



Limitless

Sailability Hong Kong
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**無限可能
第七期出版**



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Words of Welcome

歡迎辭



Welcome from Kay

Wishing you ALL a very happy, healthy and prosperous Year of the Snake from us ALL at Sailability Hong Kong Limited.

After a busy end to 2024, with our sailing attendance standing at 5,192 sailors, we were wondering what 2025 was going to be like. We had a few big events to look forward to in January and February and before we knew it, we are now in March and where has the time gone.

As you read on in this 7th Edition, we are touching on the amazing events we have been involved in since our 6th Edition in December and a few other special moments we would like to share with you too.

We also have a lot more to look forward to as we ready ourselves to attend the 2025 Hansa Worlds in Sydney in March with over 200 Hansa boats being sailed by over 300 sailors of all abilities – this is what you call inclusive! School programmes are starting with old and new schools and organisation joining as the word grows about the benefits of sailing to everyone.

Then, we are into May with the Hebe Haven Open Day on 3rd May. Sailability will play our part on the day, opening up to new sailors for a trial sail and also those returning for another!. This is quickly followed by the Hebe Haven Open Dinghy Regatta over the weekend of 17th and 18th and once again we will have sailors from 7yrs to 79yrs of age joining in the fun.

Another first for this year is the young sailors from our new Optimist Programme, which we are currently running from the Royal Hong

來自 Kay 的問候

香港航能全體同仁祝願大家龍年快樂、身體健康、萬事如意。

在繁忙的 2024 年結束後，我們的帆船參與人數已達到了 5192 名水手，我們不禁想知道 2025 年會是怎樣的呢。我們期待着今年 1 月和 2 月有幾個重要活動，時間飛逝，轉眼間我們 3 月已臨。

在這第 7 期期刊中，我們將提到自去年 12 月第 6 期以來參與的精彩活動以及一些我們想與您分享的特別時刻。

我們還有更多值得期待的事情。就是我們正準備在 3 月前往悉尼參加 2025 年漢莎世界錦標賽，屆時將有超過 200 艘漢莎級帆船參賽，由超過 300 名不同能力的水手駕駛帆船 — 這就是真正的包容性活動啊！隨著大家越來越了解帆船運動對每個人的益處，新舊學校和機構都開始加入我們的學校課程。

接著 5 月 3 日是白沙灣遊艇會開放日。香港航能將參與其中為新來的水手提供試航機會，同時也歡迎曾經參與的水手再次體驗！緊接 5 月 15 日和 16 日的週末是白沙灣公開小帆船賽，我們將再次迎來年齡從 7 歲到 79 歲的水手們一同參與這個歡樂的活動。

另一個今年首創的項目是來自我們最佳帆船手計劃，由一班年輕水手們組隊參加白沙灣遊艇會公開小帆船賽，在皇家香港遊艇會避風灣基地進行。自 2024 年 11 月開始以來，第一批學員進步神速，他們將加入綠色船隊參賽。計劃旨在支持低收入家庭和從未想過能學習帆船的少數族裔社群。我們將在未來的期刊中詳細為大家報導。這班年輕的最佳帆船手們在冬季開始航行的旅程，經歷了寒冷的考驗。每週他們的笑容都變得更燦爛，因為他們自己也認識到在這項新發現的運動中取得的進步。感謝我們的贊助商 Raghav Maliah 和 Jane Lah 的慷慨支持，讓這個計劃得以開展。

在繁忙的 5 月裡，我們將與白沙灣遊艇會一起主辦第 5 屆世界帆船「引領航向」女子航海節。這源於 2020 年 9 月 Scuttlebut 上的一篇文章，當時認為這將是鼓勵更多女性和女孩加入帆船運動的絕佳機

Kong Yacht Club's Shelter Cove base, joining the Hebe Haven Yacht Open Dinghy Regatta. This first group has progressed so well since their start in November 2024 and they will join Green Fleet in this race. The programme has been designed to support lower income families and those from within our ethnic communities who never have thought they could learn to sail. Another big moment which we will cover in future editions. Our young Optimist sailors began their sailing journey in winter conditions, and have weathered the cold. Each week their smiles get bigger as they recognise for themselves the improvements they are making in this newly found sport. Thank you to our sponsors Raghav Maliah and Jane Lah for their tremendous generosity in getting this programme started.

Still in the busy month of May we will join with Hebe Haven to host the 5th year of the World Sailing Steering the Course, Women's Festival. From an article in Scuttlebutt back in September 2020 which read and thought would be an incredible thing to encourage more women and girls into sailing, to something in HK which has which has grown beyond belief and showcased around the world.

I do hope you have enjoyed hearing about future events and now it's time to move on, to enjoy reading about the wonderful and inspiring stories and happenings which have taken place during the start of 2025.

Huge thanks as always to you, our readers and to Hebe Haven Yacht Club, the Commodore, Gen Com, staff and members, for their continued support of what we do and the lives we change within our community. Making Sailing Accessible to EVERYONE is what Mike and I hoped to achieve way back in 2009 and now we are recognised around the world for the diversity and progressiveness of our programmes in a club environment showing full accessibility and inclusiveness.

會，如今在香港的發展已超出預期，並在全球範圍內展示。

我希望您喜歡了解這些未來活動的資訊，現在讓我們繼續閱讀 2025 年初發生的精彩和鼓舞人心的故事和事件。

一如既往，衷心感謝您們這些讀者，以及白沙灣遊艇會、會長、理事會、職員和會員們，感謝他們持續支持我們的工作，得以使我們在社區中改變生命。「航能倡揚帆，人人皆可能」是 Mike 和我在 2009 年就希望想實現的目標，現在我們課程因其多元性和進步性在全球獲得認可，使到在帆船會環境中得以展現完全的無障礙性和包容性。



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

Sailability Spotlight

香港航能專欄

Kay Rawbone BEM appointed Chair of the World Sailing Para Sailing Committee!

Kay BEM 獲委任 為世界帆船運動傷健人 帆船委員會主席

When Kay first heard about the appointment she was overwhelmed. "It was such a shock," she said, "and at the same time such an honour, not just for me but all those who have worked and supported us since 2009 to be where we are today on the world stage. It really puts HK on the map too. Support from so many over the years has made us one of the best in the world and we should all be so proud of that. Thank you to you ALL."

