



KELAB RENANG PULAU PINANG

e-NAUTILUS

PENANG SWIMMING CLUB

Issue #0002/1

February 2023

Management Committee Members:

President: Dato' Chan Kean Hin, D.S.P.N., D.J.N., P.K.T

Vice President: Dato' Dr. Vasan Sinnadurai, D.P.M.P.

Hon. Secretary: Pierre C. Boudville

Hon. Treasurer: Beh Ping Seng

Club Captain: Walvin Lorenz Charles Labrooy

Committee Members:

Dev Sajjan Buxani, P.J.M, P.J.K
Chan Ee Lin
Ang Teik Huang
John Tan Choon Yee
Dr A. Gopinathan Nayar
Kenny Koay Lee
Lim Lay Looi (Molly)

Contents:

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EDITOR'S MESSAGE

Happy Lunar New Year to you, dear reader!

I hope you have had a great start to 2023, the Year of the Water Rabbit!

I also hope you enjoyed reading last month's inaugural e-Nautilus, which marks the Penang Swimming Club's continuing progress along the digital path towards greener sustainable goals, saving more trees and further protecting Mother Earth.

As a fully digital and simplified e-newsletter, the Club will save more than RM30,000 annually, a substantial saving indeed. In addition, by increasing the frequency of the previous quarterly publication to a monthly issue, all club members can enjoy receiving more timely news about Club events in the past 30 days instead of events that happened 3-4 months earlier.

Most importantly, you can keep regularly up-to-date with upcoming events and be able to quickly block your calendars to attend your favourite events. I hope you enjoy having this more forward-looking mode of club communications.

I would like to say a big thank you to all Sections & Groups for your wonderful cooperation and assistance in helping us to produce the new e-Nautilus. Thank you also for bearing with us through the inevitable teething issues during the transition. We will work hard to reduce these hiccups as the team gets more familiar with the new processes.

With the lunar new year comes new beginnings, and I look forward to starting a new chapter of e-Nautilus with all of you. Happy Year of the Water Rabbit to you!

