



KELAB RENANG PULAU PINANG

e-NAUTILUS

PENANG SWIMMING CLUB

Issue #0001/2

January 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 Sajan 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

Contents:

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PRESIDENT'S MESSAGE

Happy New Year and I hope 2023 is off to a great start for each and every one of you! I hope you all had a wonderful year-end season and had a chance to spend time with family and friends, especially those you may not have seen for over 2 years because of the pandemic



As we welcome the new year with new beginnings, we also welcome this inaugural issue of the newly launched e-Nautilus, which will now take the form of a simplified monthly online newsletter.

I, together with the rest of the Committee members, felt that it was time to fully digitalise the Nautilus magazine and increase the frequency of its previously quarterly publication to a monthly issue. This will result in a more timely, environmentally friendly and forward-looking mode of club communications. And also save the Club about RM30,000 annually!

I know that the Editorial Board is excited to work with all Sections & Groups (S&G) to showcase all the fabulous activities and events that each S&G organises to the ENTIRE club membership (and not just S&G members) who may otherwise not be aware of our S&G's vibrant activities.

United we stand, divided we fall... so it is my hope that the e-Nautilus will serve as a united front for our Club, serving as a one-stop compilation of all past events and, more importantly, all future Club and S&G events. This can help attract new members to our S&G and even attract potential new members to our Club.

So don't hesitate to let all Club members know of future events at our S&G so that interested members can join the S&G and block their calendars to join in.

On behalf of the entire Committee and the Editorial Board, we hope that you will enjoy reading and contributing to this more timely, forward-looking, cost-effective, modern and environmentally friendly digital platform of communications.

By supporting each other and each other's activities and events through thick or thin, Penang Swimming Club can only grow from strength to strength and this is my wholehearted hope for our Club in 2023!

President

Dato' Chan Kean Hin

Penang Swimming Club

517, Jalan Tanjung Bungah,
11200 Tanjung Bungah Penang

04-8907370

04-8903271

info@penangswimmingclub.com

NEW MEMBERS

As of (November/ December 2022)



Mr. Charles –
Alexandre Albin



Mr. Torbern Bahr



Mdm. Kwang Yoke
Lee



Mdm. Lim Sue May



Mr. Micheal Toh Teik
Ghee



Mr. Tan Kim Seng



Mr. Ung Soo Thiew



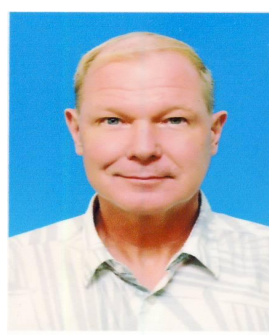
Mdm. Priscilla Yeoh
Chuang Fei



Mr. Alan Yeap Jin
Teong



Ms. Devarshney A/P
Rengaraj



Mr. Martin Lehnich

ASSOCIATE MEMBER

As of (November/ December 2022)



Mdm. Olivia Michel



Mdm. Marisa Bahr



Mr. Lim Jit Boo



Mr. Tan Rodney



Mdm. Tan Ai Nee



Mdm. Ang Lisa



Mdm. Low Lay Ai



Mr. Ng Wen Han



Mdm. Gong Yi

JUNIOR MEMBER

As of (November/ December 2022)



Mr. Boey Jian Lun



Ms. Amber Lee Zi Yin



Ms. Renne Ho Mun
Wei



Mr. Keng Yu Rong



Mr. Keng Yu Lim



Ms. Lee Pei En



Ms. Lee Pei Xin



Ms. Sim Jia Ru



Mr. Ch'ng Shaun Yang



Mr. Fong Jia Ler

CALENDAR OF EVENTS

JANUARY

07

KARAOKE SOCIAL DINNER
PACIFIC LOUNGE
📍 MPH
🕒 7:00pm

13

SWIMMING SECTION CNY DINNER
MPH
📍 MPH
🕒 7:00pm

14

TAI CHI PRE CNY DINNER
MPH II
📍 MPH II
🕒 7:00pm

27

ANGLING SECTION CNY DINNER
MPH
📍 MPH
🕒 7:00pm

28

SHANGHAI NIGHT
MPH
📍 MPH
🕒 7:00pm

29

YOGA GROUP CNY DINNER
MPH
📍 MPH
🕒 7:00pm

FEBRUARY

04

SCUBA CNY DINNER
MPH
📍 MPH
🕒 6:30pm

14

PSC VALENTINE DINNER
CAPTAIN'S RESTAURANT
📍 CAPTAIN'S RESTAURANT
🕒 7:00pm

MARCH

04

PATRON'S NIGHT
MPH
📍 MPH
🕒 7:00pm

25

DSG TRIPARTE (PSC/ RSC/ SRC)
MPH
📍 MPH
🕒 7:00pm

CALENDAR OF EVENTS

MAY

06

SATURDAY

DSG AGM

📍 MPH

🕒 10:00am – 1:00pm

13

SATURDAY

**KARAOKE
GROUP AGM**

📍 PACIFIC LOUNGE

🕒 6:00pm

JUNE

02

FRIDAY

MEMBERS' NIGHT

📍 MPH

🕒 7:00pm – 12:00am

18

FRIDAY

AGM

📍 MPH

🕒 10:00am – 1:00pm

(Tentative)

