

KELAB RENANG PULAU PINANG

THE NAUTILUS

Live life!



PENANG
SWIMMING
CLUB

FOUNDED 1903

*Unwrap yourself a
joyful Christmas!*

The best present one can hope
for this year is to
spend time together



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 Ariff Bin Mushir Ariff,
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.G.P.N., D.S.P.N., P.K.T.

Dr Ronnie Ooi Oon Seng
P.J.K., J.P.

CLUB MANAGEMENT

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

SECTIONS

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Lawrence Low Kheng Pheng | Terry Lim Teong Kheng
SCUBA : | SWIMMING :
Teh Chin Leong | Tan Hui Fang

GROUPS

AEROBICS : | DANCE SPORT :
Josephine Goh | Catherine Choong Siew Yin
DARTS : | KARAOKE :
Michelle Chiam | Richard Chung Chok Yin
SQUASH / RACQUETBALL : | TAEKWONDO :
Lim Theam Hock | Dr. Eric De Smet
TAI CHI : | TENNIS :
Wang Chee Seng | Ch'ng Wei Ern
YOGA : | YOUTH :
Clara Ooi Swee Har | John Tan Choon Yee

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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.
Honorary Secretary : Pierre C. Boudville
Honorary Treasurer : Beh Ping Seng
Club Captain : Walvin Labrooy
Committee Members : Chan Ee Lin John Tan Choon Yee
Lim Lay Looi Kenny Koay Lee
Ang Teik Huang Dev Sajan Buxani, P.J.M., P.J.K.
Dr Gopinathan A.

ELECTION COMMITTEE (TERM 2022-2023)

President : Lim Shin Lid
Members : Goh Bee Liew Valerie Chuah Tet Cheng
Ong Swee Keat Rachael Tan Bee Den
Ang Lye Hin

DISCIPLINARY COMMITTEE (TERM 2022-2023)

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Committee Members : Dr. Kulwaran Singh
Mr. See Ewe Lin

DEVELOPMENT COMMITTEE (TERM 2022-2023)

President : Scott Ong Chen Min
Members : Tho Lai Teng
Ong Chin Lee
Eric Ong San Dee

LIBRARY COMMITTEE

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

EDITORIAL BOARD

Editor : Pierre C. Boudville
Committee Members : Anthony David Morley
Chan Ee Lin
Michael Cheong Zhi Xian
Management : Roy Buma Adelyn Chew
Ann Tan Eddy Tan

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.



PRESIDENT'S MESSAGE

I would like to express my sincere appreciation to all members for your support at the most recent Annual General Meeting.”

On behalf of the Main Committee, I would like to express my sincere appreciation to all members for your support at the most recent Annual General Meeting, where we witnessed a smooth transition in the election of the Main Committee for 2022-2023. I am deeply honoured and grateful for the trust and confidence bestowed on myself and the members of the Main Committee as demonstrated by the fact that MC positions were not contested, and the proposed budget and program of services were unanimously approved. We look forward to serving the esteemed members of the Club in the year ahead.

As we go to press and as outlined at the AGM, members can look forward to many enhancements to the Club's offerings in due course, which include the following:

- Extending the opening hours of Pacific Lounge to 7 days a week (up from its current 6-day weekly availability);
- Additional afternoon tea offering at the Fun Pub. Members who may be too busy in the mornings to visit the Club, will now have a convenient and conducive location in which to enjoy a relaxing cup of afternoon tea alongside teatime nibbles;
- Finalising an operator to resume food and beverage service at Snake Temple. Members will once again be able to enjoy a full sea-front dining experience with family and friends in a beautiful yet convenient location; and
- Opening the Annexe Club house at Lorong Abu Siti.

To fund the capital expenditure necessary to support these improvements as well as the ongoing maintenance and enhancements to Club facilities, we will be scheduling an Extraordinary General Meeting in early December 2022 where various initiatives will be tabled for approval, including:

- addition of a second swimming pool;
- renovation of the 13th floor of the main building;
- addition of two new tennis courts; and
- amendments to several rules to improve efficiency and reduce costs, particularly regarding the provision of digital AGM notices. Printing Annual Reports and mailing them to members cost the club approximately RM40,000 annually. The club can achieve annual recurring cost savings with the use of digital notices instead.