Pierre Boudville, Editor



ELECTED NEW MEMBERS OTM & AM

As of 11.01.2023



Mdm. Cheung Fung Nay
& Mr. Poh Yang Hong



Mdm. Chang Jie



Mr. Chee Eng Hong
& Mdm. Yap Siew Lee



Mdm. Goh Beng Yee
& Mr. Derek Mark Chin



Dr. Jeremy Kung Chong
Min



Mdm. Lim Sue May
& Mr. Tan Rodney



Mr. Lim Khoon Theng



Mdm. Wong Oi Khuan



Mr. Mark Everett
Redwood



Dato' Dr. Sukumar A/L
A.V Mahesan
& Datin Dr. Vasanthie A/P
Balakrishnan



Mdm. Teoh Mei Shi
& Mr. Tan Wei Khang



Mr. Vinod Kumar A/L
Arumugam



Mdm. Jacqueline
Westwood
& Mr. Wong Chee Wai



Mr. You Rennan
& Mdm. Zhang Jiao
Qing



Mdm. Gerayne Wang
& Mr. Lim Teik Nam



Mdm. Priscilla Yeoh
Chuang Fei
& Mr. Ng. Wen Han



Mr. Yau Yee Ming
& Mdm. Lim Yam Poh



Mdm. Ooi Bee Leng

NEW ASSOCIATE MEMBERS

As of 11.01.2023



Mdm. Chan Shih Ching



Mdm. Yeoh Siang Suan



Mdm. Le Thi Huyen



Mr. Adrian Ong
Chok-Hwey



Mdm. Koh Gim Cheng



Mdm. Tan Hui Min



Mdm. Tan Chiew Whoi



Mdm. Loh Vern Ern



Mdm. Ho Li Wei



Capt Luke Lim Huat
Chye



Mdm. Lim Pei Yee

JUNIOR MEMBERS

As of 11.01.2023



Mr. Ang Li Xin



Mr. Cheah Zi Kang



Mr. Etienne Farcis



Mr. Khoo Kai Chen



Mr. Kee Yu Zhe



Ms. Naomi Tean Wei
Shin



Mr. Sin Wai Yean



Ms. Eleannor Tang

JUNIOR MEMBER TO ORDINARY TRANSFERABLE MEMBER

As of 11.01.2023



Ms. Denise Teoh Yun Ni



CALENDAR OF EVENTS

FEBRUARY

03

FRIDAY

**YOGA GROUP
CNY DINNER**

📍 VIP ROOM

🕒 7:00pm

04

SATURDAY

SCUBA CNY DINNER

📍 MPH

🕒 6:30pm

04

SATURDAY

**KARAOKE GROUP
PRE-CHAP GOH MEH**

📍 PACIFIC LOUNGE

🕒 7:00pm

05

SUNDAY

**ANGLING SECTION
CNY DINNER**

📍 MPH II

🕒 7:00pm

14

TUESDAY

VALENTINE DINNER

📍 CR

🕒 7:00pm

19

SUNDAY

**EGM -
NEW FACILITIES**

📍 MPH

🕒 2:30pm

26

SUNDAY

EGM - TRUSTEE ISSUE

📍 MPH

🕒 10:00pm

MARCH

04

SATURDAY

PATRON'S NIGHT

📍 MPH

🕒 7:00pm

17

FRIDAY

**AEROBICS GROUP
AGM & DINNER**

📍 MPH

🕒 6:00pm

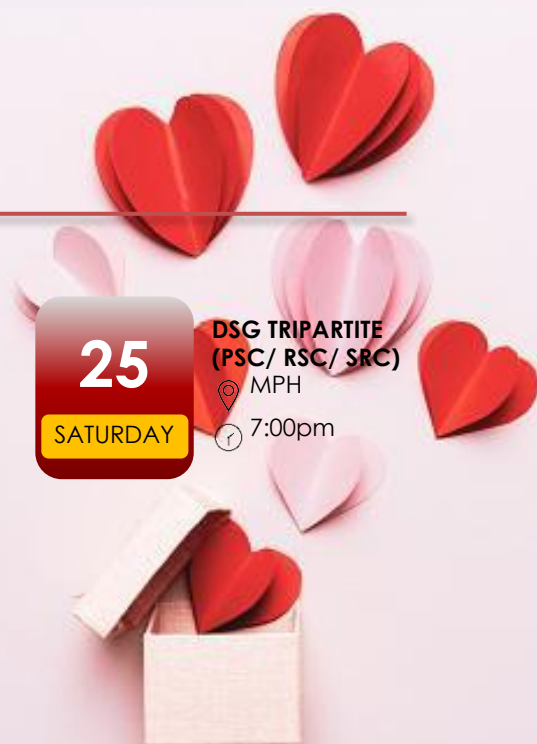
25

SATURDAY

**DSG TRIPARTITE
(PSC/ RSC/ SRC)**

📍 MPH

🕒 7:00pm





CALENDAR OF EVENTS

APRIL

29

SATURDAY

**SAILING SECTION
AGM & DINNER**

📍 MARINA DECK

🕒 5:30pm

29

SATURDAY

**KARAOKE GROUP
ANNUAL DINNER**

📍 CR

🕒 7:00pm

30

SUNDAY

**HARI RAYA
CELEBRATION**

📍 OASIS

🕒 7:00pm

MAY

13

SATURDAY

**KARAOKE GROUP
AGM**

📍 PACIFIC LOUNGE

🕒 6:00pm

13

SATURDAY

DSG AGM

📍 MPH

🕒 10:00am

JUNE

02

FRIDAY

MEMBERS' NIGHT

📍 MPH

🕒 7:00pm



Club Events are open to all Club Members. Information is accurate at the time of press. However, events may be subject to change. We advise all Members to refer to the Notice Boards and Digital Signage for latest updates.

INCOME & EXPENDITURE STATEMENT

For the Period from 1 April 2022 to 30 November 2022

	30/11/2022	30/11/2021
INCOME	RM	RM
Subscriptions	2,613,846	2,532,920
Bar Profit	136,524	20,184
Restaurant Commission	290,075	82,421
Slot Machine Profit	578,884	148,625
Interest From fixed deposits	376,448	303,890
Transfer fees	605,016	152,810
Sundry revenue	147,072	117,337
	4,747,864	3,358,186
EXPENDITURE EXCLUDING DEPRECIATION		
Staff Cost	2,642,890	1,918,506
Utilities & Services	890,888	434,161
Repairs & Maintenance	431,344	212,553
Entertainment	87,979	19,366
Club events & functions	171,193	16,090
Administration Expenses	270,752	151,291
Sections & Group	122,854	17,476
Rates, Taxes & Insurance	196,567	180,444
	4,814,466	2,949,887
SURPLUS FOR THE YEAR BEFORE DEPRECIATION	(66,602)	408,300
Depreciation of property, plant & equipment	646,149	722,322
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(712,750)	(314,022)
Taxation	161,188	75,131
DEFICIT AFTER DEPRECIATION & TAXATION	(873,938)	(389,153)

MEMBERSHIP STATISTICS

Membership Figures As At 31.12.2022

Type of Membership	Active	Absent	Total	Total (Membership Figures as at (30.11.2022)
Patron/Hon. Members	18	0	18	18
Ordinary Transferable Members -Pending for Election (Normal Transfer) -Pending for Election (JM Conversion)	4735 51 13	655	5454	5386
Ordinary Members	0	2	2	2
Unattached Lady Members	1	1	2	2
Term Members -Pending for Election (JM Conversion)	0	0	0	0
Junior Members - Pending for Election	231 51	51	333	322
Associate Members - Pending for Election	2005 53	124	2182	2162
TOTAL	7158	833	7991	7891
Visiting Members = 48				
Sporting Members				
Swimming Section :16 Sailing Section : 4 Defaulter : -75				

GLAMOROUS SHANGHAI NIGHT CNY CELEBRATION AT PENANG SWIMMING CLUB



Stepping out in style

By V. Sivaji

Heralding the Year of the Rabbit, members of the Penang Swimming Club (PSC) celebrated the Chinese New Year with a grand dinner gathering at their multi-purpose hall on Level 14.

Guests were encouraged to be attired in the fashion of the “old school” Shanghai era. They did not disappoint as they stepped out in style for the occasion.

Welcoming them was club president Dato Chan Kean Hin whom himself was attired in the Shanghai-era costume along with his committee members.



Posing with the president

In his address, Chan thanked members for the overwhelming support and turnout for the celebration.

“We hope the Year of the Rabbit will bring good fortune, wealth, and health to all of us.

“In 2022 we have achieved much for the Penang Swimming Club, and I thank members for their support, not forgetting the operations team for their hard work and dedication.

“In the meantime, we hope to unveil an ambitious plan for a second swimming pool and sports bar with Western food restaurant and accommodation facilities for members in 2023,” said Chan in his welcoming address.

