HK. They initially sailed Hansa 303's with a range of Sailability groups including senior sailors, a group of blind sailors, and some autistic children.

與香港航能共度每刻的夫婦 陳思敏及李文斌



On board MoHan
攝於無限號

在 2022 年，香港航能在李嘉誠基金會的慷慨公益捐贈下，鄭重地接收了無限號，Daphne 陳思敏和 Ransom 李文斌是第一批自願參與無限號駕駛培訓的成員之一。

他們成為了無限號的關鍵成員，並參與了數次颱風系列和季風系列賽。

Daphne 說：「我們熱愛在無限號上航行，能夠為我們的傷健團隊作出支援。」她指出：「我們與所有人都成為了朋友。我倆是無限號出海最有經驗的義工成員之一，我們有幸能夠參與白沙灣遊艇會的各项比賽，我倆都有想贏的決心。」



At Hebe Haven Yacht Club
攝於白沙灣遊艇會

Daphne 和 Ransom 倆夫婦在數年前出售了在中國製造的業務生意，放慢了倆人的生活節奏。

與此同時，他們選擇貢獻大部分的時間在香港航能進行義工服務。當他們不在香港航能進行水上活動時，你可以在馬場上找到這對夫婦，他倆都喜愛騎馬，不是簡單騎馬，而是「盛裝舞步」一項奧林匹克運動，又稱為「馬匹芭蕾舞」，源自法文 Dressage，馬匹需以精確、及時、優雅的動作對騎手做出反應。

在 2019，Daphne 和 Ransom 在完成康文署舉辦的帆船課程後，因認識前香港航能教練 Candy Tse 而被推介而來，他倆早期接觸漢莎 303 帆船，並與不同的隊伍航行，例如與銀齡水手、患有視障水手和患有自閉症類群障礙的兒童航行。

當初無限號計畫啟動時，船長 Tai 會每週兩次教授義工操作 Solaris 型號的帆船，針對各個方面進行詳細培訓。Daphne 回憶早期學習如何駕駛無限號的時光，久久難忘她從船長 Tai 和丈夫 Ransom 的指導下終於順利清理和維護主桅杆！

When the MoHan programme commenced training was initially provided twice a week on the many aspects of how to operate the new Solaris boat by Skipper Tai. Daphne reflected on those early days of MoHan, fondly remembering how she was able to clean the main mast while being hoisted aloft by Tai and her husband!

Daphne and Ransom are delighted to be part of the Sailability community. "We enjoy every moment in Sailability," said Daphne.



Daphne aloft on (optional) mast cleaning duties!
Daphne 在桅杆上進行 (選擇性) 清理和維護工作!

They both agree it would be great to have more volunteers trained as MoHan crew. “We are not the Skipper, not the Helm”, said Ransom, “but we have a clear role in the MoHan team to help the para sailors operate the boat. It’s really fun to be part of the team!”

And you too can be part of the team! Contact Kay if you want to volunteer for training on MoHan or help on any of our other programmes: kay@sailability.org.hk

Daphne 和 Ransom 很高興成為香港航能的一員。她說：「我們很享受在香港航能的每一刻。」

倆夫婦認為如果有更多義工能夠接受無限號培訓就更好了。Ransom 說：「我們不是船長，也不是掌舵人，無限號團隊中我們各人有明確的角色，支援傷健水手操作船隻。成為團隊的一部分是相當好玩的！」

您也可以成為香港航能的一員！如果您想自願參加無限號培訓或為我們任何一個課程提供義工服務，請電郵聯絡 Kay：kay@sailability.org.hk



Ransom (back left), and Daphne (with wine bottle) celebrating with the MoHan crew after winning a first place result during the 2023 Monsoon Series

Ransom 李文斌 (後排左) 和 Daphne 陳思敏 (手持酒瓶) 在 2023 年季風系列賽中贏得第一名並與無限號的其他船員一起慶祝

Sailor Spotlight

帆船水手專欄

Po Yan Oblate Primary School

獻主會溥仁小學

We are truly grateful for the opportunity provided by Sailability to allow our school students to learn about the operation of sailboats and to enjoy the experience of sailing. It has been an eye-opening journey for them, expanding their horizons, and we as teachers have also gained a better understanding of their potential through this learning process. Having this opportunity for them to learn more about their different abilities is valuable.