Looking ahead at the challenge Kay went on to say, "There is work to do. From a good working base, I hope we can encourage more para inclusive sailing in Asia in many other less and middle developed countries around the world. Encouraging more MNAs and yacht clubs to support para inclusive sailing as we continue to educate people about the talents and abilities of our sailors, increasing diversity in sailing as we have in Hong Kong. The benefits of sailing to us all is immeasurable and should be available to all."

"How will we do this? With a passionate committee willing to share ideas and encourage MNAs around the world to open up and provide opportunities to EVERYONE. Together we can do this!"

Kay isn't the only Hong Kong representative on a World Sailing Committee. Charlie Manzoni has been appointed Vice Chair of the



當 Kay 首次得知這項任命時，她感到無比激動。「這真是太震驚了」，她又說道：「同時也是一項莫大的榮譽，不僅對我個人，更是對所有自 2009 年以來共同付出努力，使我們能在世界舞台上擁有今天成就的所有人。這確實也使香港在國際上更受矚目。多年來眾多人士的支持及鼓勵使我們成為世界上最優秀的組織之一，我們都應為自己的付出感到自豪，十分感謝大家。」

展望未來的挑戰，Kay 繼續說：「我們還有很多工作要做。在良好的工作基礎上，我希望我們能在亞洲以及世界上其他較不發達和中等發達國家推廣更多傷健帆船活動並鼓勵更多國家帆船協會和遊艇會支持傷健帆船運動。」

同時我們繼續向人們宣傳水手們的才能和能力，增加帆船運動的多元性，就像我們在香港所做的那樣。帆船運動對我們所有人的益處是無法衡量的，應該讓所有人都能參與。」

Ethics Committee, and Mark Yeadon is a member of the Judicial Commission. In fact there has this year been a substantial 67% increase in representatives from Asian countries on World Sailing committees and commissions.

「我們將如何做到這一點？依靠一個充滿熱情的委員會，願意分享想法並鼓勵世界各地的國家帆船協會開放並為每個人提供機會。只要齊心，我們一定可以做到！」

Kay 並非唯一一位在世界帆船總會委員會任職的香港代表。Charlie Manzoni 被任命為道德委員會副主席，而 Mark Yeadon 是司法委員會的成員。事實上，今年在世界帆船總會的委員會和理事會中，來自亞洲國家的代表增加了 67%。



NEWS EVENTS OUR SPORT SAILORS INSIDE WORLD SAILING AWARDS LOGIN

Para Sailing Committee

Members

- **Kay Rawbone – Chair (HKG)**
- **Emma Hallen – Vice-Chair (SWE)**
- Alfred Pelinka (AUT)
- Betsy Alison (USA)
- Efstratios Achlatis (GRE)
- Elliot Levy (VEN)
- Gabriel Barroso (ESP)
- Irina Perez Le Roux (DOM)
- Jaz Turner (GBR)
- Jenny Davey (CAN)
- Marco Predieri (ITA)
- Ozgur Inam (TUR)
- Paul Afrien Cuvillier (FRA)
- Sarah Ogilvie (AUS)
- Yukiko Hagiwara (JPN)

Make Sailing Accessible to EVERYONE

Sponsor Spotlight

贊助專欄

Hebe Haven Yacht Club, Our Amazing Home!

By Kay Rawbone, BEM



Mike Rawbone created Sailability Hong Kong and it became an accredited RYA Sailability Centre in 2017
Mike 創立了香港航能，並於 2017 年成為經 RYA 認證的機構

The following contains extracts from a previously published Mike Rawbone write up, when asked how did we start Sailability Hong Kong Limited, plus additional words from Kay.

‘Sitting in the Hebe Haven Yacht Club (HHYC) bar one evening in April 2009, the then Commodore of HHYC, Mark Houghton, commented that Hebe Haven Yacht Club (HHYC) should consider doing more for the local community and in particular, for those who had a disability “rather like the Royal Yachting Association (RYA) does in the UK with their Sailability programme”.’

Seeing the chance to start something new and really worthwhile at HHYC (and for that matter, in Hong Kong) Mike & Kay volunteered to give Sailability a go! Where to start?

白沙灣遊艇會是我們美好的家!



以下內容摘取自已故創辦人 Mike Rawbone 發表的文章，被問及當初是如何萌生創立香港航能，本文合併了來自 Kay 的補充內容：

2009 年 4 月的一個晚上，我在白沙灣遊艇會酒吧裡看見時任會長 Mark Houghton，他提到白沙灣遊艇會應該為本地香港社區，特別是傷健人士做更多的服務，「就像英國皇家遊艇協會 (RYA) 透過他們的航能計劃所做的那樣。」

Mike 看到白沙灣遊艇會的發展用途及新機會（能在香港提供服務）。於是 Mike 和 Kay 自動請纓嘗試成立香港航能！但從何開始呢？

Taking advice from a couple of sailing clubs in the UK, Mike and Kay rounded up a few members/close friends at HHYC and formed a 'Sailability Committee'. The inaugural meeting was held in June 2009 and came up with a list of several hundred things we needed to do; not the least of which was the formation of a legal trust and finding an insurance organisation willing to cover the program (they thought we were raving loony's when we first approached them). Other minor issues included the fact that we had no bank account (and even if we did, we had no money to put it), no sponsors, an absence of sailing programmes, no boats, no identity, no literature, no web site etc but - we did have a lot going for us in terms of enthusiasm though!

As if by magic, Mike Franco (a former HHYC General Manager) heard a rumour that the founder of 'Access' Dinghies in Australia was due to be in China regarding an order they had received for some 50 sailing craft. Seizing upon this visit, Mike contacted them and asked them to 'drop into Hong Kong' to visit us on the way!!

Say no more - once they heard what we were trying to do - they did! So impressed with their films and stories were we all, that 'HRA Recruitment', owned by Mike & Kay Rawbone, purchased the first 2 Access 2.3 sailing dinghies on the spot (subsequently delivered about 2 months later) and Elena Houghton, Mark's daughter, agreed to design our Logos. We were off!