Earlier, organising chairman Dev Sajan Buxani expressed satisfaction in seeing the good turnout for the celebration.

"We are here to celebrate diversity, and togetherness and to promote unity," he added.

Also present was Pierre Boudville, the honorary secretary of PSC.

Highlights of the evening included the performance of the drunken lion dance followed by the 8-piece dragon dance and also a live band performance.

Even the lady members of the PSC's Dance Sport group too did not disappoint when they put up a fan dance. Then there were also karaoke sessions and best-dressed selections.

Among the winners for the female competition were Emmeline Yong, Anne Teoh, and Ann Yew while the male category winners were Ismail Baba, Allan Cheah, and Rick Johanson.



Dressed for the occasion

SWIMMING SECTION

Committee Lineup

- Tan Hui Fang Chairman
- Lee Chye Seng, Vice Chairman
- Maira Toh Siew Ling, Hon Secretary
- Tan Lean See, Hon Treasurer

Committee Members:

- Dato Dr Yong Chow Yen,
- Beh Pay Hong (Daphne),
- Alain Farcis,
- Poh Chong Boon
- Teoh Poh Nai (Irene)
- Tai Oy Leen
- Lee Wei Ling

39th National Inter-Club Swimming Championships 2022 (President Cup) 9-11th December 2022 at Pusat Akuatik Tuanku Zara, Perak Darul Ridzuan (aka President's Cup)



Congratulations to all medal 🥇 🥈 🥉 winners in the President's cup 👍🙌💪 !!!

Chris Chew

1. 50m Freestyle - Gold 🥇 (meet record).
2. 50m Butterfly - Gold 🥇.
3. 100m Freestyle - Gold 🥇.
4. 100m Butterfly - Bronze 🥉.

Jesselyn Lim

1. 100m Butterfly - Silver 🥈.
2. 50m Butterfly - Bronze 🥉.

Poh We Heng

1. 100m Backstroke - Gold 🥇.
2. 50m Backstroke - Silver 🥈.
3. 100m Freestyle - Silver 🥈.
4. 100m Breaststroke - Bronze 🥉.
5. 50m Freestyle - Bronze 🥉.

Rachel Van Pul

1. 100m Freestyle - Silver 🥈.

Eunice Yap

1. 50m Backstroke - Silver 🥈.
2. 100m Backstroke - Silver 🥈.

Yeoh Yun Xuan

1. 100m Breaststroke - Bronze 🥉.
2. 100m Butterfly - Bronze 🥉.

Lynus Kek

1. 100m Breaststroke - Gold 🥇.
2. 50m Breaststroke - Silver 🥈.



Swimming Section Chinese New Year Dinner and Party 13 January 2023 (MPH)

The Swimming Section Chinese New Year Dinner and Party is free and open to all members of the Swimming Section.

100 members signed up to enjoy the sumptuous Chinese dinner with Yee Sang to kick start a happy and healthy new year!

Club President Dato KH Chan and Hon Secretary Pierre Boudville joined in the fun, as did the Committee Members of the Swimming Section.

Fun and games were organized by Daphne Beh and were the highlight of the night as everyone (the young and young at heart) was so game and joined in and participated in all the games! It was so good to hear so much laughter, interaction and cooperation between all the members!

Thank you to all who attended and to the organizing committee, especially Daphne, Oy Leen and Lean See.





Oceanman Asian Championships in Krabi Thailand 11.12.2022

Swimming in the ocean/open water presents a new challenge to many swimmers as new techniques and skills have to be learnt and improved, such as sighting, dealing with currents and waves and steadying one's nerves and fears as they literally venture into the unknown!

Several of our master swimmers (first-timers and experienced swimmers) set sail to Krabi (a looong journey of waiting and transits!) to conquer the seas.

Safety is paramount in any water activity, especially open water events, and the organisers tried their best. The swimmer must nonetheless always be alert and careful in open water.

It is with great pride that all our swimmers who ventured returned safely to the shore. And a real bonus and blessing that 3 of our swimmers placed in the age group competition, namely: Tai Oy Leen in the half Oceanman (5km, Masters) – 2nd, Mary Smith in the Sprint (2km – Masters I) – 2nd and Moira Toh in the Sprint (2km – Masters II) – 1st.

Swimming is indeed a sport for learning new skills and a sport for a lifetime!



SCUBA SECTION

Committee Lineup

- Chairman
- Secretary
- Treasurer
- Asst Treasurer
- Diving Officer
- Membership Secretary
- Social Officer

Chin Leong Teh
Karen Thong
Eric De Smet
Jo Han Tan
Chee Keong Tan
Li Na Lee
Christine See

- Training Officer
- Asst Training Officer
- Equipment Officer
- Asst Equipment Officer
- Expedition Officer
- Information Officer

Cheow Chien Geh
Sulin Eow
Ivan Yong
Soon Lee Teoh
Siew Hooi Woo
Kathryn Tan



At the time of your reading of this report, the festive season, ranging from Christmas to the Lunar New Year, would be over. Nonetheless, amid the holiday fever, the Scuba Section managed to get some work done. The camaraderie among its members is behind the great spirit of the Section to stay active always.

The Ocean Diver Course that started on 19th December 2022 has completed the theory classes and is now on to Pool Training. Their Open Water Assessment is scheduled for the end of February 2023. Call for the next batch of 12 students was out on 19th January and closed on the 31st.



Photos: CK

Trial dives for all Club members who are non-Scuba Section members are available, and so are refresher sessions for Section certified divers. Please refer to Contact Information below to book a slot.