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 31 October 2022

	31/10/2022	31/10/2021
INCOME	RM	RM
Subscriptions	2,296,504	2,219,400
Bar Profit	117,840	12,308
Restaurant Commission	256,370	57,209
Slot Machine Profit	521,434	115,612
Interest From fixed deposits	328,088	265,458
Transfer fees	561,216	70,610
Sundry revenue	130,372	101,900
	4,211,824	2,842,497
EXPENDITURE EXCLUDING DEPRECIATION		
Staff Cost	2,289,317	1,682,214
Utilities & Services	775,317	351,226
Repairs & Maintenance	378,711	178,970
Entertainment	76,288	12,168
Club events & functions	156,794	15,990
Administration Expenses	233,261	134,978
Sections & Group	102,571	17,276
Rates, Taxes & Insurance	171,688	158,583
	4,183,947	2,551,406
SURPLUS FOR THE YEAR BEFORE DEPRECIATION	27,877	291,091
Depreciation of property, plant & equipment	565,380	632,032
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(537,503)	(340,941)
Taxation	133,049	65,523
DEFICIT AFTER DEPRECIATION & TAXATION	(670,552)	(406,464)

MEMBERSHIP STATISTICS

Membership Figures As At 30.11.2022

Type of Membership	Active	Absent	Total	Total Membership Figures as at (31.10.2022)
Patron/Hon. Members	17	0	17	16
Ordinary Transferable Members	4674			
-Pending for Election (Normal Transfer)	39	664	5386	5423
-Pending for Election (JM Conversion)	9			
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	227	53	322	318
- Pending for Election	42			
Associate Members	1935	125	2162	2173
- Pending for Election	102			
TOTAL	7046	845	7891	7934

Visiting Members = 9

Sporting Members

Swimming Section: 16 Sailing Section: 4 Defaulter: -71

Members Patronizing Club Statistics

DATE	Spenders (Only F&B charges)		No. Card Tracking	No. of Ceased Member/Defaulter	No. of Reinstatement
	> RM 500	> RM 1			
Apr'21	45	790	202	36	13
May'21	13	590	102	0	15
June '21	1	155	0	0	0
July'21	2	180	0	0	0
Aug'21	4	134	0	0	0
Sept'21	2	225	0	0	0
Oct'21	20	525	67	0	12
Nov'21	6	316	226	0	9
Dec'21	86	846	296	0	0
Jan'22	86	885	349	0	6
Feb'22	99	1045	302	0	6
Mac'22	58	858	666	0	6
Apr'22	65	873	362	0	6
May'22	127	1398	788	0	7
June'22	108	1298	586	0	3
July 22	115	1335	480	0	10
Aug'22	109	1325	490	202	1
Sept'22	79	1263	612	92	5
Oct'22	94	953	440	101	17
Nov'22	88	1232	455	71	13

Total currently ceased members as at 30.11.2022 is 353



PSC OKTOBERFEST 23 Oct 2022

Celebrating Penang's rich cultural diversity and after a 2-year hiatus, our Club welcomed back its much loved Oktoberfest on 23 Oct 2022. PSC's own unique German beer drinking festival by the sea attracted a near record attendance of almost 600 party-goers (double what was the originally planned due to overwhelming demand!)

Under a magically fairy light-lit tent along the beachfront and surrounded by well decorated beer bar counters and food stalls, members and guests decked in dirndl and lederhosen enjoyed authentic music courtesy of live Bavarian band "Die Frankenräuber" from Germany.

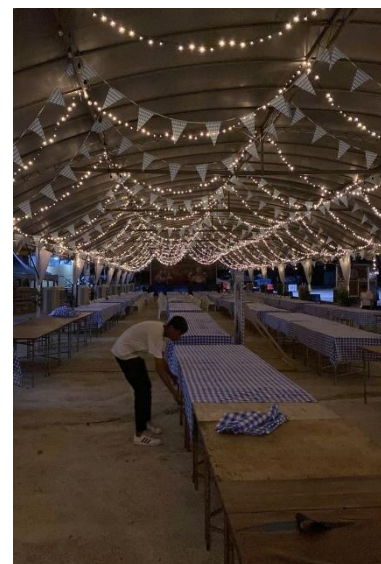
Even more enjoyable were the buckets of imported German beer downed in rapid succession, as diners particularly enjoyed the grilled sausages and other traditional Bavarian cuisine by Bavarian chef Felix and his team from Chez Chez.