在徵詢了英國幾個帆船會的意見後，Mike 和 Kay 召集了白沙灣遊艇會的一些會員和密友，組成了「香港航能委員會」。

首次會議於 2009 年 6 月舉行，列出了數百項需要完成的事項；其中包括成立合法信託基金，以及尋找願意為項目提供保險的機構（當我們最初接觸保險公司時，他們認為我們是瘋了）。其次需要處理的問題包括：我們沒有銀行帳戶（即使有，我們也沒有錢存入）、沒有贊助商、沒有帆船課程內容、沒有船隻、沒有機構身份、沒有宣傳資料、沒有網站等，但我們擁有滿滿的熱情！

彷彿是命運的安排，Mike Franco（白沙灣遊艇會前總經理）聽說澳洲「Access」小艇的創始人將到中國處理一份 50 艘帆船的訂單業務。於是 Mike 抓住這次機會聯繫他們，請他們「順道來香港」拜訪！

當他們聽到我們的願景，他們就受邀了！對他們所展示的影片和故事都留下深刻印象，Mike 和 Kay 擁有的「HRA Recruitment」公司當場向他們購買了兩艘 Access 2.3 帆船（約兩個月後交付），Mark 的女兒 Elena Houghton 同意為香港航能設計標誌，為計劃展開新一頁！

首兩艘小船的編號是 1944 和 1945，這些數字對香港航能有什麼意義呢？1944 是 Mike Rawbone 的出生年份，1945 則是 Mark Houghton 的出生年份。這是巧合還是命運的安排？

有了未來的小船，那麼當時需要關注的是帆船活動和課程。這又是如何推進的呢？



L: Tweedle Dee (1945), R: Tweedle Dum (1944), which are both Hansa 2.3's.
左：Tweedle Dee (1945)，右：Tweedle Dum (1944)，兩者均為漢莎 2.3 小艇。

The sail numbers on our first 2 boats were 1944 and 1945, but what is the significance of these numbers? Believe it or not, 1944 is the year Mike Rawbone was born and 1945, the year Mark Houghton came into the world. A spooky co-incidence or what?

With boats for the future in sight we now needed to concentrate on the sailing element and programmes. How did it begin? A selection day was arranged at HHYC for students of The Nesbitt Centre, a centre for adults with Special Education Needs (SEN), who had shown an interest in learning to sail and where Kay was working.

With Sandra Snell, Jackie Vachha, Rob Allen, Rex plus additional Nesbitt Centre and HHYC staff, we set off on the Frazer Doig to aid transfers to a safety boat then to Bahia's for their first taste of sailing. A great day was had by everyone with lots of fun and excitement as we readied ourselves to put our first programme in place.

Our first 4 sailors, Sean, Joshua, Greig and Alexandra were subsequently chosen to

當時在思拔中心工作的 Kay 安排了選拔日活動，在白沙灣遊艇會，為一班需要接受殊教育的成年學員進行選拔，培養同學對接觸帆船的興趣。

在義工 Sandra Snell、Jackie Vaacha、Rob Allen、Rex 以及思拔中心和白沙灣遊艇會的額外工作人員的協助下，大家乘坐 Frazer Doig 號出發，協助轉移至安全船，再轉至 Bahia 號進行首次帆船體驗。大家度過了充滿歡樂和興奮的一天，為開展首個課程劃上完美句號。

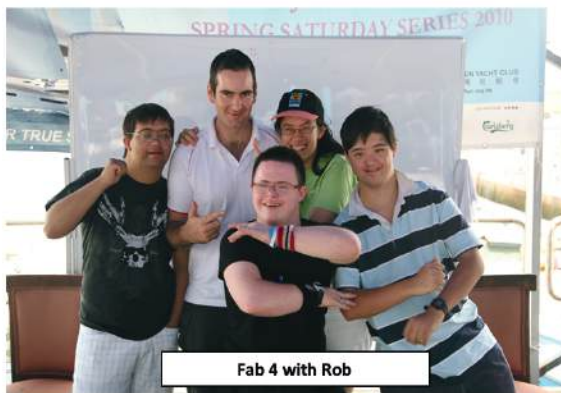
當時首批水手分別是 Sean、Joshua、Greig 和 Alexandra，他們四位與思拔中心及白沙灣遊艇會職員，以及義工 Sandra 與 Jackie（後來為我們香港航能製作了首個課程內容和宣傳冊）一起參加逢週一所舉辦的帆船課程。

當我們首批 Access 小艇到達後，我們開始對白沙灣遊艇會的教練、香港航能的義工和對我們工作感興趣的會員進行正式培訓。英國皇家遊艇協會航能計劃的 Debbie Blachford 來港為香港航能進行了初步的義工培訓，包括傷健意識培訓，這是我們至今日常營運中不可或缺的一部分，使我們「航能倡

Our Fab 4 – First Sailability Sailors



Alexandra



Fab 4 with Rob



Sean



Greig



Fab 4 with Rex



Joshua



Sailability Day on November 2009
香港航能的帆船課程，攝於 2009 年 11 月

attend weekly sailing sessions on Mondays together with Nesbitt Centre staff, Club Staff and volunteers Sandra & Jackie (who went on to produce our first programme content and brochure).

Once our first Access Dinghies arrived we started more formal training of HHYC Instructors, our own Volunteers and Club Members who had an interest in what we were doing. Debbie Blachford from the RYA Sailability in the UK came out to do some initial volunteer training, including disability awareness training which still remains an integral part of the day to day running of our programmes as we continue to 'make sailing accessible to EVERYONE'.

From that first idea back in 2009, Hebe Haven Yacht Club has continued its support of what we knew would be an amazing programme by providing space for the increasing number of boats which were needed to fulfil the ever-increasing numbers who wanted to come to sail with us. We were also granted space for MoHan to be moored at Hebe which we pay for via the sponsored MoHan operating costs.