Once again, we would like to express our gratitude to the team of highly professional coaches and staff at your organization. Sailability is absolutely a place filled with love and care.

感恩香港航能可以提供機會讓我們的學生認識帆船操作並享受航行的樂趣。這次經驗開拓了他們的視野，使他們有了更廣闊的見識。

我們作為老師也藉此學習過程，了解了他們個人的潛力。這寶貴的經驗使學生更深入了解自己擁有的不同能力。

我們再次向貴組織高度專業的教練和義工服務團隊表示感謝。香港航能絕對是一個充滿愛與關懷的地方。

曾志權副校長



Students and teachers from Po Yan Oblate Primary School
來自獻主會溥仁小學的同學們和教師們

What the students say....

5A Sean

I wanna thank all the coaches who taught me how to sail, and I learned how to control the main sheet and the jib. Sailing was so much fun! I wanna have sailing classes again, I hope Sailability HK will give me another chance to do sailing.

6B Anucha

I think this activity is good and happy for students. Feel so excited and happy. I have to learn how to assemble boats and other things. Thank you Jesse and Karen.

5A Liang Zebin

I'm very thankful to the coach and the Hebe Haven Yacht Club for giving me the chance to learn sailing. During this activity, I learned how to assemble and control a sailboat. I also learned to cooperate with my classmates and set sail together. If given the opportunity, I would love to continue learning to sail.

6C Leung Yat Long

Ever since I took my first sailing class, I've been really into it. I've learned how to assemble sailboat parts such as the centerboard, bowline, mast, and more. I've also learned to read the wind and master driving techniques. Sailing made me step outside my comfort zone and has boosted my confidence. I hope I can continue to participate in sailing classes.



Students learn how to assemble sailboat parts
同學們在學習如何組裝帆船

學生們的心聲.....

5A Sean

我想感謝教我如何操作帆船的所有教練，我學會如何控制主帆和小三角帆。帆船運動很有趣！我希望香港航行能再次給我上帆船課和出海的機會。

6B Anucha

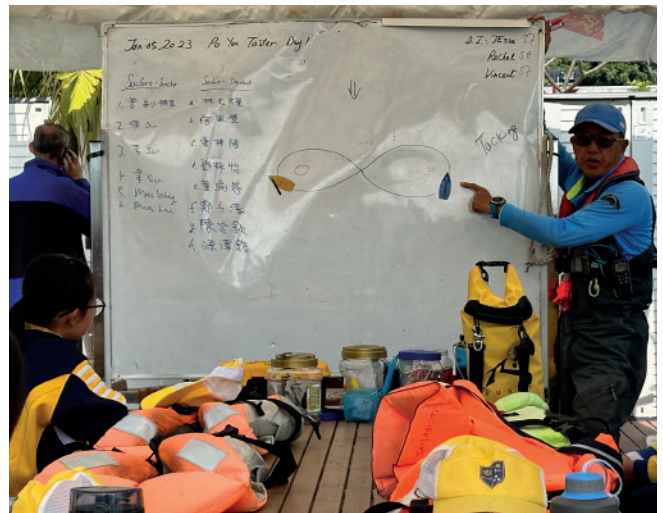
這個活動對我們所有學生來說都很棒，很快樂。我感到非常興奮。我想繼續學習如何組裝船隻和其他東西。謝謝教練 Jesse 和 Karen。

5A Liang Zebin

我非常多謝教練和白沙灣遊艇會給我這一次學習帆船的機會。這次活動我學會了如何組裝帆船和控制帆船。我學習和同學分工合作，一起帆揚出海。如有機會，我想繼續學習駕駛帆船。

6C Leung Yat Long

自從我參加第一次帆船班後，我便對這項運動充滿興趣。在這次的學習過程中，我學懂了組裝帆船配件，例如：定水板、船頭繩、桅杆等。也學會看風向、駕駛技巧，使我提昇自信心，得想再次挑戰自己。我希望繼續參加帆船班。



Instructor Jesse teaching the foundation knowledge of sailing
教練 Jesse 正在用心教導同學

6A RuoHan Zeng

I'm delighted to have joined this sailing activity. The activity has taught me how to sail, assemble a sailboat, and learn about sailing knowledge. Thanks to the coaches for providing us this opportunity to sail and participate. I had a great time and was fully engaged in the activity. Hopefully, there will be more chances for me to participate again.