All Club Members are welcome to join the Scuba Section, be it divers or non-divers of all ages. Please use the QR Scan Code here to register.



"Cleanliness is next to Godliness"- *John Wesley*. On 7th January, every inch of the Scuba Hub was scrubbed clean to the core by 20 over volunteers - both the equipment and the Hub were spring cleaned in a *gotong royong* exercise. The photos speak.





Photos: CK, Jo Han, Christine

Coming Events as of 25th Jan 2023

No	Event	Registration
1	Ocean Diver Course	Closed
2	Sports Diver, Dive Leader courses	To be announced
3	Refresher Course, Trial Dive (once/non-Scuba member, open to all Club members)	To book a slot in advance
4	Chinese New Year Gathering, 4 February 2023 (members & family only)	Closed
5	Scuba Carnival, April 2023	To be announced
6	Dive Expedition to Pulau Tioman, 13 - 17 April 2023	Closed
7	Scuba Section AGM, May 2023	Call for AGM 2 weeks prior

CONTACT INFORMATION

- 1) Section email: bsac0225@gmail.com
- 2) For Dive Courses, Training, Refresher & Trial Dive, please inform in advance (via WA messages only) :
 Diving Officer: C K Tan @ 012-477 8091
 Training Officer: C C Geh @ 016-414 6329
 Sulin @ 012-4890088
- 3) For previous and current issues of the monthly Scuba e-Newsletter, (the latest publication, Jan 2023, was published on Tuesday, 31st) please use the QR Scan Code below, click [here](#) or visit https://drive.google.com/drive/folders/1QVK_1NKE6Y1o5JO212LxbQPIOkPtKL4R?usp=share_link
- 4) Activities of the Section can be followed at our BSAC225 Facebook. Please click [here](#) or visit Facebook BSAC225



SAILING SECTION

Committee Lineup

- Terry Lim, Commodore
- Scott Ong, Vice Commodore
- Charlie Charlie, Hon. Secretary
- KJ Lee, Treasurer
- Carl Smith, Bosun & Water-Skiing Rep
- Ian Low, Sail Rep
- Tan Wei Han, Paddle Rep
- Eric Desmet, Powerboat Rep
- Jeannie Han, F&B Coordinator
- Cha'nelle Lim, Event Coordinator
- Andy Ewe, Publicity Officer

PSC Commodore's Cup 2023

The PSC Commodore's Cup Open 2023 was held on January 7th and 8th, with nearly thirty sailors across the laser, windsurf, double-handed, and optimist classes participating.

Two days of racing provided strong winds on day 1 to test sailors' fitness levels, while day 2 brought light winds to test sailors' tactical skills.

The regatta drew fellow sailors from the Chinese Swimming Club, PKSA, and Bagan Ajam.

PSC was well represented across all classes, with Ng Yu Fei taking home gold in windsurfing, River Ng winning the optimist class, and Aidiel and Hazim coming first in the double-handed class. Andy Ewe and Ocean Ng also achieved 2nd and 3rd place, respectively, in the laser class. The full results are below.

Congratulations to all sailors for two great days of sailing, and we hope to welcome more sailors to future regattas soon.

Photo Credit – Ivie Low



PSC Commodore's Cup Open 2023

Windsurfing

Overall

Sailed: 6, Discards: 1, To count: 5, Entries: 5, Scoring system: Appendix A

Rank	Club	HelmName	Rating	R1	R2	R3	R4	R5	R6	Total	Nett
1	PSC	Yu Fei		1.0	1.0	1.0	1.0	(2.0)	2.0	8.0	6.0
2	PKSA	Tan Yi		2.0	2.0	2.0	2.0	(3.0)	3.0	14.0	11.0
3	PKSA	Izat		3.0	3.0	3.0	3.0	(4.0)	4.0	20.0	16.0
4	PSC	IAN		(6.0 DNC)	6.0 DNC	6.0 DNC	6.0 DNC	1.0	1.0	26.0	20.0
5	CSC	Zachary		(6.0 DNF)	6.0 DNC	6.0 DNF	4.0	6.0 DNF	6.0 RET	34.0	28.0

PSC Commodore's Cup Open 2023 - Laser

PSC Commodore's Cup Open 2023 - Laser

Overall

Sailed: 6, Discards: 1, To count: 5, Rating system: PY, Entries: 9, Scoring system: Appendix A

Rank	Club	HelmName	PY	R1	R2	R3	R4	R5	R6	Total	Nett
1	PKSA	Wan	1208	2.0	1.0	(3.0)	1.0	2.0	2.0	11.0	8.0
2	PSC	Andy	1100	(5.0)	3.0	1.0	3.0	1.0	1.0	14.0	9.0
3	PSC	Ocean	1208	1.0	2.0	(5.0)	2.0	5.0	4.0	19.0	14.0
4	Bagan Ajam	Goku	1147	4.0	4.0	4.0	5.0	(6.0)	5.0	28.0	22.0
5	PSC	Toby	1100	(8.0)	5.0	8.0	8.0	4.0	3.0	36.0	28.0
6	PSC	Carl	1100	(7.0)	6.0	7.0	7.0	3.0	6.0	36.0	29.0
7	PSC	Peter	1100	7.0	7.0	2.0	4.0	(10.0 DNC)	10.0 DNC	40.0	30.0
8	Bagan Ajam	Vina	1208	3.0	(8.0)	7.0	6.5	7.0	8.0	39.5	31.5
9	PSC	CK	1147	(10.0 DNC)	10.0 DNC	10.0 DNC	10.0 DNC	10.0 DNF	7.0	57.0	47.0