We look forward to your continued support in attending the EGM in early December to approve these initiatives which will add further vibrancy and life to the Club and enhance the overall club experience for you and your family. Please be on the lookout for the EGM announcement and save the date in your calender. We really look forward to seeing and interacting with each and every one of you at the EGM and as we enjoy time with family and friends at our beloved Club.

Dato' Chan Kean Hin
President

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EDITOR'S MESSAGE

“On behalf of the Editorial Board, I would like to extend our heartfelt gratitude and appreciation to all contributors of articles and photos documenting the wonderful events held especially at the Section & Group level.”



It has been an incredibly busy quarter for the Club with a seemingly exponential explosion in the number of events held at the Club level and at the Section & Group level as one can see from the contents of this bursting issue of the Nautilus.

Besides serving as the Club's Honorary Treasurer and Editor of the Nautilus, I also chair the Food & Beverage (F&B) Committee. To this end, we are delighted to have engaged a Food Truck to bring more delectable cuisine to members at the Oasis. The F&B sub-committee as well as the Event & Promotion sub-committee headed by Dev Sajan Buxani, have worked very hard to bring about the influx of exciting Club events, injecting further energetic vibes and vibrancy into the life of PSC.

In this issue, you will see a wide diversity of Club events. Adventurous alcohol lovers were spoilt for choice by the myriad of drink-centred events such as a wine tasting session, a Caribbean-themed beer night as well as whiskey and beer promotions featuring the lowest priced beers found in Penang.

Music lovers were treated to a Country and Western Music Night as well as the usual bands playing at the Clubhouse and Fun Pub.

Children were not left out either with a Children's Merdeka Party and a Mooncake Festival and Lantern Night Celebration under the cool night sky.

Turning to upcoming events, I am well aware that frenetic planning and preparations are well underway for the much anticipated Oktoberfest on 23 Oct. Featuring authentic German live music, this is a once-a-year event where traditional German pork dishes are on offer at the club. Do not miss it!

Also coming up will be the PSC Deepavali Celebration on 27 Nov and the countdown New Year's Eve Party on 31 Dec. Save the date! Come dressed to the theme of Pirates of the Caribbean and party in the new year with family and friends!

As Editor of the Nautilus, I am well aware of the role that the Nautilus plays in communicating with members about past and future Club events at the club-level and at Section & Group level. On behalf of the Editorial Board, I would like to extend our heartfelt gratitude and appreciation to all contributors of articles and photos documenting the wonderful events held especially at the Section & Group level. The production of the Nautilus would not be possible without your superb contributions and cooperation. To this end, we would like to share with you that the Editorial Board is in the midst of planning a revamp of the Nautilus to streamline the submission and publication of our beloved e-magazine for a quicker and more efficient and effective turnaround for all members. Please be patient with us as we plan for the change and as we transition the Nautilus solidly into the modern digital age.

Until the next issue, best regards

Pierre C. Boudville
Editor

GM'S MESSAGE

“My utmost priority is to improve and bring excellent service to PSC members, families and friends.”



A very warm 'HELLO' to all members of Penang Swimming Club as this is my first message in the Nautilus e-Magazine. It is indeed a great honour to serve the Club as General Manager, an honour heightened by the Club's reputation as being the Premier Club of the Pearl of the Orient for well over a century.

In the one month since I joined Penang Swimming Club, I have had numerous discussions with members of the Main Committee, Sub-committees, and many club members, all of whom have very generously offered me guidance and advice on how to move the Club to the next level. Being new in this Club, I appreciate all the advice and ideas offered and would like to assure you that all proposals will be given due consideration where appropriate. My utmost priority is to improve and bring excellent service to PSC members, families and friends. With my past experience in the hotel industry, my mission is to instill into each in-house associate, a deep sense of hospitality and friendly service culture to serve each and every one of you, and to deliver a touch of "Home" to you as you patronise the Club.

In my regular office administration and operations briefings, associates are constantly reminded of their service and performance objectives, and of the need to work "hand in hand" with the Main Committee and Sub-committees to elevate the Club to greater heights in terms of member experience.

I would like to thank those who have attended our recent Annual General Meeting, Caribbean Beer Night, Mooncake Festival Night, Hari Malaysia celebration at the Club House and also the Annual Karaoke Night held at the Captain's Restaurant. There are many more activities lined up this quarter. Stay tuned, excitement awaits you!