5A Phonmor Beauty

I really want to join sailing activities again because the coaches are very friendly and professional, sparking my keen interest in sailing. I was not interested in sports at all before, but now I am actively learning. I really hope to have another opportunity to sail again.

6C Li Zixi

Hello coach, thank you very much for teaching me how to sail, allowing us to admire the beautiful nature scenes on the boat, and teaching us how to assemble the sailboat. During the practice, I learned about teamwork. Thank you for your dedicated teaching; I will always treasure this experience in my heart.

6C Clara Wang

I am thrilled to have joined this sailing activity. This experience taught me how to maneuver and assemble a sailboat. I am very grateful to my coaches for giving me the opportunity to take part in this activity. I hope to participate in more sailing activities in the future.

6C Lan Pei Yu

I am honored to participate in this sailing activity. I felt delighted during this activity. I learned how to assemble and dismantle sailboat components. I am thankful for my coach's patient guidance, which helped me understand my mistakes and start over. I hope to participate in similar activities in the future.

6A RuoHan Zeng

很開心可以參加這個帆船活動，這個活動讓我學會了如何駕駛帆船、組裝帆船和認識關於帆船的知識。謝謝老師可以給這個機會讓我們參加，希望還有機會參加。我在這個活動玩得很開心也很投入。

5A Phonmor Beauty

我很想參加帆船活動，因為教練們對學生非常友善，認真地教導我們，讓我對此運動產生了濃厚的興趣。本來我對運動一點也不感興趣，現在卻積極地學習著，我真的希望可以再有機會參加帆船活動。

6C Li Zixi

您好教練，好多謝您，教我玩帆船，讓我們能夠在船上欣賞大自然美景，讓我們學會如何組裝帆船。練習過程中，我學到了團體精神，多謝教練用心良苦的教導，這份心意我會永遠保存在心中。

6C Clara Wang

能夠參加這次帆船活動，我感到非常興奮，這次我學會了如何操控和安裝帆船，非常感謝老師和教練給予我這次參加活動的機會，我希望以後還能夠再一次參與帆船活動。

6C Lan Pei Yu

我很榮幸能參加這一次的帆船活動，我感到很開心，我學會如何組裝和拆卸船隻部件。我很感謝教練的耐心教導，令我明白了我做錯的步驟，要重頭再做一次。我希望以後還可以參加類似的活動。



The students smile brightly
同學們笑容燦爛

Programme/Event Roundup

項目/活動總結

MoHan racing in the Spring Monsoon series 2024

Sailability HK's Inclusive MoHan team competed in this year's HHYC Spring Monsoon series.

MoHan Skipper Fred Vaudaine (volunteer) reflected on MoHan's involvement, "The series included some fascinating races with different weather conditions and we had to try various strategies and different manoeuvres. It resulted in a team that could handle the boat more easily in any conditions. We also saw a great improvement in crew autonomy to decide the strategy and the trimming."

During the series, the MoHan crew was joined by Tommy Wong, who started his sailing journey with Sailability Hong Kong and is now representing Hong Kong via the Sports Institute. Fred commented "It is great to get such fantastic support as we benefit from the skills of experienced sailors". Thank you, Fred for all you do for this Big Boat Project and our Inclusive Sailing Racing Team.



MoHan Body
無限號船身



MoHan during the HHYC Spring Monsoon series
無限號參與春季季風賽的片刻

無限號參與 2024 年的春季季風賽

香港航能的無限號傷健團隊參加了由白沙灣遊艇會舉辦的春季季風系列賽。船長 Fred (同時是一名義工) 回顧分享：「比賽中出現了不同的氣候條件，我們花盡心思嘗試不同的策略和不同的操縱動作，使團隊能夠在任何條件下更輕鬆地繼續航行，我們看到了團隊在決定策略和調整方面的自主權有了很大的提升。」