Merry makers energetically participated in rounds of contests involving arm wrestling, beer drinking, beer mug carrying, and later danced very late into the night to the repeated strains of "Zicke zacke, zicke zacke, hoi hoi hoi!"

What better way to showcase Penang's multihued cultural tapestry and vibrant fusion of East meets West than with PSC's very own Oktoberfest by the sea under the stars!



BEHIND THE SCENES @ OKTOBERFEST



Not all heroes wear capes... here are some of the many unseen and often under-appreciated heroes of PSC who work tirelessly behind the scenes to make PSC events happen - thank you to each and every staff who contributed to making Oktoberfest 2022 such a stunning success!

PSC DEEPAVALI CELEBRATION



Penang Swimming Club committee members



By V. Sivaji

Some 150 members and guests of the Penang Swimming Club gathered to celebrate a belated Deepavali celebration.

Although the celebration was delayed due to the G-15, it did not dampen the spirits and camaraderie among those present.

The club also invited 25 children from the Penang Shah Children Home Association to give them a great time out.

Present was club president Dato' KH Chan, Vice President Dato' Dr S. Vasani, organising chairman Dev Sajan and other committee members.



Fun day for the kids

In his address, President Dato' Chan invited guests and children to have a great time with the fine food and goody bags.

"Deepavali is a celebration of doing good and I hope that everyone here has a memorable gathering. I also thank the main and sub-committee for getting this event together," he added.

Meanwhile, Dr Vasani added that despite several delays, they are happy to finally host the gathering and meet up with members and friends.

"More importantly, it is also heartening that the new government has been formed for the good of the rakyat," he added.

He also pledged a contribution of RM1,000 towards the Penang Shah Children Home Association.

The club's committee members joined hands to perform the lighting ceremony to mark the launch of the evening. This was followed by several song, dance performances and a dhol performance.

The highlight was the contest for the best dressed lady and gentleman for the night.



Best dressed awards



Kids having a good time

Syabas to the Penang Swimming Club for organizing the memorable gathering



Club president with VIP guests



CHRISTMAS TREE LIGHT UP 3rd December 2022

Christmas came early to our Club this year. On 3 Dec 2022, about a hundred members with their children gathered around the tall and handsomely decorated Christmas Tree located at the Club House to embrace the tradition of the annual PSC Christmas Tree Light Up.

After a practice singing session and photo taking at the pretty and warmly inviting "fireplace" backdrop at the Club reception, the event was kicked off by our President, Dato' Chan Kean Hin, who welcomed the 22 carollers from the Penang Cheshire Home.

The carollers burst into several rounds of carols with happy participation of members and their visibly excited children.

The President, together with other Committee members, then placed their hands on a dazzling orb, and the dark tall tree was transformed into a vision of gold spiralled ribbons, red and gold glitter ornaments, and bathed in a sea of twinkling fairy lights. The tasteful Christmas decorations at the club this year was put together by Committee member Chan Ee Lin.

Later, Club Captain Mr Walvin LaBrooy, presented a token of appreciation to the Penang Cheshire Home, and several members made generous donations to the Home. Besides enjoying the food, everyone was delighted to receive goodies from Santa Claus. The children had the additional surprise of ice cream at the event's end.





WINE FIESTA

8 DECEMBER 2022

Our final Wine Fiesta event for the year saw a turnout of approximately 20 odd members and guests. The event was held at the Fun Pub with a cool atmosphere.

Finger food was served, and members and guests were seen each happily carrying home a bottle of Bremerton wine after the Wine Fiesta.

Bremerton wine is now available for purchase at the club.



WORLD CUP – FINAL – LIVE TELECAST 18 DECEMBER 2022

Football is one of only two things that bring all people together in such a family-oriented club. Penang Swimming Club organized a live telecast on the big screen of the World Cup finale at the Club House on 18 December 2022. About 100 members had fun and stay until 2.30am to watch the nail-biting game between Argentina and France.

Some eager Argentina fans wore the national team's blue and white striped jersey. They were seen sitting and mingling with fellow members to get the best seats to watch the highly-anticipated match-up on large screen. Supper was served during the event for all the members.



BRING ON THE BLING 31 December 2022

On the last night of 2022, 300 revellers gathered at the Club to celebrate the new year countdown in true style and bright bling. Dressed to the theme of Bring On The Bling, members and guests glittered and glowed under a multitude of fairy lights that rose to the top of the 14 metre MPH ceiling. The festive ambience was amped up by artistic renditions of bottles and bubbles on the walls as well as silver and gold foil Happy New Year balloons.

Graced by the presence of our guests of honour (GOH), Professor Dr. Ramasamy and Deputy Chief Minister for Penang) and PSC Trustee Dr Ronnie Ooi and his wife, the party started with pre-dinner appetisers of salad, creamy soup and delicious hot roast lamb carved fresh off the roasting spit.