Last but not least, just around the corner is the Oktoberfest on 23 October 2022, one of the highlights of the club event calendar. Featuring an authentic live music Om Pah Pah band from Germany and mouth-watering German food and beer throughout the night, it's time to block your calendar and make a date with us at the Oasis. Bring your friends and "Frohe Oktoberfest", "Prost"everyone!

Looking forward to seeing you and to serving you in the Club.

Thank you.

Roy Buma
General Manager

ELECTION OF NEW MEMBERS

OTM & AM

17 AUGUST 2022



Goh Chin Kwang
& Khor Chiat Yee



Jimmy See Pheng Thor
& Andrea Ooi Sze Nee



Ooi Hong Sing
& Yeoh Chee Hong



Phil Tan Heng Ghee
& Ang Shao Li



Kim Yee Farn
& Chung Tze Yau



Yeap Wen Nie &
Kelvin Loo Poi Ming



Chiam Lee Phing



Lim Jia Wen



Chuah Pei Jun



Kang Min Seo



Mabel Ang Li Ying



Ooi Sze Khern

OTM & AM

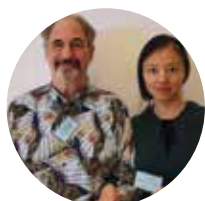
14 SEPTEMBER 2022



Cheah Yong Fah &
Khaw Choon Choon



Ludwig Hofbauer &
Christina Hofbauer



Christopher John Lonsdale
& Chen Mei Han



Bjorn Sebastian Neeven
& Femke Lammers



Dato' Lim Teng Hin &
Datin' Hooy Sock Kuan



Michael Tan Boon Keong
& Tan Miao Kim



Darell Chan Leong Seng
& Sak Poh Li



Vincent Chee Wui Sern
& Mark Shu Wen



Ka Wai Chouson Ng
& Yuet Ping Connie Wong



Arutchelvan A/L Thiagarajah
& Shujata Shalini A/P
Sanadrasen

OTM & AM

14 SEPTEMBER 2022



Choo Mai Leen &
Khoo Ee Soon, David



Hor Ben Lee &
Anjou Tan



Vynson Moh Gym Liang &
Christine Bong Ngieng Ping



Shirley Lim Sheh Lee



Seelan A/L Kumarasamy



William Jay Huffman



Ch'ng Bee Choon



Khoo Jia Ying



Cheok Gaik Lee



Jennifer Teh Soon Yong



Andy Lim Weng Kin



Reuben Ooi Seng Keat

JM - OTM

14 SEPTEMBER 2022



Oh Wei Jun



Linus Lim Jing Xian



Ryan Lee Wen Zheng



Chin Zu Er



Chuah Shaoren



Cheong Hoy Kitt

WHAT IS A TRUSTEE?

Members of Penang Swimming Club are aware that Properties of the Club are entrusted to three (3) trustees appointed by the Committee, pursuant to Rule 43(a) of our Club Rules.

The above is an arrangement that is common amongst societies in Malaysia.

Trustees are usually selected from the rank of members with good standing and impeccable reputation.

The position of trustee of a club is both a position of honour and a position that has major responsibilities.

A trustee's primary responsibility is to uphold the fiduciary duty to protect all the club's assets in trust for the benefit of the beneficiaries/ members.

The overall fiduciary duty includes the duties of care, obedience and loyalty, which means that a trustee must place the club's interests above his or her own.

Trustees must avoid conflicts of interest as much as possible and has a duty to be impartial and fair in his or her dealings with beneficiaries/ members.

Trustees are expected to be impartial or neutral when faced with competing beneficiaries/ members. Hence, a trustee should not actively involve himself or herself in club politics to campaign for one group of beneficiaries/ members against another group of competing beneficiaries/ members.

A trustee of a club who is neutral and impartial will better serve the interests of the club due to his or her ability to work harmoniously with all beneficiaries/ members.