專業帆船運動員 Tommy Wong 同樣作為無限號的一員出賽，他通過香港航能展開成為專業運動員的旅程，代表香港體育學院出賽。Fred 評論：「能夠有專業運動員的督導和支持實在太好了，每人都能受益於經驗豐富的航行技能。」香港航能在此感謝船長 Fred，為大型船隻無限號支援以及對傷健團隊所付出的一切。



Senior Sailing Day
17 號的銀齡長者日



Onboard Hebe One with guests
Kay 與 Hebe One 的參與嘉賓合照

Sailability Hong Kong at the 4th World Sailing Steering the Course Women's Festival/Leo Wealth Hong Kong Steering the Course, Women's Festival

Well, what a great time we had albeit the weather on some days wasn't perfect!!

As always our sailors and volunteers were up for the challenge and we managed to hold activities on 6 days during the period 17th-26th May, which were the official dates for this year's northern hemisphere sailors.

Day1 17th May 2024

Our 2023-24 Senior Sailing Programme funded by The Hong Kong Club Foundation ended on 17th May with a Senior Sailing Fun Race Day. The sailing and camaraderie seen as always was enjoyable to see with lots of fun on and off the water. A great lunch was served at the HHYC Garden Bar. Our oldest sailor on the day was Ah Kai, at 78yrs who joined us during the 2nd year of this programme. We also showcased the sailing of many of our female senior sailors during the day.

國際帆船總會主辦的 第四屆 Leo Wealth Steering the Course 女子航海節

哇，我們度過了一段美好的時光，儘管有些日子天氣不完美！但一如既往，水手及義工們迎接新的挑戰，我們設法在 5 月 17 至 26 日期間舉辦了為期 6 天的一連串活動，跟據北半球的官方日期。

賽事第一天 - 2024 年 5 月 17 日

由 The Hong Kong Club Foundation 資助的 2023 - 2024 年度銀齡長者項目於 5 月 17 日結束，當天是全天的銀齡長者趣味賽。當天的航行和友誼一如既往地令人愉快，水上和岸上都充滿了樂趣。在白沙灣遊艇會的花園酒共進了美味的午餐。最年長的水手是 78 歲的 Ah Kai，在第二年銀齡計畫中加入了我們。許多女性的銀齡水手都和我們展示了非一般的航行技術。



Senior Sailing Fun Race Day
銀齡長者趣味賽的片刻

Over the last few years this programme has been a resounding success and has super charged volunteering at Sailability HK bringing in many talented, retired, fit and healthy people with time to contribute to Sailability's other programmes.

Day2 18th May 2024

Saturday Sailing – we brought together our female Saturday Sailors to celebrate this event. Saturday Sailing is a mix of adults and youth with special educational needs/ASD and life challenges, who travel weekly from as far as Hong Kong Island and Discovery Bay to join their friends, our volunteers and instructors. This is Sailability's longest running programme and one which continues to be popular with so many!

We also had the pleasure of a large group of new sailors from our Ethnic Community joining for their first sail. This was predominately a female group, with a couple of Dads and brothers joining, as they didn't want to miss out on the fun. 14 EM females and girls attended this part of the programme.

在過去幾年，銀齡長者項目取得了巨大的成功，為香港航能活動注入了大量的活力，並吸引了許多具有天賦、健康、已退休，有空餘時間回獻社會的朋友加入我們這個大家庭。

賽事第二天 - 2024 年 5 月 18 日

週六的帆船活動這天，我們聚集了眾多來自週六帆船日的女性水手一同慶祝這個活動。

週六帆船日項目旨在為具有特殊教育需求、自閉症譜系障礙、在生活上遇到各項挑戰的成人和青少年服務，他們每周從香港島和愉景灣遠道而來，與他們熟識的朋友、香港航能義工們和教練們一起參與帆船活動。週六帆船日是香港航能項目中歷史最為悠久的項目之一，仍然受到許多參與者的喜愛！

今年，我們有幸迎來一群少數族裔社區的新成員加入成為水手，展開第一次航行體驗。這群水手主要為女性和她們的父親及兄弟，他們不想錯過這個有趣體驗的機會。這天一共有 14 位少數族裔婦女和女孩參與。



1st class learning about the boat, the Scallywag programme for ethnic minorities in 18 May 2024
了解帆船結構及運作，來自 Scallywag 計畫的少數族裔水手們，攝於 2024 年 5 月 18 日