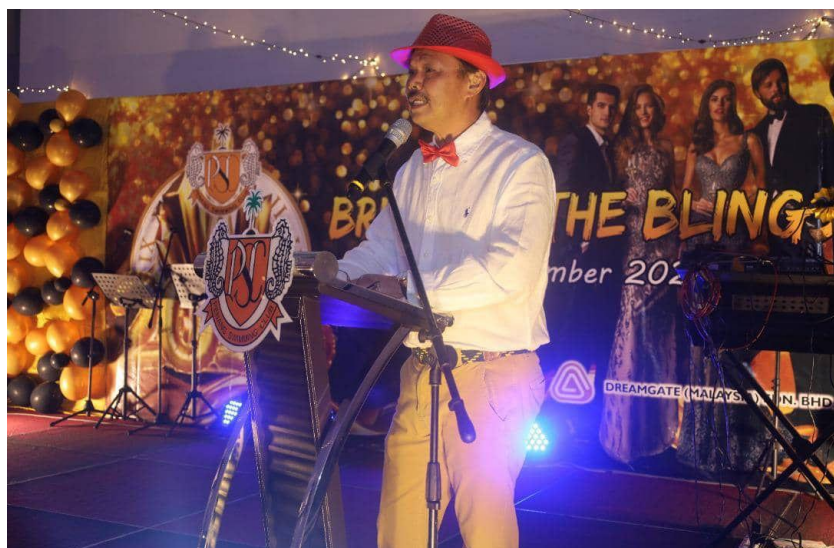
Soon after opening words from the organising chair, Dev Sajan, Club President Dato KH Chan and GOH Professor Dr. Ramasamy, rousing music from the singers on stage attracted many energetic dancers to the floor even before dinner was completed.

The atmosphere was electric with excitement and merrymaking. Added to the merriment was a celebration of the President's birthday which falls on 31 Dec. Dancing continued throughout the evening in between lucky draws and dance performances on stage. Each of two very lucky winners went home with the latest model Apple watch. Party-goers were also entertained by an unusual dance with LED lights amidst a darkened hall.

At the stroke of midnight, cheers erupted and hugs abounded. Merrymakers continued to dance to their hearts' content into the wee hours of the night. What a fabulous way to usher in 2023! Happy New Year everyone!









SWIMMING SECTION

Committee Lineup

- Tan Hui Fang Chairman
- Lee Chye Seng, Vice Chairman
- Moiria 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



Swimming Section (continued)



Swimming Carnival 6 November 2022 Sunday 7:30am to 1pm

The Penang Swimming Club saw the return of this annual event after a 2 years absence due to Covid Pandemic.

The Swimming Carnival is a club event of which the Swim Section Committee helps the Club to organize. The event is open for up to 80 participants to ensure a quality event with safety being of utmost importance.

This year's event was led by Daphne Beh and the Swim Section Committee plus a team of helpers and 6 months of prior preparation and planning led to the success of this event.

The Swim Carnival consists of a series of events such as the Aquathlon comprising of a Swim (400 meters) and Run (200 meters). Thereafter there will be team games (on land and in the pool or both) followed by the ever popular treasure hunt where goodies are thrown into the pool for the swimmers to "hunt" and finders are keepers!

The winners for the Aquathlon are grouped by age groups. Whilst the team event winners are declared by the highest scores in the games. The organisers try their best to be more inclusive with regard to the prizes to ensure everyone goes back with a prize of their own.

The carnival concluded with a delicious lunch and prize giving by the Club President Dato KH Chan and several of the Committee Members who attended the lunch.

Thank you to the club members who participated in the Carnival with such aplomb and thank you to Daphne and the Committee, the Coaches plus all who helped out in more ways than one!



Penang Invitational Swimming Competition 11-13th November 2022 at the Relau Pool (Leg 2)

The 2nd leg of this swimming competition saw about 100 swimmers from Penang Swimming Club compete.

This swimming competition strives to encourage the younger swimmers and also encouraged the adult and masters swimmers to compete.

Our young and young at heart swimmers did their best and it was a learning curve for many and it is through experience that one learns to be better. The Coaches and the Swim Section Committee again provided their full support and encouragement and many parents of swimmers also helped out in one way or another.

It was good to see many swimmers from many clubs in Penang compete.



Swimming Section (continued)



7th Malaysia Masters International Swimming Championship 2022 (3rd December 2022) at the Pandeleda Rinong Aquatic Centre in Kuching Sarawak

Finally, after a 2 years break, the masters competition (for swimmers 25 years old and above) returned in beautiful Kuching Sarawak.

A nine (9) members team representing Penang Swimming Club swam their hearts out at the aquatic center. And for the first time in a long while, there were male swimmers representing Penang Swimming Club in the masters competition.

Masters swimming is about reacquainting with old friends and making new ones. Creating memories whilst swimming and not forgetting experiencing the gastronomy of a new place. Swimming is for life and masters competition is proof of that as there were many swimmers into the 70s and 80s (and beyond) – all grateful that one can be active and competitive throughout their lives.