PSC Commodore's Cup Open 2023

Optimist

Overall

Sailed: 6, Discards: 1, To count: 5, Entries: 12, Scoring system: Appendix A

Rank	Club	HelmName	Rating	R1	R2	R3	R4	R5	R6	Total	Nett
1	PSC	River Ng		1.0	1.0	1.0	1.0	(4.0)	1.0	9.0	5.0
2	Bagan Ajam	Irdina		2.0	2.0	(3.0)	2.0	2.0	2.0	13.0	10.0
3	PSC	Sky		(5.0)	4.0	2.0	4.0	1.0	3.0	19.0	14.0
4	PKSA	Nurfahana Athirah		4.0	3.0	5.0	3.0	3.0	(6.0)	24.0	18.0
5	PKSA	Dahia		3.0	(5.0)	4.0	5.0	5.0	4.0	26.0	21.0
6	PKSA	Ali		(9.0)	6.0	6.0	8.0	6.0	5.0	40.0	31.0
7	PSC	Ng Ye		7.0	(8.0)	7.0	7.0	8.0	8.0	45.0	37.0
8	PSC	Ng Yi Yan		(10.0)	9.0	9.0	6.0	7.0	9.0	50.0	40.0
9	Bagan Ajam	Ong Zhiyou		8.0	7.0	(10.0)	9.0	9.0	7.0	50.0	40.0
10	PKSA	Masry		11.0	(13.0 RET)	8.0	10.0	12.0	11.0	65.0	52.0
11	Bagan Ajam	Ong Zhiyun		6.0	(13.0 RET)	13.0 RET	13.0 RET	10.0	12.0	67.0	54.0
12	PKSA	Syakir		12.0	10.0	11.0	(13.0 DNF)	11.0	10.0	67.0	54.0

PSC Commodore's Cup Open 2023 - Double Handed

Results are provisional as of 17:48 on January 8, 2023

Overall

Sailed: 6, Discards: 1, To count: 5, Rating system: PY, Entries: 3, Scoring system: Appendix A

Rank	Club	HelmName	PY	R1	R2	R3	R4	R5	R6	Total	Nett
1	PSC/PKSA	Hazim/Aidel	1090	(2.0)	2.0	1.0	1.0	1.0	1.0	8.0	6.0
2	PKSA/PSC	Doraemon/Mat Kenyang	1090	1.0	1.0	(2.0)	2.0	2.0	2.0	10.0	8.0
3	PSC/CSC	How/Donald	880	(4.0 DNS)	3.0	4.0 DNF	4.0 RET	4.0 DNF	4.0 DNF	23.0	19.0



Windsurfing



1st: Ng Yu Fei - PSC

2nd: Tan Yi - PKSA

3rd: Izat - PKSA

Laser



1st: Wan - PKSA

2nd: Andy Ewe - PSC

3rd: Ocean Ng - PSC

Optimist



1st: River Ng -PSC



2nd: Idrina – PKSA



3rd: Sky Ng - PSC

Double-Handed



1st: Hazim & Aidiel - PSC



2nd: "Doraemon" & "Mat Kenyang"
PKSA & PSC



3rd: How & Donald
CSC & PSC

Stand-Up Paddleboard (SUP) Care

The sailing section is delighted with the popularity of the new stand-up paddleboards. The boards are used almost weekly, with many new stand-up paddleboarders trying the sport.

However, as seen in the photos, these boards have suffered damage from lack of care. Paddles and Life jackets were also not returned.

Follow the rules below and treat the boards as you would your own to ensure the longevity of the boards and for more people to join in on watersport activities at the sailing section.

1. Tell Aidiel or Basri you would like to borrow the boards. They can be found in the sailing shed or in the boatyard.
2. Wear a lifejacket.
3. Don't drag the board.
4. Place the boards fin-side-up on the beach.
5. Never sit on the fin. They break easily.
6. If there are breakages, you will be charged accordingly.
7. Wash the boards after use.
8. Return the paddle and the life jackets.
9. Place boards back onto the racks.

Thanks, from the sailing section.

Photo Credit – Aidiel, KJ Lee.