About to get into the boats
準備上帆船的片刻



EM Hanin & Hanadi
少數族裔的兩姊妹 Hanin & Hanadi



18th EM ladies and girls
18 號當天參與的女孩和婦女



Group Photo with Cancer Care Information organisation
與癌症資訊網慈善基金 (CICF) 同行的義工大合照

Day3 19th May 2024

Following 2 previous course dates being cancelled due to bad weather, we finally had 11 ladies from the Cancer Care Information organisation join us for their first sail. We were hoping for 3 day lucky with wind and sunshine, however, it was not perfect weather for sailing, but everyone enjoyed the day and are looking forward to coming back for more, either sailing or volunteering. A happy day on the water for everyone!

賽事第三天 - 2024 年 5 月 19 日

由於天氣惡劣，前兩次的活動都被延期取消，在 5 月 19 日當天，我們終於迎來了來自癌症關懷資訊組織 (CICF) 的 11 位女士參與第一次航行體驗。儘管天公不造美，但無阻每個人的心情，她們都期待著下次的參與，無論是帆船體驗還是義工服務。CICF 由一群熱愛生命的癌症患者及康復者攜手組成，多年來致力為大眾提供正確、專業及適時的癌症資訊，並以正面態度與癌症患者及其家屬分享、交流、同行。



19th May, CICF sailors getting ready to leave the pontoon
攝於 5 月 19 日，來自癌症資訊網慈善基金 (CICF) 的水手們準備離開浮橋



Snapshots on the day of 23rd
攝於 23 號活動當天的片刻



Day4 23rd May 2024

We were joined by group of ladies from the Asian Women's League with an age range from 50yrs to 78yrs. The bad weather came in with quite a lot of rain but this did not deter this group from completing the 2 planned sessions of sailing. Everyone still smiling at the end of it!!!

賽事第四天 - 2024 年 5 月 23 日

活動的第 4 天，香港航能迎來了一群來自亞洲婦女協進會的女士，她們的年齡介乎於 50 到 78 歲不等。當天天公同樣不造美，下起了滂沱大雨，但無阻這群女士順利完成兩節帆船活動。每個人在活動結束後依舊保持完美笑容！



Asian Womens League group photo
香港航能和亞洲婦女協進會的大合照

D5 25th May 2024

This was the big day of the Festival. Sailability with 12 Hansa 303s joined the Leo Wealth Hong Kong Open Ladies/Girls' Champ Regatta and what a great day it was. It had been a very soggy week for us all, so it was almost a surprise that the Regatta took place on a mostly dry day, with reasonable wind.

With MoHan acting as Committee boat for the Hansa and Quest fleets all boats. Our 12 Hansa 303s all successfully completed the 3 proposed races and got back to the club just before the rain came in.

The sailors included 2 sisters from our recent Ethnic Minorities Programme including Hanin and 13-year-old Hanadi Basmer who sailed with Jessica Chan, a volunteer more usually found on MoHan, they came in 3rd place.

Second place went to Élia from Saturday Sailing and volunteer Alice who was sailing in her first competitive race.

First place honours went to Alexandra also from Saturday Sailing, with Rita from the senior sailing programme.



Jessica and Hanadi in Hansa 303
Jessica 和 Hanadi 在漢莎 303 上

賽事第五天 - 2024 年 5 月 25 日

這是女子航海節的重要日子。12 艘漢莎 303 參加了 Leo Wealth Hong Kong 公開女子帆船錦標賽，天氣出乎意料地理想，對所有人來說這星期都是非常潮濕，然而錦標賽當天大部分時間都是乾燥的，而且風度也適中。

當天由無限號擔任安全委員會，我們的 12 艘漢莎 303 全部順利完成了三場比賽，並在雨水來臨之際回到了白沙灣遊艇會。

參賽者包括最近加入的少數族裔兩姐妹 Hanin 和 Hanadi，還有義工 Jessica Chan，你會經常在無限號上找到她，Hanadi 及義工 Jessica Chan 在當天獲得了第三名。



Group photo after the Leo Wealth Hong Kong Open Ladies/Girls' Champ Regatta
Leo Wealth Hong Kong 公開女子帆船錦標賽賽後大合照

During the presentation ceremony HHYC Commodore Don Johnston thanked Sailability for taking part in sailing events at HHYC. We couldn't be more thrilled to be part of this very inclusive and accessible club. Thank you Don, HHYC and its members for the support given to us.