The 9 members team garnered many medals in their individual races respectively and also in the relays. The 9 masters swimmers in this team are Moira Toh, Gillian Gray, Mary Smith, Lim Cheang Cheang, Carol Lee, Kathleen Chee, Kenneth Tan, Kathleen Chee, Reinier Hille Ris Lambers and Dickson Chin.

SCUBA SECTION

Committee Lineup

CHAIRMAN	CHIN LEONG TEH	TRAINING OFFICER	CHEOW CHIEN GEH
SECRETARY	KAREN THONG	ASST TRAINING OFFICER	SULIN EOW
TREASURER	ERIC DE SMET	EQUIPMENT OFFICER	IVAN YONG
ASST TREASURER	JO HAN TAN	ASST EQUIPMENT OFFICER	SOON LEE TEOH
DIVING OFFICER	CHEE KEONG TAN	EXPEDITION OFFICER	SIEW HOOI WOO
MEMBERSHIP SECRETARY	LI NA LEE	INFORMATION OFFICER	KATHRYN TAN
SOCIAL OFFICER	CHRISTINE SEE		



Greetings from the Scuba Section. We ended the year with a bang. Saving the best for last.

Finally we got to step into Thailand minus jobs, tests and house arrests, I mean quarantine. The highlight was meeting and diving in Koh Lipe with Edward Haynes, Chairman from BSAC United Kingdom. "Such an honor..", both parties exude.

When one Chairman meets another, what transpires? CL shared that Edward was amazed at the big number of active divers we have. Had this group be in the UK, it will be the biggest there. Edward is a fan of our BSAC225 group in Facebook and closely follows it. He is fascinated with our diving and social activities.



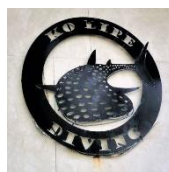
L to R: Edward, CL, SH, Jo Han, CK



Photos: CK

So how can we work together with our Headquarters? There is a British Sub Aqua Jubilee Trust which provides funding to support Scuba Projects related to a greener environment. Our Project AWARE to clean up Tioman in April 2023 can be one.

Scuba Section (continued)



Ko Lipe 14-18 Dec 2022

Photos: CK and Jin

Of the 39 in this trip, 10 are Junior Members and kids. For a full video, please click [here](https://youtu.be/GBGamk1Fbs8) or visit <https://youtu.be/GBGamk1Fbs8>

On 19th Dec, four students started the Ocean Diver Course. At last we cleared the Wait list for the Ocean Diver Course before the year ends. Another new intake will soon be announced. From now on, a class will start under two OWIs for every four students registered. More cycles, Smaller groups.



Ocean Diver Course



Photos:CK

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 for easy registration.



Scuba Section (continued)

Upcoming Events

No	Event	Registration
1	Ocean Diver, Sports Diver courses	To be announced soon
2	Refresher Course, Trial Dive (once/non-Scuba member, open to all Club members)	To book a slot in advance
3	Gotong royong spring clean Scuba Hub, 7 Jan 2023 (<i>members only</i>)	To be announced
4	Chinese New Year Gathering, 4 February 2023 (<i>members & family only</i>)	Closes 15 Jan 2023
5	Scuba Carnival, April 2023	To be announced
6	Dive Expedition to Pulau Tioman, 13 - 17 April 2023	Closed

For previous and current issues of the monthly Scuba e-Newsletter, (the latest publication, Dec '22, was published on Saturday, 31st) please use the QR Scan Code here or visit

https://drive.google.com/drive/folders/1QVK_1NKE6Y1o5JO212LxbQPIOkPtKL4R?usp=share_link

Activities of the Section can be followed at our BSAC225 Facebook. Please click [here](#) or visit Facebook BSAC225



CONTACT INFORMATION

1) Section email: bsac0225@gmail.com.

2) For Dive Courses, Training, Refresher & Trial Dive, please inform in advance (*via WhatsApps messages only*) :

Diving Officer: C K Tan @ 012-477 8091

Training Officer: C C Geh @ 016-414 6329 (*WhatsApp messages only*)
Sulin @ 012-4890088



Scuba Section (continued)

The highlight of 2022 was we went digital which comes free, fast and carries unlimited data. The pandemic has made us all tech savvy. Scan codes and all things online is part of the new order. So was our documents and call for the 2022/2023 AGM, our Section membership form (launched in October) and our Monthly Scuba e-Newsletter (launched in July).

We missed sending our Christmas and the New Year Seasons' greetings to you. Nevertheless, greetings and very current updates on the Section can be enjoyed by all by clicking [here](#) if you have a digital copy of Nautilus, otherwise, visit "BSAC 225" in Facebook to read our monthly e-Newsletters. The next issue in February 2023 will be published on the 28th of the month.

As the year 2022 was drawing to a close, we were winding down and clearing whatever uncompleted tasks. We are all ready to launch new projects in 2023.