Hebe also supply Marine lifting facilities when required, space for us to conduct our programmes and to hold events, support with accounts and much more as we work together to have the most inclusive and accessible sailing club in Hong Kong. In fact, it is the ONLY fully inclusive and accessible

揚帆，人人皆可能」。

自 2009 年最初想法以來，白沙灣遊艇會一直支持這個我們認為很出色的項目，為不斷增加的船隻提供空間，以滿足越來越多想與我們一起航行的人。我們也獲准為無限號在白沙灣設置專屬停泊位，這是通過無限號的營運成本贊助來支付的。

白沙灣遊艇會為我們提供海上起重設施、進行課程和舉辦活動的場地、會計支援等等，通過兩會的共同努力，使得香港航能成為香港最具包容性和無障礙的帆船會。事實上，香港航能是香港唯一一個能夠提供全方面共融和無障礙性的帆船機構，致力為公眾提供相關教育以理解及支援身邊所有面對各種生活挑戰的人士。

在白沙灣遊艇會，我們攜手為公眾提供最具包容性的帆船課程，其他在全球各地的團隊都希望他們的帆船會複製我們在這裡所做的事。這是一個持續發展的傳承，通過香港航能不斷發展的課程和多元化的外展服務得以實現，一切都得益於來自各個方面對我們的持續支持及捐款。

白沙灣遊艇會給予我們一個牌匾並寫道：「香港航能之家」，我們為此感到溫暖及非常自豪，感謝！

從最初的 2.3 Access 小艇，發展到現在擁有不同船隻，包括：一支通用設計的 Hansa (前身為 Access) 303、自由級小艇、2.4mR 以及無限號船隊，各船隻都為我們的本地社區提供無障礙帆船服務，這一切都實現了我們的理想。

由 2009 年的 4 名特殊需要水手發展到現今擁有超過 28,000 名水手與我們共同航行的記錄。

sailing club in Hong Kong providing education and additional understanding about the various life challenges we support, to those who see us in action!!

Together at HHYC we provide the most inclusive sailing programmes in Hong Kong and are followed by many around the world who wish to replicate what we have done here in their clubs. What a legacy we have which continues to grow with our ever-evolving programmes and the diversity of our outreach which has been made possible by this continued support. There is also a sign at Hebe Haven Yacht Club saying 'the Home of Sailability Hong Kong' and of this we are very proud. Thank you

From our first 2.3 Access Dinghies we now have a fleet of Hansa (previously Access) 303 and Liberty dinghies of universal design, 2.4mRs and of course MoHan, providing accessible sailing to the local community, which was our dream. From 4 SEN sailors in 2009 to 28,000+ sailors having sailed with us since then. For the past 2 years we have broken records with over 5,000 sailors on the water each year as we join many of the sailing events at HHYC. MoHan, our big boat has added a new dimension as we once again showcase the ability of our sailors in a sport which is second to none with the benefits it holds for us ALL.

Thank you again to Hebe Haven Yacht Club, Commodores and General Committees, old and new, staff and members, for being such a big part of our journey, for giving us the opportunity to make this happen and for your continued support over the past 15 years.



Hansa 2.3 fleet
漢莎 2.3 fleet

過去的兩年間，我們每年都突破紀錄，節錄超過 5,000 名水手出海，紛紛參與了白沙灣遊艇會的眾多帆船活動。大船無限號也增添了新的維度，並再次展示了水手們在這項無與倫比的運動中的各種能力，為我們所有人帶來益處。

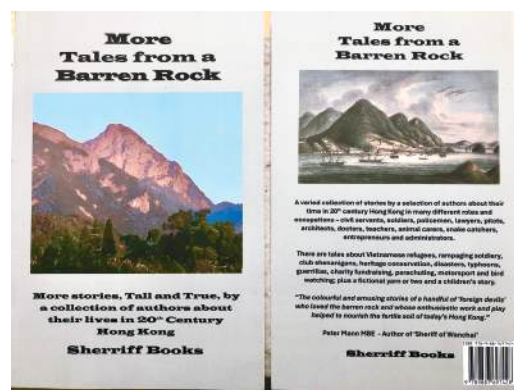
在此再次感謝白沙灣遊艇會、歷任及現任會長和理事會、職員和會員，感謝你們成為我們旅程中重要的一部分，讓我們有機會實現這一切，並在過去 15 年來一直支持香港航能。

Editor's Note:

This amazing story is also to be found in Chapter 18 of a newly published book of Hong Kong stories "More Tales from a Barren Rock" published by Sherriff Books, the profit from which will go to Sailability HK. The book is available in Bookazine and Kelly & Walsh HK bookstores and will be published on Kindle once the printed books have all been sold.

編者的話：這個精彩故事也收錄在 Sherriff Books 新出版的香港故事集《More Tales from a Barren Rock》第 18 章中。

該書的利潤將捐贈給香港航能，同時，此書可在 Bookazine 和 Kelly & Walsh 香港書店購買，一旦印刷版全部售完，也將在 Kindle 平台上發行。



Volunteer Spotlight

義工專欄

A day on Sailability's MoHan by Clelia, Volunteer

Last Sunday, I set out with Sailability on MoHan, alongside Kay and a small group of friends. The weather was kind: a bright, sunny day with a clear blue sky, rare for winter; and we sailed steadily around Hong Kong Island, taking in familiar sights like the iconic HK skyline and islands. The plan had been to watch the Hong Kong Race Week from the water, but it was cancelled due to a lack of wind. Still, the day turned out wonderful.

At Middle Island, we dropped anchor for a simple lunch of delicious sandwiches and lemon cake baked by Kay, which added a delightful, homemade comfort to the day.

義工 Clelia 的 無限號航行日記

上週日，我與 Kay 和一小群朋友一起乘坐無限號出航。天氣很好：陽光明媚，天空湛藍，這在冬季很罕見；我們穩步繞行香港島，欣賞熟悉的景色，如標誌性的香港天際線和島嶼。原本計劃是在海上觀看香港帆船週的比賽，但由於風力不足而取消。儘管如此，那天依舊很精彩。

在中間島，我們下錨享用簡單的午餐，有美味可口的三明治和 Kay 烤的檸檬蛋糕，為這一天增添了溫馨的家庭氛圍。



Clelia and the MoHan Crew
Clelia 與無限號船員合照



Clelia on the prow of MoHan
Clelia 在無限號船頭

Throughout the day, I spent time with two younger companions, Matilda and Amber, who brought a spark of curiosity to the trip. The two young girls even took to climbing the boom, enthusiastically scrambling up over and over again. The crew, a mix of volunteers, beneficiaries, and people introduced to Sailability for the first time, were kind and patient, guiding us through steering the boat. Even the girls, as young as eight, took control with confidence!