D6 – Ladies Day

We were joined on the last day of the event by 24 ladies/girls joining the morning session and 12 ladies in the afternoon – a total of 36. Groups joining this Ladies Day were from Po Yan School (regular users of our school programme), new sailors from within our Filipina community, Cancer Care Information Org and friends of our regular Senior Sailors. Age range on our final day was 10yrs to 76yrs. Another amazing number!!!!

We were so happy to reach the participation numbers we did during these 6 days:

145 ladies/girls sailing

51 female volunteers

A grand total of **196** females participating – amazing and thank you **ALL** for making it such a memorable event once again.

Finally, a special thank you to Leo Wealth from Sailability Hong Kong for your continued support of our programmes and to Catherine Duncan, from World Sailing for her video wishing Sailability and Hebe Haven Yacht Club a successful event. Means such a lot to have this support.



Volunteers friends
義工朋友們

賽果第二名是來自週六帆船日的 Élia 和首次參賽的義工 Alice。

第一名榮譽則來自於週六帆船日的 Alexandra，與銀齡長者 Rita 共同獲得。

在頒獎典禮上，來自白沙灣遊艇會船隊的 Don Johnston 致謝香港航能積極參加白沙灣遊艇會所舉辦的活動。我們非常高興能夠融入這個包容和開放的遊艇會一部分。在此感謝 Don，以及白沙灣遊艇會和所有會員對我們組織的支持。

賽事第六天 - 女子日

項目的最後一天，我們一共有 24 名婦女和女孩參與上午的課程，下午則有 12 名女士參加，合共 36 位。加入女子日的組織，包括獻主會溥仁小學（學校計畫的常客）、來自菲律賓社區的新船員、癌症關懷資訊組織、銀齡長者水手們。最後一天的參與年齡範圍是 10 歲到 76 歲。又一個了不起的紀錄！

我們為這 6 天的總參與人數感到非常高興：

145 名婦女及女孩參與帆船活動

51 名女性義工出席

合共 **196** 名女性參與 - 令人驚嘆，感謝每位的參與使活動變得如此令人難忘。

最後特別鳴謝 Leo Wealth Hong Kong 對我們計劃的持續支持，另外感謝國際帆船總會 Catherine Duncan 為我們送上的視訊祝福，意義重大。



1st Filipina group of sailors sailing
第一批菲律賓社區的水手們出海



Sailors from Cancer Care Information learnt to rig boats on the date of 23th May
在 5 月 23 日來自癌症資訊網慈善基金的水手們正在學習如何操控帆船



18th May, learning about the boat part
攝於 5 月 18 日，義工正在教授帆船的結構和操作



23 May, sailors from Asian Womens League learnt about wind
攝於 5 月 23 日，團隊工在學習帆船風向



Group Photo with Cancer Care Information organisation
與癌症資訊網慈善基金 CICF 同行的義工大合照

Calendar – July

七月活動日曆

Programme	項目
1	
2	
3 ▲ Para Selection Trials Day 1	傷健選拔項目 Day 1
4	
5 Asia Women's League Day 1	亞洲婦女協進會 Day 1
6 ▲ ASD 2024 Day 2 & Saturday Sailing	自閉症類群障礙項目 Day 2 & 週六帆船日
7 ▲ Shatin Alliance & Para Team Training	宣道會沙田堂 & 傷健帆船訓練
8	
9	
10 ▲ 2024 Hansa Asia Pacific Champions Selection Trials Day 2	漢莎太平洋賽選拔 Day 2 & 傷健帆船訓練
11	
12 Asia Women's League Day 2	亞洲婦女協進會 Day 2
13 ▲ ASD 2024 Day 3 & Saturday Sailing	自閉症類群障礙項目 Day 3 & 週六帆船日
14 ▲ 2024 Hansa Asia Pacific Champions Selection Trials Day 3 & TREATS One Day Intro	漢莎太平洋賽選拔 Day 3 & 親切 Treats 活動
15	
16	
17 ▲ Para Team Training	傷健帆船訓練
18	
19 Asia Women's League Day 3	亞洲婦女協進會 Day 3
20 ▲ ASD 2024 Day 4 & Saturday Sailing	自閉症類群障礙項目 Day 4 & 週六帆船日
21 ▲ Para Team Training	傷健帆船訓練
22	
23 MoHan's 2nd birthday	無限號 2 周年慶生
24 ▲ Para Team Training	傷健帆船訓練
25	
26 Asia Women's League Day 4	亞洲婦女協進會 Day 4
27 ▲ ASD 2024 Day 5 & Saturday Sailing	自閉症類群障礙項目 Day 5 & 週六帆船日
28 ▲ Hong Kong Society for the Blind Sailing Programme & Para Team Training	香港盲人輔導會 & 傷健帆船訓練
29	
30	
31 ▲ Para Team Training	傷健帆船訓練