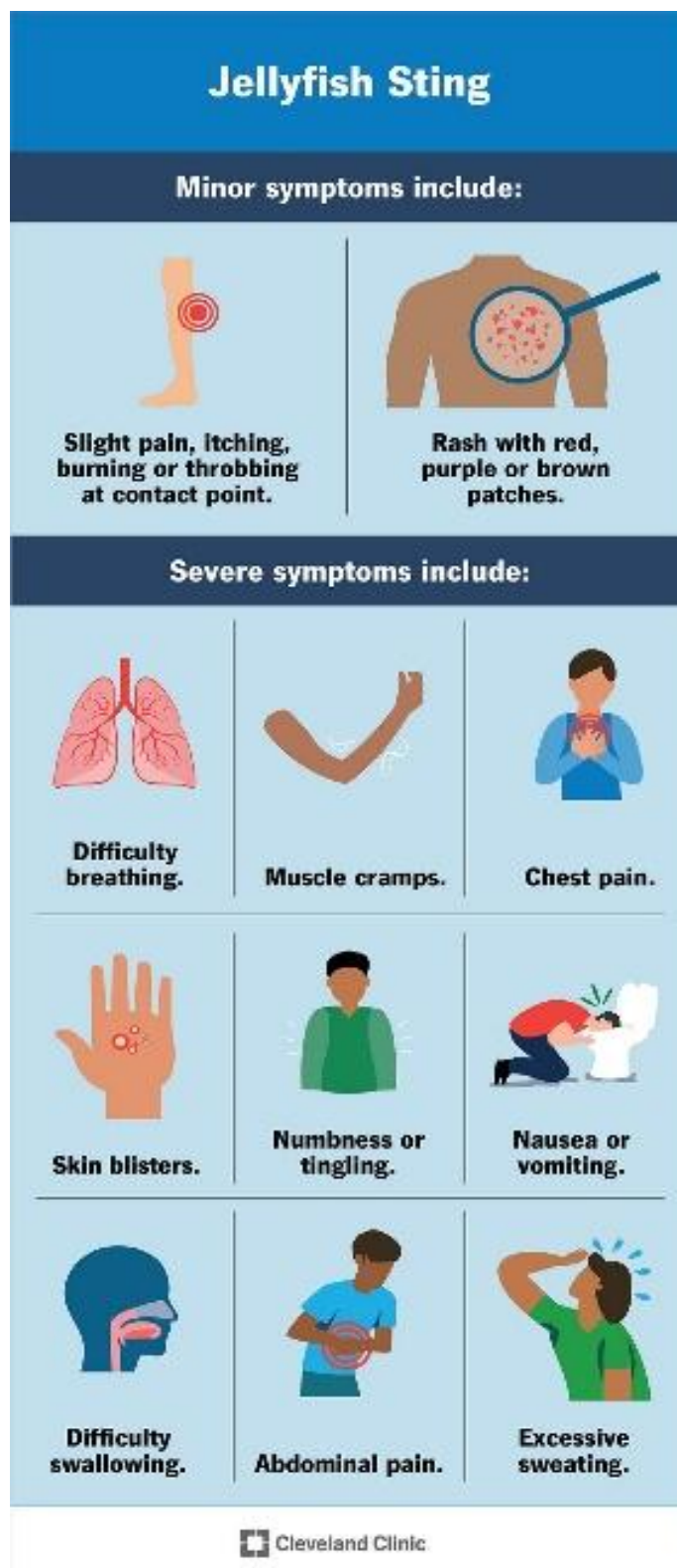
Stung by Jellyfish? Here's What to Do.

Vinegar is available at the sailing shed.

According to the Cleveland Clinic, seek medical help if you have severe symptoms listed in the graphic.

You can treat mild jellyfish stings using the following steps:

1. Wash the tentacles and venom off the affected area of your body with seawater. Don't use fresh water.
2. Using tweezers or gloved hands, remove any tentacles you see in your skin.
3. Apply vinegar (available at the sailing shed) or rubbing alcohol to the affected area.
4. To help reduce the pain, you can put calamine lotion or [hydrocortisone](#) cream on a jellyfish sting. You can also use an ice pack or hot water to help with the pain and swelling.



Upcoming events

Introduction to Sailing Course

The first introduction sailing class of the year will take place on February 11th, 12th, 18th and 19th.

Signs up are now open for adults over 15 years old.

All participants must be able to swim.

Slots are limited to 6 as we have limited laser class boats, so please register early.

Lunch is included in the Rm100 fee for 4 days of fun and learning to sail.



Photo Credit: Carl Smith (Bosun)

INTRODUCTORY SAILING COURSE		
◆ LASER RM 100 Limited to 6 adults (min age 15)	11 - 12 FEB	18 - 19 FEB
	10AM - 5PM	
Participants must be able to swim	Register with reception	Lunch Included



Learn to Sail with Aidiel

Want to join in on the fun? Learn to sail with the sailing section coach, Aidiel, a medalist at the recent National Open Championship Regatta.

To organize a time to sail, meet him at the sailing shed Monday to Sunday (off on Wednesday), from 9am-5pm.

You can also send him a message on WhatsApp at 017 - 434 6136.

Lessons are free for sailing section members.

All sailing students must be able to swim.

Photo credit -Cynthia Lee

AEROBICS

Committee Lineup

- Phoon Lai Peng, Acting Convener
- Phoon Lai Peng, Secretary
- Ow Heow Hooi, Treasurer
- Chuah Sze Yen, Committee Member
- Cheah Shin Yip, Committee Member
- Phoon Lai Peng, Contributor
- Team Members, Photography
- Phoon Lai Peng, Layout Design



A New
Goal !

A New
You !

**Dec 2022
Free Open Week**



Pole



Aqua Zumba



Stretch.....



Salsation, functional
dance workout



After workout
glee!



Roar.....



Aerobics Class Schedule



DAY	TIME	CLASS
Monday	10.00 – 11.00 am 07.00 – 08.00 pm	Mixed Dance (Sam) Zumba (Lisa)
Tuesday	07.30 – 08.30 pm	Zumba (Jeremy)
Wednesday	06.00 – 07.00 pm	Latin Cardio
Thursday	10.00 – 11.00 am	Pole (Sam)
Friday	10.00 – 11.00 am 07.00 – 08.00 pm	Pilates (Sabrina) Salsation (Chye Tee)
Saturday	04.00 – 05.00 pm	Zumba (Dex)

DANCE SPORT GROUP

Committee Lineup

- Catherine Choong, Convener
- Anne Teoh, Hon. Secretary
- Jennifer Cheah, Hon. Treasurer
- Billie Chua, Committee Member

- Cathy Chin, Committee Member
- Chan Gim Choo, Committee Member
- Choo Kean Hin, Committee Member
- Adeline Lau, Committee Member
- Emmeline Yong, Committee Member

HIGHLIGHT OF THE MONTH!