INCOME & EXPENDITURE STATEMENT

For the Period from 1 April 2022 to 31 July 2022

	31/7/2022	31/7/2021
INCOME	RM	RM
Subscriptions	1,311,112	1,278,359
Bar profits	62,327	7,126
Restaurant commission	145,203	42,610
Slot machines surplus	314,641	66,901
Interest from fixed deposits	186,292	150,908
Transfer fees	340,816	69,900
Sundry revenue	70,866	57,573
	2,431,257	1,673,377
EXPENDITURE EXCLUDING DEPRECIATION		
Staff cost	1,223,159	970,168
Utilities & services	411,778	207,458
Repairs & maintenance	202,921	107,387
Entertainment	42,766	6,848
Club events and functions	104,433	15,990
Sections and groups activities	58,283	17,276
Administration expenses	102,112	61,393
Rates, taxes & insurance	97,050	93,001
	2,242,502	1,479,522
SURPLUS FOR THE YEAR BEFORE DEPRECIATION	188,754	193,856
Depreciation of property, plant & equipment	323,075	361,161
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(134,320)	(167,305)
Taxation	81,573	36,885
DEFICIT AFTER DEPRECIATION & TAXATION	(215,893)	(204,190)

MEMBERSHIP STATISTICS

Membership Figures As At 31 August 2022

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon. Members	17	0	17
Ordinary Transferable Members	4660		
- Pending for Election (Normal Transfer)	48	668	5390
- Pending for Election (JM Conversion)	14		
Ordinary Members	0	2	2
Unattached Lady Members	1	1	2
Term Members	0	0	0
- Pending for Election (JM Conversion)			
Junior Members	248	36	323
- Pending for Election	39		
Associate Members	1919	138	2145
- Pending for Election	88		
TOTAL	7034	845	7879



CHILDREN'S MERDEKA PARTY

Penang Swimming Club celebrated Merdeka Day with a Merdeka party for children on 31st August 2022 at the Marina Deck.

For the 48 children who participated, the party was a great opportunity to celebrate Malaysia's independence in a joyful atmosphere complete with a Pinata game, trivia session, balloon sculpture workshop, and a colourful clown who gave a magic show and musical chair performance.

The children were also treated to yummy burgers and delicious ice cream, and a gift pack before they departed for home with full tummies and happy faces.



MOONCAKE FESTIVAL AND LANTERN NIGHT CELEBRATION

10TH SEPTEMBER 2022

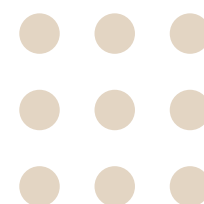
On the 15th day of the Chinese Lunar Calendar, Club members celebrated the traditional Mid-Autumn Festival, also known as the Mooncake Festival.

This year, the Mid-Autumn Festival at our Club took place on the 10th September 2022.

About 150 members and guests enjoyed the coolness of the moonlit night air, carrying lanterns, enjoying mooncakes, and making new friends.

Entertained by a 2-piece live band and Karaoke singing by the Karaoke members at the Oasis, members and guests alike were also treated to a buffet of Asian food, different varieties of mooncakes and moon biscuits.

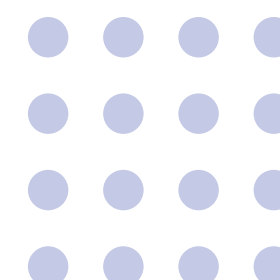
In keeping with the custom of this festival, 45 children, accompanied by their parents, proudly displayed their home-made lanterns, and basked in the warm glow of lantern light. They paraded happily in familial solidarity with their beautiful festive lanterns along the shore and boat yard towards the end of the programme. Another great point of excitement, especially for the many children in attendance, was the eating watermelon competition. Winners of the watermelon game and owners of the most beautifully crafted homemade lanterns were awarded prizes, ending the evening with smiles as bright as the full moon shining brilliantly in the night sky above.

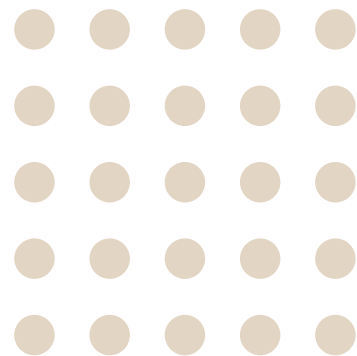


ANGLING SECTION FISHING COMPETITION

Angling Section Fishing Competition was held on 14th August 2022 at the Club Snake Temple shoreline since it is a club event. The event attracted 33 members comprising of men, ladies, and children. Lunch and breakfast were provided for all registered members. The competition was keen among participants, and prizes (coupons) were given to the lucky winners.