After the day was over, I stepped off MoHan with a smile. It wasn't just about the sailing; Sailability wove us all together: new friends, kind crew, fun moments. These outings build more than just memories, they create a community that feels like a family I didn't expect to find.

整天我都和兩位年輕的夥伴 Matilda 和 Amber 在一起，她們為這次旅程帶來了好奇的火花。這兩個小女孩甚至爬上了帆桁，興奮地一次又一次地攀爬。船員們是由義工、受眾和首次接觸香港航能的人組成，他們都很友善耐心，指導我們掌舵。即使是 8 歲的小女孩也能自信地掌控船隻！

航程結束時，我帶著微笑離開無限號。這不僅僅是一次航行；香港航能會將我們所有人聯繫在一起：新朋友、親切的船員、歡樂時光。

這些出航不僅創造回憶，更建立了一個讓我意外找到的像家一樣的社群。



Clelia at the helm of MoHan
Clelia 正在掌舵無限號

Sailor Spotlight

帆船水手專欄

Sailability : Opening
our doors to a whole
new world

By Biman Mukherji

香港航能：為我們一家打開
通往全新世界的大門



L to R: Biman Mukherji, Bipasha, and Instructor Karen Kwok
左：爸爸Biman Mukherji，女兒 Bipasha，和教練 Karen Kwok

After three years of Covid isolation, I was thrilled when I got a chance to return to Hong Kong from Delhi, India with a new job in December of 2022.

We had dearly missed Hong Kong's tall buildings, efficient transportation, safety and most of all the wide sweeping views of the ocean front since we had gone back to our home town about a decade ago. The city had literally opened new doors for our family globally, a place with whom we believe we have a spiritual connection because on both occasions the opportunity came after a lot of

經過三年的新冠疫情隔離後，當我有機會在 2022 年 12 月再次從印度德里回港參與新工作時，我感到非常興奮。

自從大約十年前我們回到家鄉以來，我們就非常想念香港的高樓大廈、高效率的交通、城市的安全，以及最重要的是那廣闊的海濱景色。這座城市確實為我們全家打開了新的大門，我們相信與香港這個地方有著精神上的聯繫，因為這兩次機會都是在我們祈禱之後出現的。

經過最初的興奮之後，我們開始忙於計劃搬回香港的事宜。我們面對著許多沒有明確答案的問題：移

prayers.

Once the first flush of excitement died, we got down to the humdrum task of planning our move back. There were a lot of questions to which we had no clear answers. Would immigration consider giving my adult daughter a dependent visa because of her condition of autism? How will she cope with the transition? Will our pet dog Jessy be able to handle a four-month quarantine period?

Nevertheless, we decided to seize the opportunity. Fortunately, things began to fall into place one by one and after a few months, my daughter's dependent visa came through. I contacted her previous teachers at the Nesbitt Centre, Kay and Surinder, who had wonderfully supported us during our first stay in Hong Kong to help with Bipasha's transition and it was with mixed feelings that I learnt Kay had moved on to a full-time role with Sailability to support students with varied abilities to learn sailing.

Kay offered to introduce Bipasha as well to the world of sailing, a water sport to which we had no previous experience because New Delhi is a semi-arid area with no such opportunity. We also had some concerns because Bipasha had never learnt swimming despite being a good athlete. But one day, after joining her on a sailing session with the Sailability team, and experiencing the wonderful feel of the open ocean and the crisp air, we saw how well they worked to support all students. Both me and my wife were keen to have Bipasha have the same experience.

It turned out to be one of the best decisions we made. Despite all our apprehensions, I was pleasantly surprised to see Bipasha settled down quickly once she was put on a yacht with an experienced team mate. I was delighted to see her peacefully soak in the feel of the waves throughout over an hour's session. Once she was back on the shore, I was again impressed to see how each and every student pitched in with their teachers to pull up the yachts, cover them and store away the mast poles. Listening to their teacher Jesse, explaining how they should react to different situations on the sea, was equally eye-opening. It was clear to me that it was not just a sailing session to help students

民局會否因為我的成年女兒患有自閉症而考慮給她一個受撫養人簽證？她將如何適應這種轉變？我們的寵物狗 Jessy 能否應付四個月的隔離期呢？

儘管如此，我們還是決定抓住這個機會。幸運的是，事情開始一個接一個地進展，幾個月後我女兒的受撫養人簽證獲得批准。

我聯繫了我女兒之前在思拔中心的老師 Kay 和 Surinder，他們在我們初次來港時為我女兒的過渡期提供了極大的支持。當時我帶著複雜的心情得知 Kay 已經全職加入香港航能，為不同能力的學生提供帆船培訓。

Kay 提出要將世界帆船總會介紹給我女兒。由於新德里是一個半乾旱地區，我們對這項水上運動是一無所知的。儘管我女兒是一名優秀的運動員，但我們對這個提議抱有擔憂，因為 Bipasha 從未學過游泳。



Bipasha with Instructor Karen Kwok at Saturday Sailing, Christmas 2024
Bipasha 與教練 Karen 於 24 年聖誕節週六帆船日過度時光

with different health conditions, but it's a complete team building exercise. Over the last several weeks since she arrived in Hong Kong in May last year, Bipasha has had the good fortune of joining up with Sailability regularly every Saturday. She looks forward to the whole experience of traveling from our home in Lohas Park, Tseung Kwan O to the Hebe Haven Yacht Club in Sai Kung, strapping on her life jacket to sail out in the open ocean and then helping out to put back the things.

Our last weekend just before the Chinese New Year, we were overjoyed to see Bipasha get a certificate for her regular participation in sailing. We are grateful to the whole team at Sailability for introducing and patiently supporting us to a whole new world that we had never imagined.