**Basic Technique
Dance Workshop**

**2 left feet ???
Love to dance....
but don't know where to start?
THENJOIN US**

02 Feb to 20 April 2023
PSC Studio 1- Level 1
Every Thu - 11.30am to 12.30 noon
Closing Date - Jan 20 2023

**New DSG Member
FREE**
**Existing DSG Member
50% Subsidy**
**Non DSG Member
RM40 per month**

This workshop is specially tailored for members who:-

- 1) Would like to learn the [basic techniques of dance movements](#)
- 2) Have "2 left feet"
- 3) Wants to get [a flavour of ballroom, latin and modern line dance basics](#)
- 4) Are curious
- 5) Want to have [FUN](#) learning to move to the rhythm and [REALLY dance!](#)

It is the **very FIRST workshop** of its kind to enable one to join in the various dance genres, currently offered at the Club.

It will be conducted over 12 sessions by our senior dance instructor, Ms Emmeline Yong.

Do sign up as soon as possible at Reception.



FUTURE EVENTS

11th TRIPARTITE : A DINNER & DANCE EVENT

The next big event will be the Tripartite. This will be held in March 2023 involving the Singapore Recreation Club, Royal Selangor Club with the Penang Swimming Club, hosting. Do keep your eyes on the Notice Boards for further details and registration.

TIME TABLE

DAY	TIME	CLASSES
MON	8.30pm	LATIN INTERMEDIATE - SOLO
TUE	10.30am	BELLY DANCE
WED	10.00am	LINE DANCE - INTERMEDIATE
THUR	11.30am	LINE DANCE PRACTICE SESSION
FRI	11.30am	LINE DANCE BEGINNERS
	8.30pm	BASIC BALLROOM
SAT	10.00am	LINE DANCE INTERMEDIATE/ADVANCE
SUN	2.30pm	BACHATA SHINES
	3.45pm	BASIC LATIN & TECHNIQUE
	5.00pm	LATIN INTERMEDIATE - COUPLE
	7.30pm	BALLROOM INTERMEDIATE



For further details, please enquire at Reception

KARAOKE GROUP

Committee Lineup

- **RICHARD CHUNG** (Convenor)
- **JOYCE TAN** (Hon Secretary)
- **CHEAH SEOK PIN** (Hon Treasurer)
- **CHUAH CHENG LEONG** (Comm Member)
- **BERNADETTE KOK** (Comm Member)
- **JENN GOH** (Comm Member)
- **LOW MEI LENG** (Comm Member)
- **RACHAEL TAN** (Comm Member)
- **RONNIE CHANG** (Comm Member)

In The True Spirit of Camaraderie

The Karaoke Group hosted our counterparts from the Penang Sports Club (PSC) for a Social Evening on Jan 07 in the spirit of friendship and camaraderie.

This event is part of the traditional annual social exchanges between the 2 Clubs. 18 members from PSC made the visit, while 60 of our Club members (including members of the Main and Karaoke Committees) joined in the merriment.

On hand to receive the visitors were our President, Dato' KH Chan, Hon Sec Pierre Boudville, Hon Treasurer Benny Beh, Entertainment Comm Chairman Dev Sajan and Karaoke Group Convenor Richard Chung.

Members from both Clubs took turns to entertain the audience for the evening and also to rekindle friendship built over the years

Contributed by Richard Chung

Pics by Ann Tan







DARTS GROUP

Committee Members

- | | | | |
|--------------------|----------------|---------------|------------------|
| • Michelle Chiam | Chairperson | • Jenny Lee | Committee Member |
| • Judy Choo | Hon. Secretary | • Tony Morley | Committee Member |
| • Victoria Labrooy | Hon. Treasurer | | |
| • Devyn Khoo | Darts Captain | | |

3rd Quarterly Competition

The Darts Group held its 3rd Quarterly Competition on Sunday, the 27th of November.

The attendees were split into separate Ladies and Men's Competitions, which commenced just after 2.00pm. The Ladies competition being a Round Robin between the competitors, to determine the Winner and Runner Up.

The Men, divided into two groups, also began with Round Robin competitions for each group, the winners of each group to play a head-to-head final, to determine the Winner and Runner Up.

The recent resurgence of the Darts Tuesday League was evident, with darters having finally shed the post pandemic rustiness from lack of competition during the hiatus of almost 2 years due to Covid restrictions.

Mid competition, high tea was served, with excellent dishes chosen by Victoria Labrooy, and efficiently organised by SeaFront Bar Supervisor, Elmee.

After high tea, the matches resumed, finally concluding at 4.45pm.

At the end of an interesting afternoon's play, the eventual top positions were taken by: -

	<u>Winner</u>	<u>Runner-Up</u>
Ladies	Michelle Chiam	Jenny Beh
Men	Tony	Piao



The Competition in progress



Mid-Competition High Tea



The Competition Winners

... ..

As the Darts Tuesday League continues through to the 21st of February 2023, the next Quarterly Competition will be in February 2023, and will be the Doubles Competition, for the sponsored Dato` K.H. Chan Doubles Trophy. March 2023 will be the finale for the 2022-23 Season, and will include the Annual Competitions, the Foursome Competition, and conclude with the Group AGM and Annual Dinner.