The Section's next Fun Fishing event was back on the following dates, i.e., 28th August 2022, 11th September 2022, and 25th September 2022, with an average of 30 members registered for each date. All these events were held at the Snake Temple shoreline. As usual, all registered for the event were treated with light refreshments. After which, lucky anglers were presented with coupons for their winning watch.





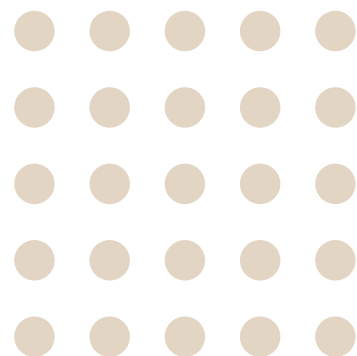
NEW ARRIVALS FOR THE SAILING SECTION

Exciting news for all paddlers and soon-to-be paddlers as 5 new stand-up paddleboards are now available for use.

Come try them out and experience that new board feel for yourself, as Deborah Chuah says, "It glides like an eagle!"

A newly acquired Hobie 16 catamaran has arrived with new boat covers also ordered.

New life jackets and parts for the laser dinghies and windsurfs have also recently arrived, with repairs and maintenance constantly under way.



POTLUCK PICNIC

The sailing section held a memorable potluck picnic by the water, with members bringing delicious food and drink to share with fellow sailors.

Come join our ever-growing community at our next event where we catch up with experienced sailors, while welcoming our newest members to the sailing section.



KAYAK TRIP AND BREAKFAST AT PULAU TIKUS

Heavy morning rain threatened to stifle the eager group of kayakers and stand-up paddle-boarders. However, after having some breakfast while waiting out the rain, paddlers fought through the rough chop to reach the oasis of Pulau Tikus.

It was an invigorating morning of exercise, exploration, and refueling with a delicious local breakfast of curry puff, kuih, nasi lemak, and coffee.



SAILING SECTION WATERSKI GROUP TRAINING DAY



In January an Introductory Course to Waterskiing was held. Some twelve rookie water-skiers had their first taste of waterskiing and drinking the ocean ha-ha! The Phoenix ski-boat had been hurriedly adapted to be fitted with a training bar as the regular training boat, Footloose, was found to be hors combat a few days before. A training bar lesson gives a simpler introduction to skiing than jumping in the deep end with 20metres of flexing rope between the student and a 140hp boat. The coach is also more effective at 2metres bailing sophisticated instructions such as: "Stay-down, Stay-down----".

For ease of learning the lessons were conducted in three stations with: land training to get a feel for the start to standing transition, then a spell floating in the shallows to control balance followed finally by a tow on the bar and --standing!!!

Luckily on the day we had plenty of helpers in addition to Paul and Dianne Fennelly, two highly experienced British Water Ski Federation water ski coaches.

A successful day with youth well represented as well as adults. Stars of the day the youngest 6year old Ben Friel who amazed all by standing up first tow on the bar and Graham Bell surpassed all expectations standing with a rope start accompanied by huge applause, well done. Lots of grinning faces reflected the fun and accomplishments at the end of the day.

SAILING SECTION ROUND ISLAND SAIL

In a private event, three McGregor boats invited sailing section members on a two-day voyage around Penang Island.

As sailors battled the rain and light wind conditions, they made their way past both Penang bridges to their stopover at Country Home & Cafe near Gertak Sanggul.

After a night's rest, sailors continued their 39.4 nautical mile (73KM) sail past Sungai Pinang, Kawah Laut Rock, and Teluk Bahang Jetty to return to home port at PSC.

Join us on the next sail around Penang Island for some adventure and a rarely seen perspective of our beautiful home.





SWIMMING SECTION 1ST LEG OF THE PASA PENANG INVITATIONAL SWIMMING CHAMPIONSHIPS 2022

THE MBPP RELAU SPORTS COMPLEX

This race was organized by the Penang Amateur Swimming Association to encourage swimmers in Penang to swim in competitions again after the pandemic and the lockdown.

This race was special and unique as younger swimmers and masters swimmers were encouraged to enter this competition, so Penang Swimming Club sent a contingent of both young and masters swimmers.

Penang Swimming Club placed 3rd in the standings after 3 days of competition, and all swimmers look forward to the 2nd Leg of this competition scheduled to be held in November 2022.