有一天，我與女兒一起參加了香港航能的團隊帆船課程。我們體驗到開闊海洋和清新空氣的美妙感覺，也看到團隊是如何用心支援所有學生，我和妻子都很希望讓女兒能有同樣的體驗。事實證明參與香港航能是我們為女兒作出最好的決定之一。儘管我們有諸多顧慮，但當看到女兒與經驗豐富的隊友一起登上帆船後很快就安定下來時，我感到驚喜。我很高興看到她在一個多小時的活動中能平靜地沉浸在海浪的感覺。

回到岸上後，我再次對眼前的景象印象深刻：每位學生都與教練一起合作，將帆船拉上岸、蓋上帆布並收納桅杆。聆聽他們的教練 Jesse 講解如何應對海上不同情況，同樣讓人大開眼界。我清楚地看到，這不僅是一堂幫助不同身心狀況學生的帆船課程，更是一次完整的團隊建設活動。

自去年 5 月到港以來的這幾個月裡，我女兒有幸能夠每週六定期去參加香港航能的活動。她很期待整個過程：從將軍澳日出康城的家裡出發到西貢白沙灣遊艇會，繫上救生衣在海上航行，然後回岸幫忙收拾裝備。

在農曆新年前的最後一個週末，我們欣喜地看到女兒獲得了定期參加帆船活動的證書。我們感謝香港航能整個團隊，耐心地帶領和支持我們進入一個從未想像過的新世界。

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」。

Programme/Event Roundup

項目/活動總結

Sun Hung Kai Around The Island Race 2025

By Andrew Sheard

新鴻基環島賽 2025



L-R: BAN Chung, Ransome LEE, Daphne CHAN, David Bridgers, Mark POON, Sweder van Dipten, KK LEUNG, Skipper Tai LEUNG, CHAN Tsun Ming, Ken LEUNG, CHEUNG Sze Lung
由左至右: BAN、李文斌 Ransome、陳思敏 Daphne、David、Mark POON、Sweder van Dipten、KK、船長Tai、Tsun Ming、Ken、Sze Lung

Sailability took part in this iconic sailing event again in January. The race has a long history starting in 1864 and this year on 18 January 2025, some 227 boats took part! For the Sailability team the day started early when the crew met up at 0500 hours at Hebe Haven Yacht Club.

On the way from HHYC to the start line the sun rose after MoHan passed Clear Water Bay. After arriving at start line, the crew hoisted the main sail and stayed near the start line. Skipper Tai said, "The wind was

香港航能於 1 月再次參與了這項標誌性的賽事。賽事始於 1864 年，有著悠久的歷史，在 2025 年 1 月 18 日舉辦的賽事合共有 227 艘船隻參賽！香港航能團隊在凌晨 5 時便在白沙灣遊艇會集合，為比賽做準備。

從白沙灣遊艇會前往起點線的路線上，無限號經過清水灣，太陽升起。

到達起點線後，船員們升起了主帆並停留在起點線附近。船長泰說：「風力很弱，而且潮汐與我們方向相反，良好的開局是非常重要的。」

weak and the tide was strong against us but it was important to get a good start.”

“As the time got closer to the 0840 start time, more and more boats were gathering around. In the light wind and strong current we tried our best to cross the start line, finally we passed the start line but the conditions meant that for nearly an hour we sat on the water near North Point.”

In fact, the breeze was so light, it was approaching noon before MoHan reached Lei Yue Mun; she had been in the harbour for 3 hours. Thankfully, after passing Lei Yue Mun the wind got better. Tai continued, “We headed to Cape D’Aguilar with a better speed, and after passing Cape D’Aguilar we sailed with the headsails all the way to Cyberport only for the wind to then drop again.”

MoHan re-entered the harbour at around 1600 and kept sailing until 1700 (the cut off time). Despite sailing until the last minute, she couldn’t reach the finish line near Kellet Island by 1700.

「隨著時間接近 0840 的開始時間，越來越多的船隻聚集在周圍。在微風和強勁的水流中，我們盡力通過起點線，最終我們通過了起點，但環境條件導致我們在北角附近的水域停留了近一個小時。」

事實上，輕柔微風讓無限號接近中午時才到達鯉魚門；她已在維港待了 3 個小時。幸運的是，通過鯉魚門後風勢好轉。Tai 續說：「我們以更好的速度前往鶴咀，通過鶴咀後，無限號在大約 1600 時重新進入維港，並一直航行到 17 時（截止時間）。儘管一直航行到最後一刻，她無法在 17 時到達位



Onboard MoHan during the Around the Island Race
環島賽期間無限號上的景象

MoHan crew members for this race were:
無限號本次比賽的船員包括：

Bowman Tai LEUNG	Skipper	船長
David Bridgers	Head sail trimmer	前帆調整者
CHENG Sze Lung	Main trimmer	主帆調整者
Sweder van Dipten	Head Sail trimmer	前帆調整者
Mark POON Tze Ming	Helm	舵手
CHAN Tsun Ming	Jib trimmer	副帆調整者
Daphne CHAN	Jib support	副帆支援
Ransom LEE	Navigator	導航員
BAN Chung	Head sail trimmer	前帆調整者
YEUNG Kai Kai	Main sail support	主帆支援
Ken LEUNG Kwok On	Helm support	舵手支援

“We tried our best in the Race,” said Tai. By the time they arrived back at HHYC, the time was around 2000 hours, so the MoHan crew had been on board for 15 hours in total.

於奇力島附近的終點線。

「我們在比賽中盡了最大努力，」Tai 說。當他們回到白沙灣遊艇會時，時間已接近 晚上 8 時，無限號船員已在船上待了 15 個小時。

「儘管一天很長，所有船員都享受這場比賽。我們作為一個團隊學習了很多。」Tai 發誓：「明年我們會再來！」



The whole crew worked hard and focused on trimming the sails and doing many tacks with the light wind. 全體船員努力工作，專注於調整風帆，並在微風中進行多次掉頭操作。



MoHan in Victoria Harbour at the start of the Around the Island Race
環島賽起點維多利亞港的無限號

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Sun Hung Kai Hong Kong Race Week 2025

By Andrew Sheard

新鴻基香港帆船週 2025



Eric CHEUNG in Swire Flyer during HK Race Week
香港帆船週期間 Eric 駕駛著 Swire Flyer

Sailability participation in this year's Race Week was in the 2.4mR class. Virgile Bertrand was crowned champion, 3 points ahead of defending champion FOO Yuen Wai after races on the Saturday and Sunday were abandoned due to a lack of wind.

A record number of 317 sailors from 12 countries and regions took part this year including Canada, Chinese Taipei, Hong Kong (China), Italy, Greece, Guam, Japan, Mainland China, Singapore, Sweden, Thailand, and the USA!