Here are the Events that went on in October and November 2022:-

No	Event
1	Halloween Potluck Dinner, 30 th October.
2	Open Water Assessment, for 4 th batch of Ocean Divers and Sports Divers at Pulau Payar, 3-4 November.
3	Advanced Diver Course

Trial dives are open to all Club members and so are Refresher Courses for Section members. Please book a slot by contacting the persons-in-charge listed below;

Please be informed of coming events (as of November 2022):-

No	Event
1	Ocean Diver, Sports Diver courses, Refresher
2	Trial Dive (once/non-Scuba member, open to all Club members)
3	Dive Expedition to Koh Lipe, Thailand, 14-18 December 2022
4	Chinese New Year Gathering, February 2023
5	Scuba Carnival, February 2023
6	Dive Expedition to Pulau Tioman, 13 - 17 April 2023

Last but not least, please use the QR Scan Code for registering as a Member of the Section. All are welcome. Hard copies are no longer in use.

Useful contacts:-

No	Particulars
1	Section email: bsac0225@gmail.com
2	For Dive Courses, Training, Refresher & Trial Dive, please inform in advance: Diving Officer: C K Tan @ 012-477 8091 (WA messages only) Training Officer: C C Geh @ 016-414 6329 (WA messages only)

AEROBICS

Committee Lineup

- Name: Phoon Lai Peng, Acting Chairman
- Name: Phoon Lai Peng, Secretary
- Name: Ow Heow Hooi, Treasurer
- Name: Alvina Mun, Committee Member
- Name: Chuah Sze Yen, Committee Member
- Name: Cheah Shin Yih, Committee Member
- Name: Chuah Sze Yen, Contributor
- Name: Team Members, Photography
- Name: Phoon Lai Peng, Layout Design

The common suggestion when seeking tips to lose weight is to EXERCISE. So, come join us!

We, the Aerobics group at PSC, offer a plethora of workouts, from Mixed dance to Latin and Pole Exercises, from Salsation to Zumba and Pilates. Each of these programmes promises different health and fitness benefits.

If running or gymming makes you snooze, do shake things up by opting for our enjoyable group classes for some fun and laughter while burning your calories, honing your balance and agility.

The friendly instructors, with smiles plastered on their faces, are great motivators in keeping members' energy up throughout the 1 hour and in ensuring members are achieving their best.

So let's reach for the same goal - tone our bodies and shed a few pounds.

The new year, the new goal, the new YOU!



**After workout
glee!**



Stretch.....

Let's jam!



Roar.....

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 2022

Over two weekends (30th October and 6th November), 13 sailors from the sailing section competed in a fun-filled team regatta.

Both weekends saw perfect weather for close and fun sailing between 6 lasers, 2 Bahia's, and 4 optimists.

Team A was represented by Terry Lim, Cha'nelle Lim, Ng Yu Fey sailing the Bahia, River Ng for the optimist, and Dennis, Ocean Ng, Andy Ewe, and Dennis Yang for the laser class.

Team B comprised of Scott Ong, Tan Wei Han, KJ Lee for the Bahia, Sky Ng sailing the Optimist, and Ivie Low, Toby Smith, and Donald Saik for the laser.

The competitiveness was reflected in the score line with Team B entering day 2 with a slim 1-point lead. After 3 more races for each class, day 2 ended in a deadlock, with both teams tied at 111 points. As tiebreakers favor the winner of the final round, Team B were crowned the official winners of the Commodore's cup.

Photo Credits – Carl Smith, Mary Smith, Aidel, KJ Lee, Scott Ong





Sailing Section (continued)

37th MSA-MILO/MPKL/NSC National Open Championship Regatta 2022

Congratulations to all PSC representatives and medalists at the 37th National Open Championship Regatta 2022.

Our sailors put on an impressive showing in Selangor, representing PSC and the sailings section well.

Results are below, with notable performances from Ng Yu Fey and our very own coach, Aidel.

- a. River Ng,
 - I. 16th overall Optimist
 - II. 9th division A Optimist
- b. Sky Ng,
 - I. 39th overall Optimist
 - II. 17th division B Optimist
- c. Ocean NG,
 - I. 5th LASER 4.7 Boy (ILCA 4)
- d. Aidel
 - I. 3rd LASER Standard (ILCA 7)
- e. Ng Yu Fey
 - I. 3rd RS-ONE Girl

Photo Credit – Ng Tien Khuan



SUKMA 2022 Results

PSC Sailing was represented well at this years SUKMA. With Ng Yu Fey and River Ng both scoring bronze medals in the Windsurf RS One and Optimist class respectively. .

River Ng has since been selected to the national sailing team.

Congratulations to both sailors!

Sailing Section (continued)

Upcoming events

PSC Commodore's Cup Open 2023

On January 7th and 8th, the sailing section will host the PSC Commodore's Cup Open 2023.