SWIMMING SECTION SPORTS EXCEL AND MAS SENIOR MEET

Sport Excel Grand Final in Cheras (20-21 August 2022) - Bukit Jalil, National Aquatic Stadium and MAS Senior Invitational Swim Meet (20-21 August 2022) - Bukit Jalil, National Aquatic Stadium (both events were held on the same dates at different times).

Our young swimmers made Penang Swimming Club proud by winning medals. Below are the results of both competitions.

SPORT EXCEL GRAND FINAL Yeoh Yun Xuan

1. 100m Breaststroke - Silver.
2. 50m Breaststroke - Silver.

MAS SENIOR INVITATIONAL SWIM MEET Louis Chin Teng Aun

1. 200m Freestyle - Silver.
2. 100m Breaststroke - Gold.
3. 100m Freestyle - Silver.
4. 200m IM - Gold.
5. 50m Breaststroke - Gold.



Yeoh Yun Xuan

Our 4 x100m freestyle relay team (bronze) comprising of Chris Chew, Koay Yi Chern and Louis Chin



Our PSC swimmers with Coach Tan Choo Heng en route to Bukit Jalil

Lee Yen Yi (Jess)



Chris Chew Vi Min



DANCE SPORT MINI LINE DANCE JAMS IN SEPTEMBER

The mini line dance jams are open to all members and is a great way to socialise. As most start gearing up for the Annual Line Dance Jam in October, the Club's line dancers decided to have some fun line dancing at the Clubhouse. In September, they were held on two Thursdays and many were seen dancing the evenings away to at least 30 songs for each night! This shows how dancing can help improve one's memory power, as each dance has a unique pattern or sequence of steps! Watch out for more mini line dance jams and come join in the fun.

BACHATA SHINES

To add variety into our selection of dance genres, a new class offering Bachata Shines was started in the middle of this year. So, what is "bachata shines"? Well, "Bachata" is a social dance style which originated from the Dominican Republic. The dance itself involves swaying and body wave like movements. It is relatively slower than salsa. "Shines" are the "patterns, steps and footwork" which adds style to the basic steps, and this takes one's dance to the next level. Together, "bachata shines" is a solo dance. You don't need a partner to attend this new basic class....and it is held on Sundays at 2.30pm. For more information, please contact the Dance Sport Group!



AEROBICS GROUP CHAIR WORKOUT AND ZUMBA SESSIONS

We are delighted to report that our Aerobics Group Open Week which took place from 26th September to 2nd October 2022 was a huge success!

The highlight of the open week was the Chair Workout and Zumba sessions led by our experienced instructors over the weekend of 1st and 2nd October 2022 at MPH2. Those classes saw many new faces joining in the fun. In short, everyone had a fantastic time trying out different workouts during the week-long complimentary sessions.

If you are looking to burn more calories and achieve a fitter and healthier body the fun way, look no further. Come join the Aerobics Group and enjoy a minimum of 8 classes per week at only RM18 per month!

Let's groove to hit music with our awesome instructors while building up strong and fit bodies! This is a total calorie-burning experience that you don't want to miss.



This is our latest timetable. The duration of each class is one (1) hour.

DAY	TIME	CLASS	INSTRUCTOR
Monday	10.00am	Mixed Dance <i>Dance to the beat of top-chart music.</i>	Sam
Monday	7.00pm	Zumba <i>Burn a ton of calories without realizing it!</i>	Amy
Tuesday	7.30pm	Zumba <i>Ditch the workout and join the party!</i>	Jeremy
Wednesday	6.00pm	Latin Fitness <i>Fusion of Bachata, Hip Hop, and Samba.</i>	Jimmy
Thursday	10.00am	Pole <i>Stretch and align to relieve tension.</i>	Sam
Thursday	6.45pm	Salsation <i>A fun dance movement in sync with music.</i>	Chye Tee
Friday	6.30pm	Pilates <i>Strengthen core muscle, boost flexibility.</i>	Sabrina
Saturday	4.00pm	Zumba <i>A fitness Latin-inspired cardio dance.</i>	Dex

Date and time of classes are subject to change.
Venue: Studio 1, Level 1.



YOGA GROUP WORKSHOPS

Yoga Group organised 2 workshops last quarter. Held on 30 July, coinciding with the Awal Muharram holiday, the Yoga Group's first workshop was well received and easily hit its maximum capacity of 30 participants. The first hour session was led by Instructor Angeline Teh, who conducted Chair Yoga, while the second-hour session on Yoga Flow was conducted by Instructor Queenie Wong, after a half-hour break. The workshop sessions were followed by a delicious lunch featuring a variety of dishes served together with porridge.