(See Schedule below)

DARTS GROUP SCHEDULE FEBRUARY – MARCH 2023

Tuesday League –	Every Tuesday up to, and including, 21.02.2023
4th Quarterly Competition (Doubles) –	Sunday 26.02.2023 @ 2.00pm
4Some Round Robin Competition –	Tuesday 28.02.2023 @ 8.00pm (Round 1)
	Tuesday 07.03.2023 @ 8.00pm (Round 2)
	Tuesday 14.03.2023 @ 8.00pm (Round 3)
Annual Men's & Ladies Competitions -	Sunday 19.03.2023 @ 2.00pm
Group AGM, Annual Dinner & Awards –	Sunday 26.03.2023 @ 6.00pm.

(Keep a check on the Club Notice Boards for information regarding registration etc. for the various events.)

TENNIS GROUP

Committee Members

- Chairman
- Vice Chairman
- Honorary Secretary
- Honorary Treasurer

Ch'ng Wei Ern
Eric De Smet
Jacqueline Kwong
Foo Phaik Lian

Committee Member
Committee Member
Committee Member

Mary Ann Harris
Chris Ooi
Kelvin Lee

The Tennis Group had a friendly match against the Singapore tennis team Saturday, January 7, 2023, followed by dinner. It was a fun casual event & we hope to have more friendly matches between various clubs this coming year. The games were held at our club premises from 4 pm to 7 pm.





CLUB GOVERNANCE & INFORMATION

PENANG SWIMMING CLUB

517, Tanjung Bungah, 11200 Penang

Tel: 04-890 7370 Fax: 04-890 3271

E-mail: info@penangswimmingclub.com

www.penangswimmingclub.com

ADMINISTRATION OFFICE

Operating Hours

Monday- Friday (9.00am -6.00pm)

Saturday & Sunday and Public Holidays (Closed)

PATRON

Tuan Yang Terutama

Tun Dato' Seri Utama Ahmad Fuzi Bin Haji Abdul Razak
S.M.N., P.S.M., D.U.P.N., S.P.D.K., D.S.L.J. (Brunei), D.M.P.N.,
J.S.M., A.M.N.

Yang Di-Pertua Negeri Pulau Pinang

TRUSTEES

Y. Bhg. Dato' Seri Nazir Arif! Bin Mushir Arif!, D.G.P.N.,

D.M.P.N., D.S.P.N., P.K.T., P.J.M., J.P.

Y.Bhg. Dato' Seri Mahinder Singh Dulku, D.S.P.N., P.K.T.

Dr. Ronnie Ooi Oon Seng

CLUB MANAGEMENT

General Manager :	Roy Buma
Finance Manager :	Adrian Low
Admin Manager :	Husniza Husin
Admin Executive :	Ann Tan
Chief Security Officer :	Mohd Haikal Bin Abdullah
Food & Beverage Executive :	Chin Chew Mun
Maintenance Officer :	Muhammad Aizat Bin Muhammad Ihwal

GROUPS

AEROBICS:

Josephine Goh

DARTS:

Michelle Chiam

SQUASH / RACQUETBALL: TAEKWONDO:

Lim Theam Hock

TAI CHI:

Wang Chee Seng

YOGA:

Clara Ooi Swee Har

DANCE SPORT:

Catherine Choong Siew Yin

KARAOKE:

Richard Chung Chok Yin

Dr. Eric De Smet

TENNIS:

Ch'ng Wei Ern

ELECTION COMMITTEE

Committee Member : Lim Shin Lid
Tan Bee Den
Chuah Tet Cheng
Ang Lye Hin
Goh Bee Liew
Ong Swee Keat

DISCIPLINARY COMMITTEE

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Committee Members : Ramsun Ho Chii Huey
Tan Hooi Choo
See Ewe Lin
Dato Dr. Kulwaran Singh

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Committee Members : Tho Lai Teng
Ong Chin Lee
Chong San Dee

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Michael Cheong Zhi Xian
Olivia Michel

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Eddy Tan

CLUB GOVERNANCE & INFORMATION

SECTIONS

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Lawrence Low Kheng Pheng

SCUBA:
Teh Chin Leong

SAILING:
Terry Lim Teong Kheng

SWIMMING:
Tan Hui Fang

SUB-COMMITTEES

F&B, Event & Promotion:

Chairman: Dev Sajan Buxani
Committee Member: Chan Ee Lin
CK Loke

Maintenance:

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Committee Member: Jessie Chin
Dev Sajan Buxani

Facility:

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Committee Member: Dato' Chan Kean Hin
John Tan Choon Yee

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Chairman: Dr. Gopinathan A
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Dato' Chan Kean Hin

IT COMMITTEE:

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Committee Members: Michael Cheong
Charles Tang
Ong Chee Yi

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Committee Members: Lim Lay Looi (Molly)
Jenny Lee Cheng Suan
Dr. Pamela Jean Sharpe
Dr. Yoon Chee Kin
Ang Teik Huang

Opinions & views expressed in this issue do not necessarily reflect those of the Committee and the Editorial Board. The Editorial Board reserves the right to reject or edit any contribution to the Newsletter. Articles, extracts, and notes published in this newsletter are strictly for members and not for public circulation.



PSC Games Room located in Old Wing!

(2nd floor @The Captain Deck)

For more info, please contact **04 - 890 9976**

Business hours: **SUN - FRI** **12PM - 2AM**
 SAT & EVE OF **12PM - 3AM**
 PUBLIC HOLIDAY

WE'RE HERE!



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