Sailors from PSC will be joined by sailors from PKSA and Bagan Ajam in a 2 day-regatta at PSC.

Registrations are open now with limited boats available to represent PSC.

This year's competition will have 4 classes, laser, windsurf, double-handed, and optimists.



Commodore's Cup Open

♦ LASER
OPTIMIST
DOUBLE-HANDED
WINDSURF

**JAN 7TH &
8TH**

2 PM

Dinner Provided for
Competitors

Register with
reception



Learn to Sail with Aidel

Want to join in on the fun? Learn to sail with the sailing section coach, Aidel, 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

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

DSG DINNER & DANCE EVENTS FOR YEAR 2022

The Dance Sport Group had TWO sold out events in October and November 2022.

The Annual Line Dance Jam in October saw 220 participants jamming to 60 dances. It was a fun gathering of line dance groups from KL, Taiping and Penang, mixing with our Club's dancers. All came masked and dressed to the Masquerade theme. Kenny Teh's group from Taiping and Wendy Teh's group from Butterworth presented 2 outstanding performances. It was a night to remember, indeed

November saw the Grand Theme Night, again a sell-out event. This was a great time to dress up to the Gatsby theme and for dancers of different genres to show their stuff. Ballroom, Latin, Belly, Modern Line and Disco dancers kept the floor crowded the entire night. Dance Sport members from the Belly, Latin Couple, Latin Solo and Line Dance classes showcased their abilities. We would also like to thank to our instructors, Zoe, Colin and Emmeline, for putting up the 4 showcases. It was indeed a grand and enjoyable night for dancers of every kind.



The night before the 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.

Dance Sport Group (continued)

Upcoming Events

1) BASIC DANCE TECHNIQUE WORKSHOP

The Dance Sport Group will be organising a "Basic Technique Dance Workshop" in Q1'2023. This is open to all PSC members. It is for members with zero or very little dance experience to learn how to dance. More information will be released soon on the Notice Boards.

2) 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	C L A S S E S
MON	8.30p m	L A T I N I N T E R M E D I A T E - S O L O
TUE	10.30a m	B E L L Y D A N C E
WED	10.00a m	L I N E D A N C E - I N T E R M E D I A T E
THUR	11.30a m	L I N E D A N C E P R A C T I C E S E S S I O N
FRI	11.30a m	L I N E D A N C E B E G I N N E R S
	8.30p m	B A S I C B A L L R O O M
SAT	10.00a m	L I N E D A N C E I N T E R M E D I A T E / A D V A N C E
SUN	2.30p m	B A C H A T A S H I N E S
	3.45p m	B A S I C L A T I N & T E C H N I Q U E
	5.00p m	L A T I N I N T E R M E D I A T E - C O U P L E
	7.30p m	B A L L R O O M I N T E R M E D I A T E

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)
- **DEVYN KHOO** (Comm Member)
- **JENN GOH** (Comm Member)
- **LOW MEI LENG** (Comm Member)
- **RACHAEL TAN** (Comm Member)
- **TAN EE LENE** (Comm Member)

Truly A Xmas Extravaganza!

Christmas came a little early this year for the Karaoke Group when we held our Xmas Extravaganza themed FELIZ NAVIDAD at the Captain's Restaurant on Sat, Dec 10.

The event was graced by all the top 5 in the Main Committee, namely President, Dato' KH Chan, VP Dato' Dr S. Vasan, Hon Sec Pierre Boudville, Hon Treasurer Benny Beh and Club Captain Walvin Labrooy.

It was truly non-stop fun and entertainment with the array of highlights for the evening. It started with the Karaoke Committee and invited singers rendering evergreen Christmas carols.

3 of the recent competition winners (Champion Ismail Baba, Runners-up Kimmie Choong & Tan Vae Lun) rendering their winning songs before the highlight for the evening when 10 specially-selected ladies in Christmas colours were invited to sashay and catwalk their way to attractive prizes.

Not to be outdone, 12 male attendees were also invited to participate in the hilarious "Cup-the-Ball" challenge when they each had to compete to cup a ball into a paper cup with their hands tied behind their back. Plenty of fun and laughter to add to the evening.

In between, there were 20 lucky draws for all those came dressed in Christmas colours.

The dance segment of the evening was filled with fast-tempo song renditions by Club and guest singers with dancers filling up the floor.