Such a big event requires a lot of resources and volunteers who devote their time and passion. Adrian Pang, Commodore of Royal Hong Kong Yacht Club, co-organiser of this event, expressed his gratitude to all 140 volunteers for making it happen!

Adrian also thanked Peter Davies for contributing 11 years as the Chairman of Hong Kong Race Week.

香港航能今年參加帆船週的是 2.4mR 級別比賽。由 Virgile Bertrand 獲得冠軍，領先衛冕冠軍付遠威 3 分，週六和週日的比賽因風力不足而取消。

今年有創紀錄的 317 名來自 12 個國家和地區的水手參賽，包括加拿大、中華台北、中國香港、意大利、希臘、關島、日本、中國內地、新加坡、瑞典、泰國和美國！

如此大型的活動需要大量資源和義工投入時間與熱情。這次活動的協辦方皇家香港遊艇會會長 Adrian Pang 向所有 140 名義工表達了感謝，感謝他們使活動得以順利進行！

Adrian 還感謝 Peter Davies 擔任香港帆船週主席達 11 年。



FOO Wai Yuen in The Kaplan during HK Race Week (Editor: Has this boat now been renamed the Kapsize?)
香港帆船週期間，付遠威駕駛 The Kaplan (編輯的話：這張圖片中的艘船應改名為 Kapsize?)

The Aberdeen Boat Club Four Peaks Race 2025

Mohan is First in Class at the ABC Four Peaks Race 2025

By Andrew Sheard, Kay Rawbone & Alice Lee

On the weekend of 25-26 January, Sailability Hong Kong joined the epic Aberdeen Boat Club's Four Peaks Race, for the 3rd consecutive year and won in her class!

Typically taking around 24 hours to complete, the race required the Sailability crew to have fine seamanship and sailing skills on the water, safe transfers from MoHan to the shore by kayak, and runners able to tackle tough terrain before kayaking back to the boat to continue on to the next peak.

Tactics, practice and stamina play a big part. It requires the highest levels of fitness, and this unique sporting challenge is considered one of the toughest competitions in the region.

香港仔遊艇會四峰賽 2025

無限號在香港仔遊艇會四峰賽 2025 中
獲得級別冠軍

1 月 25-26 日週末，香港航能連續第三年參加了史詩級的香港仔遊艇會四峰賽，並在其級別中獲勝！這項賽事通常需要約 24 小時完成，香港航能船員需要在水上展示精湛的船藝和航行技巧，安全地通過皮艇從無限號轉移到岸上，跑手需要應對艱難地形，然後再通過皮艇返回船上，繼續前往下一個山峰。

戰術、練習和耐力在四峰賽中扮演著重要角色。要求成員保持最高水平的體能，這種獨特的運動挑戰被視為該地區最艱難的比賽之一。

無限號是今年僅有的 8 艘完成比賽的船隻之一，這對我們由傷健人士組成的團隊來說是一項令人驚嘆的成就，團隊成員包括肌肉萎縮症和小兒麻痺症患者，以及一位 70 多歲下肢截肢的跑手。

我們的特殊需要跑手曾思朗 Calvin 現在擁有了一項殊榮，成為這項賽事歷史上第一位跑完所有四個

MoHan was one of only 8 boats to complete the race this year, an amazing achievement for our disabled and able-bodied team which included crew members with muscular dystrophy and polio, and a runner in his seventies who is a lower leg amputee.

山峰的傷健人士。香港航能對這一結果感到無比激動，很高興能夠支持 Calvin 和媽媽 Alice 實現他們的夢想，同時向世界展示所有加入香港航能的人的能力和潛力。

媽媽 Alice 是一位經驗豐富的跑手，儘管在海上環境中掙扎，但作為香港航能團隊的一員完成比賽，她感到非常高興：「我要感謝 Kay、船長 Tai 和無限號的贊助商。今年夜間我們經歷了最寒冷和多風的天氣。我在午夜因船左右劇烈搖晃而暈船嘔吐。儘管如此，傷健水手們表現得非常堅強。我很高興



Sailing Crew 參賽團隊成員:

Tai LEUNG, Kelvin LEUNG, Mark POON, OK LEUNG,
CHAN Tsun Ming, Kay Rawbone

Runners/Kayakers 跑手/皮艇手成員:

Alice LEE, Calvin TSANG, Davide Hurlan, Camel FUNG, Astor HoMe

Celvin Tsang, our SEN runner, now has the accolade of being the first person with a disability, in the history of this race, to run all four peaks. Sailability Hong Kong are overwhelmed by this result and happy to have been able to support Celvin and his Mum, Alice Lee, to achieve their dream, whilst showcasing to the world the ability and potential of all who join us at Sailability Hong Kong.

兒子沒有暈船，並在陪跑員 David Hurlan 和 Astor 的指導下完成了所有 4 個山峰，他們都精通越野跑和皮艇。我們為能成為香港航能團隊的一員感到自豪。」

Kay 今年也登船參賽，這是香港航能參加四峰賽的第三年，她每年都參與其中。她感謝「船長 Tai 和他的兄弟 Kelvin 的付出，他們在整個旅程中照顧我們，確保船上安全，為我們的傷健水手擔任大部



Runners Celvin and Camel returning to MoHan by Kayak
跑手曾思朗 Celvin 和馮駱峰 Camel 通過皮艇返回無限號



OK LEUNG at the helm during the Four Peaks race
四峰賽期間梁安國 OK 掌舵



Camel Fung (runner) with the trophy awarded to Sailability
跑手馮駱峰 Camel 與頒給香港航能的獎盃

Alice Lee is a regular runner and despite struggling with the sea conditions was elated to complete the race as part of the Sailability team. "I want to say thank you to Kay Rawbone, Skipper Tai and to the Mohan Sponsors. This year we experienced the coldest and windiest weather during the night time. I suffered from sea sickness and vomited at mid night as the boat swung left and right severely. Despite this, the para sailors were very tough. I was so pleased that my son didn't suffer from sea sickness and completed all 4 peaks under the guidance of accompanying runners David Hurlan and Astor who are skilful at both trail running and kayaking. We are proud to be part of the Sailability team."