Calendar – August

八月活動日曆

Programme	項目
1	
2 Asia Women's League Day 5	亞洲婦女協進會 Day 5
3 ▲ Saturday Sailing	週六帆船日
4 Hebe Haven Yacht Club Open Day	白沙灣遊艇會開放日
5 HK Assoc for ADHD	專注不足/過度活躍症(香港)協會
6 SKDCC	西貢區社區中心
7 ▲ Para Team Training	傷健帆船訓練
8 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
9	
10 ▲ Saturday Sailing	週六帆船日
11 SKDCC	西貢區社區中心
12 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
13 SKDCC	西貢區社區中心
14 ▲ Para Team Training	傷健帆船訓練
15 HK Assoc for ADHD & ESF Jockey Club Sarah Roe School Carer / Teacher Training	專注不足/過度活躍症(香港)協會 & 英基賽馬會善樂學校培訓
16 HK Assoc ADHD	專注不足/過度活躍症(香港)協會
17 ▲ Saturday Sailing	週六帆船日
18 ▲ Para Team Training & SKDCC	傷健帆船訓練 & 西貢區社區中心
19	
20	
21 ▲ Para Team Training	傷健帆船訓練
22	
23	
24 ▲ Saturday Sailing	週六帆船日
25 ▲ Para Team Training & SKDCC	傷健帆船訓練 & 西貢區社區中心
26 SKDCC TBC	西貢區社區中心 待定
27 SKDCC TBC	西貢區社區中心 待定
28 ▲ Para Team Training	傷健帆船訓練
29 SKDCC TBC	西貢區社區中心 待定
30 SKDCC TBC	西貢區社區中心 待定
31 ▲ Saturday Sailing	週六帆船日

Calendar – September

九月活動日曆

Programme	項目
1 ▲ Domestic Helper & Para Team Training	外籍家庭傭工 & 傷健帆船訓練
2	週六帆船日
3	
4 ▲ Para Team Training	傷健帆船訓練
5	
6	
7 ▲ Saturday Sailing	週六帆船日
8 ▲ Domestic Helper & Para Team Training	外籍家庭傭工 & 傷健帆船訓練
9	
10 ESF Jockey Club Sarah Roe School Sailing programme	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 – The World's Largest Global Sailing Fundraising Event – supporting Sailability Hong Kong	巴特狂歡節為全球最大的帆船籌款節日 — 請支援香港航能
15 ▲ Domestic Helper & Para Team Training	外籍家庭傭工 & 傷健帆船訓練
16	
17 ▲ ESF Jockey Club Sarah Roe School Sailing programme	英基賽馬會善樂學校項目
18 Para Team Training	傷健帆船訓練
19	
20	
21 ▲ Saturday Sailing & EM Ladies Day 4	週六帆船日 & 女子少數族裔 Day 4
22 ▲ Domestic Helper & Para Team Training	外籍家庭傭工 & 傷健帆船訓練
23	
24	
25 ▲ Para Team Training	傷健帆船訓練
26	
27	
28 ▲ Saturday Sailing & EM Ladies Day 5	週六帆船日 & 女子少數族裔 Day 5
29 Metropolitan University Fundraising Day	香港都會大學籌款日
30	

Final Words

結束語

We hope you have enjoyed reading this edition of Limitless!