Contributed by Richard Chung



Karaoke Group (continued)



Karaoke Group (continued)



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

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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

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Chief Security Officer :	Mohd Haikal Bin Abdullah
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Maintenance Officer :	Muhammad Aizat Bin Muhammad Ihwal

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DARTS:

Michelle Chiam

SQUASH / RACQUETBALL:

Lim Theam Hock

TAI CHI:

Wang Chee Seng

YOGA:

Clara Ooi Swee Har

DANCE SPORT:

Catherine Choong Siew Yin

KARAOKE:

Richard Chung Chok Yin

TAEKWONDO:

Dr. Eric De Smet

TENNIS:

Ch'ng Wei Ern

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Tan Hooi Choo

See Ewe Lin

Dato Dr. Kulwaran Singh

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Committee Members :

Jenny Lee Cheng Suan

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Ang Teik Huang

Club Governance & Information

SECTIONS

ANGLING:	SAILING:
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SCUBA:	SWIMMING:
Teh Chin Leong	Tan Hui Fang

EDITORIAL BOARD

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Committee Members :	Chan Ee Lin Michael Cheong Zhi Xian Olivia Michel
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Committee Members:	Michael Cheong Charles Tang Ong Chee Yi

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!**



DREAMGATE (MALAYSIA) SDN. BHD. (415557-A) (199701000061)

AFFILIATED CLUBS

Malaysia

KEDAH

Royal Kedah Club
royalkedahclub@gmail.com

NEGERI SEMBILAN

Royal Port Dickson Yacht Club
info@rpdyc.com.my
www.rpdyc.com.my

Royal Sungai Ujong Club
info@rsuc.my
www.rsuc.my

PERAK

Ipoh Swimming Club
ipswcl@gmail.com
pohclub@streamyx.com

Royal Ipoh Club
www.royalipohclub.org.my

The New Club, Taiping
nct1885@gmail.com

KUALA LUMPUR

Royal Commonwealth Society
info@rcs.org
www.rcs.org.my

Royal Lake Club
quest@royallakeclub.org.my
www.royallakeclub.com.my

Royal Selangor Club
rscmail@rscweb.org.my
rsc.org.my

The Raintree Kuala Lumpur
admin@raintree.com.my
www.raintree.com.my

SARAWAK

The Sarawak Club, Kuching
info@thesarawakclub.com
www.thesarawak.com

MALACCA

The Malacca Club
tmclub@malaccaclub.com.my
www.malaccaclub.com.my

KELANTAN

Kelantan Golf & Country Club
linkgccc@yahoo.com
kelantangccc.html

SELANGOR

Royal Klang Club
nfo@royalklangclub.com.my
www.royalklangclub.com.my

SABAH

Kinabalu Yacht Club
kyctaru1@streamyx.com
www.kinabaluyachtclub.com

Sandakan Yacht Club
info@sandakanyachtclub.com
www.syc.org.my

The Kinabalu Club
thekinabaluclub@gmail.com
www.thekinabalu.com

AFFILIATED CLUBS

Overseas

INDIA

Jodhpur Gymkhana, Rajasthan
jodhpurgymkhana@rediffmail.com
www.jodhpurgymkhana.com

Royal Bombay Yacht Club
rbycmail@vsnl.net
rbyc.co.in

THAILAND

Chiang Mai Gymkhana Club
gymkhanagolfclub@gmail.com
www.chiangmaigymkhana.com

The British Club, Bangkok
info@britishclubbangkok.org
www.britishclubbangkok.org

UNITED KINGDOM

Carlton Club, London
reservations@carltonclub.co.uk
www.carltonclub.co.uk

The Royal Northern &
 University Club, Aberdeen
secretary@rnc.org.uk
www.rnc.org.uk

The Royal Scots Club, Edinburgh
info@royalscotsclub.com
www.royalscotsclub.com

City University Club
secretary@cityuniversityclub.co.uk
www.cityuniversityclub.co.uk

CANADA

The University Club of Toronto
rsvp@universitycluboftoronto.com
www.universitycluboftoronto.com

SINGAPORE

Hollandse Club
info@hollandseclub.org.sg
www.hollandseclub.org.sg

SIA Group Sports Club
resevations@tanglin-club.org.sg
www.tanglingclub.org.sg

Singapore Cricket Club
scc@scc.org.sg
scc.org.sg

Singapore Swimming Club
enquiries@sswimclub.org.sg
www.sswimclub.org.sg

The Tanglin Club
resevations@tanglin-club.org.sg
www.tanglinaclub.org.sg

Singapore Recreation Club
recep.mship@src.org.sg
www.src.org.sg

BRUNEI

Panaga Club
info@penagaclub.com

Royal Brunei Yacht Club
www.panagaclub.com

JAPAN

Kobe Club
kobeclub@office.email.ne.jp
www.kobeclub.org

CHINA

Kowloon Cricket Club
adm@kcc.org.hk
www.kcc.org.hk

Ladies Recreation Club
inquiries@lrc.com.hk
www.lrc.com.hk

Hong Kong Football Club
frontdesk@hkfc.com.hk
www.hkfc.com.hk

SRI LANKA

Colombo Club
colomboclub@sltnet.lk
www.colomboclub.lk

UNITED STATES

The Pacific Club, Hawaii
front-office@thepacificclub.org
www.thepacificclub.org

The Columbia Club, Indianapolis
frontdeskres@Columbia-club.org
www.Columbia-club.org

India House Clubs
reservations@indiahouse.nyc
www.indiahouse.nyc