Kay Rawbone was on board this year as she has been for each of the 3 years that Sailability has taken part in the Four Peaks. She expressed her "thanks to Skipper Tai LEUNG and his brother Kelvin who looked after us during the whole journey ensuring safety on board, our Para Sailors who managed a huge part of the helming, main and gib support and of course our runners and kayakers who showed their abilities to everyone competing this mammoth running task."

A few days later when race officials announced the results, in the PHS B class, MoHan was placed first place with an adjusted time of 22 hours 47 minutes, rounding off a truly remarkable weekend for the Sailability team.

Kay continued, "A huge thank you to the ABC event team and sponsors, and to our own sponsors as we work together to make these extraordinary events happen. I think you know where my heart lies and every day we make a difference to the lives of everyone who joins us. Four other boats retired during the race, and we carried on with no complaints from our crew. I'm so proud of our team for this race. The resilience and determination shown by everyone was second to none and an example to us all. An amazing experience once again as together we continue to show peoples' abilities and break down barriers in the world of sailing."



OK Leung helming MoHan during the night
夜間梁安國 OK 掌舵無限號

分的掌舵、主帆和副帆的支援，當然還有我們的跑手和皮艇手，他們向所有參賽者展示了完成這項艱巨跑步任務的能力。」

幾天後，當比賽官方宣布結果時，在 PHS B 級別中，無限號以 22 小時 47 分鐘的調整時間獲得第一名，為香港航能團隊畫上了一個真正非凡的週末句號。

Kay 繼續說：「非常感謝香港仔遊艇會的活動團隊和贊助商，以及我們自己的贊助商，我們共同努力使這些非凡的活動成為可能。我想你們知道我的心之所在，每天我們都積極正面地去改變加入香港航能的每個人。

比賽中有 4 艘其他船隻退賽，而我們的船員沒有任何抱怨地繼續前行。我為我們這次比賽的團隊感到非常自豪。每個人展現的堅韌和決心是無與倫比的，也是我們所有人的榜樣。這再次是一次令人驚嘆的體驗，我們一起繼續展示人們的能力，並打破帆船世界中的種種障礙。」

Thanks to Mohan's Sponsors:

Generali Hong Kong, Lockly Smart Lock and Solaris Yachts Asia

Thanks also to:

Andrew at Ronsil who arranged the new sponsors logo's for MoHan's hull

Without this support from our sponsors, it would not be possible for Sailability to take part in events like the Four Peaks Race

感謝無限號的贊助商：

忠意保險香港、Lockly 智能鎖和 Solaris Yachts Asia

也感謝：Ronsil 的 Andrew 為無限號船身安排了新的贊助商標誌

沒有這些贊助商的支持，香港航能將無法參與如四峰賽這樣的活動



Choppy conditions for MoHan during the Four Peaks Race
四峰賽期間無限號在波濤洶湧的海面航行

Sailability Event Calendar for 2025

香港航能 2025 年活動日曆

March Programmes & Events 3 月活動與課程

- Para and Inclusive Sailing Team participate in the 2025 Hansa Worlds in Sydney – leaving on 21st March
傷健和包容性帆船隊參加在悉尼舉行的 2025 年漢莎世界錦標賽 — 3 月 21 日出發
- Saturday Sailing – Weekly
週六帆船日 — 每週
- Para Sailor Training – Weekly, Wed and Sunday
傷健水手訓練 — 每週三及週日
- Caritas Lok Kan School
明愛樂義學校
- Po Yan School
獻主會溥仁小學
- Red Cross Margaret Trench School – Parent and Teacher sail training
香港紅十字會瑪嘉烈戴麟趾學校 — 家長和教師帆船訓練
- Hong Kong Society for the Blind
香港盲人輔導會
- TREATS Scholarship
親切 (TREATS) 獎學金
- Caritas Lok Yi School
明愛樂義學校
- Senior Sailing
銀齡長者帆船課程



Sailability Event Calendar for 2025

香港航能 2025 年活動日曆

March Programmes & Events 4 月活動與課程

- Team returns from the Hansa Worlds on 1st April
團隊 4 月 1 日從漢莎世界錦標賽返回
- Saturday Sailing – Weekly
週六帆船日 — 每週
- Para Sailor Training – Weekly, Wed and Sunday
傷健水手訓練 — 每週三及週日
- Po Yan School
獻主會溥仁小學
- Red Cross Margaret Trench School – Parent and Teacher sail training
香港紅十字會瑪嘉烈戴麟趾學校 — 家長和教師帆船訓練
- Morning Hope School
匡智學校
- Easter Programmes
復活節課程



Sailability Event Calendar for 2025

香港航能 2025 年活動日曆

March Programmes & Events

5 月活動與課程

- 3rd May - HHYC Open Day with Sailability – Dinghy and Big Boat Sailing experiences
5 月 3 日 — 白沙灣遊艇會開放日與香港航能 — 小艇和大帆船航行體驗
- Saturday Sailing – Weekly
週六帆船日 — 每週
- Para Sailor Training – Weekly, Wed and Sunday
傷健水手訓練 — 每週三及週日
- 17th & 18th HHYC Open Dinghy Regatta – Sailability participating
5 月 17 日和 18 日白沙灣遊艇會公開小帆船賽 — 香港航能參與
- Senior Sailing
銀齡長者帆船課程
- 23rd May – 1st June World Sailing Steering the Course Women's Festival – introduction for more women and girls to the world of sailing
5 月 23 日至 6 月 1 日世界帆船總會「引領航向」女子航海節 — 為更多女性和女孩介紹帆船世界
- Red Cross Margaret Trench School
香港紅十字會瑪嘉烈戴麟趾學校
- Haven of Hope Sunnyside School
靈實恩光學校
- Volunteer Training
義工培訓

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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」。

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
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Charitable Choice

This is a HK website that enables donations to over 60 charities – including Sailability HK!

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

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

All receipts over HKD\$100 are tax deductible.

www.charitablechoice.org.hk/products/sailability

透過 Charitable Choice

一個第三方平台，讓您可以向香港航能及多達 60 個慈善機構進行捐款。

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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。

www.charitablechoice.org.hk/products/sailability

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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

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Kay Rawbone — Sailability Co-founder & CEO
Andrew Sheard — Contributor, Facebook & LinkedIn
Guy Shirra — Drafting Editor
Shirley Tin — Design and Translation
Louis Lee — Translation

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

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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。

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