If you want to support Sailability Hong Kong, there are many ways you can help:

Make a Donation

Donations of any amount are always welcome!

Donations can be one-off amounts or there is an option to donate a fixed amount each month which really helps us with our financial planning.

Visit our webpage where you can donate online.

www.sailability.org.hk/get_involved

Account Name: Sailability Hong Kong Limited
Account Number: 040 168379 838
Bank name: HSBC

Cheques to be sent to:
Sailability Hong Kong Limited
c/o Hebe Haven Yacht Club
10.5miles Hiram's Highway
Pak Sha Wan
Sai Kung

希望您享受閱讀這次《無限可能》！

如果您想支持香港航能，可以透過以下途徑：

進行捐贈

我們歡迎任何金額的捐款！

捐款可以是一次性，也可以設定每月捐款金額，每月的捐款對我們的財務規劃非常有幫助。

您可以造訪我們的官方網頁進行線上捐款。

www.sailability.org.hk/get_involved

帳號名稱: Sailability Hong Kong Limited
帳號: 040 168379 838
銀行名稱: HSBC

支票郵寄地址:
Sailability Hong Kong Limited
c/o Hebe Haven Yacht Club
10.5miles Hiram's Highway
Pak Sha Wan
Sai Kung

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Sailability depends entirely on donations from clubs, companies, and individuals. And now there is a new way we can easily make a donation!

Charitable Choice is a Hong Kong website that enables donations to over 60 charities - now including Sailability!

You can make a one-off donation or commit to a regular monthly amount - which does help with our budgeting and planning.

Thank you everyone for your love and support!

Monthly donations may be made via bank transfer, website, Charitable Choice.

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捐款變得容易了！

香港航能的可持續發展有賴各協會、公司和個人的捐款。現在我們新增了一個全新的捐款渠道！

Charitable Choice 是一個香港第三方平台網站，讓您可以向多達 60 個慈善機構進行捐款，香港航能也包括在名單內！

您可以選擇進行一次性捐款，或每月定額捐款，有利於我們規劃香港航能的財務預算。

感謝大家的愛心與支持！

每月定額捐款可透過銀行轉帳、香港航能官方網站、第三方平台 Charitable Choice 上進行。

超過100港元的捐款收據可用於申請扣除認可慈善捐款。
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Become a Volunteer

Volunteers help with sailing and boat maintenance but we are also looking for additional volunteers to support us on marketing and communications, IT, public relations, translation, videography and photography.

Become a Sponsor

There are opportunities to sponsor a sailor, sponsor a boat, sponsor an event, or sponsor our participation in a Championship. We can be flexible depending on your goals and objectives.

Contact our CEO, Kay, on +852 9808 0570

Become a Sailor or Join one of our Sailing Teams

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

Contact our CEO, Kay, on +852 9808 0570 or kay@sailability.org.hk

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

Limitless! Editorial Committee

Kay Rawbone — Sailability Co-founder & CEO
Mark Singer — Committee Chair
Andrew Sheard — Contributor, Facebook & LinkedIn
Guy Shirra — Drafting Editor
Alix Povey — Drafting Editor
Adam Charlton — Design
Shirley Tin — Design and Translation

We all hope you have enjoyed reading this edition of Limitless!

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成為義工

義工們可幫助進行出帆和船隻維護工作，我們正尋找額外的義工來支持我們的日常行銷、通訊傳播、網路科技支援、公共關係、中英文翻譯、錄影和攝影工作。

成為贊助商

您的熱心支持可助我們實現遠景，贊助機會不限於：一名帆船運動員；一艘船；一個活動；參加一場國際錦標賽。我們可根據您的目標以作出靈活安排。請聯絡我們的創辦人及董事 Kay
電話+852 9808 0570

加入成為帆船運動員或帆船水手

有興趣成為帆船運動員或代表香港出賽嗎？

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為《無限可能》季刊作出貢獻！

《無限可能》編輯委員會歡迎各種文章和照片發佈。請透過電子郵件遞交至 info@sailability.org.hk 或 guyshirra@gmail.com

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我們希望您喜歡閱讀這期的《無限可能》！

Website

www.sailability.org.hk/

Email

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