Next, to commemorate 65 years of Independence of the Federation of Malaya, the Yoga Group held another workshop on 31 August National Day. The Yoga Wall & Ball Workshop was led by Instructor Julie Quah and again attended by a full capacity crowd of 30 members. After the workshop, yogis were treated to a meal of nasi lemak and healthy vegetables.

Later, to celebrate the Mid-Autumn Lantern Festival on 9 September, Yoga Group held a special Stick Yoga session featuring lighted lanterns attached to sticks that were hand held by yogis during practice. This brightened up the class considerably and was led by Instructor Anna Yeoh.



UPCOMING EVENTS

(subject to change)

- **Yoga Day**
- Sunday, 20 November 2022
(Club Event - Open to all PSC members by registration at Club Reception.)
- **Yoga Christmas Celebration** (Group Event)
- 18 December 2022

Details to be announced in due course.

DARTS TEAMS TRIUMPH IN CHALLENGE TROPHY MATCH

Sunday the 14th of August, and our Darts Teams made an early start on their trip to Royal Ipoh Club, for the Challenge Trophy Match.

The trophy had been in the hands of Royal Ipoh Club (RIC) since 2020, due to Covid preventing Penang Swimming Club (PSC) from attempting to re-capture the trophy. Since the inaugural event in 2011, which resulted in an overwhelming 11-1 PSC victory, the following 8 matches had been closely contested, and shared at 4 wins each. With thoughts of nothing other than a win in mind, our 10 Darters (2 x Teams of 5) arrived at RIC at around lunchtime. 10 players! No spectators! No supporters! All business!

After a two-year hiatus in this annual match, an especially hospitable welcome greeted our Teams, with the added incentive of the presence of our own Vice President Dato' Dr. Vasanth Sivadurai. RIC served a delightful lunch, enjoyed by all. Lunch was followed by the presentations and exchange of mementoes. Our PSC Vice President accepting the role of presenting RIC with a memento of the match, in his now customary Dato' Vasanth's unique style.

The host club determines the match format. RIC decided on a 2 x Team match. Teams "A" and Teams "B". The A & B Teams from the opposing clubs would play each other, and the overall (combined) aggregate scores would determine the winners.

As the matches began, our "A" Team quickly fell behind, and were subsequently to spend most of the afternoon fighting back after going 2-4 behind early in the match.

On the adjacent dartboard, however, PSC "B" Team was scything through the opposition with ever increasing confidence. 1-0, became 3-0, and then 5-0 etc. As our "B" Team lead continued to increase, over at the "A" Team match, our team had fought back to



now lead 6-4. With our "B" Team now leading 9-0, the outcome was determined. Both our teams relaxed and both lost the final Singles matches 1-2.

The final Teams results :-

	Royal Ipoh Club	Penang Swimming Club
"A" Team	6	7
"B" Team	2	10
Aggregate Final Match Score	8	17

A resounding victory, comparable to the 11-1 inaugural match winning result back in 2011.

Following our darters retention of the Triangular Tournament Trophy in early July, our congratulations go out to them once again.

Siong, Piao, Michelle, Beh Ping Seng, Jenny Beh, Kung, Devyn, Ewe, Yeoh & Quah.

Another stunning performance.

Finally, our thanks - to the attendant members of Royal Ipoh Club for a marvellous reception, and the RIC darters, who were as gracious in defeat as they were humble in victory in 2020.

DARTS GROUP 2ND QUARTERLY COMPETITION

The second Quarterly Darts Competition of the 2022-23 Season took place on Sunday the 28th of August.

A total of 18 members attended, and the darts match formats were determined as open draw knock out for both Men's & Ladies Competitions.

The matches commenced at 2pm, and the first round saw some of the favourites being eliminated.

Round 1 was followed by an interval for high tea, organised, with her usual efficiency, by Victoria.

The matches then re-commenced, and the semi-finals produced wins for Lee Eng Kim & Kung Chew Soon in the Men's competition, and Quah Yean Lee & Michelle Chiam in the Ladies.

Both finals were well contested, with Lee Eng Kim and Quah Yean Lee emerging victorious.

Congratulations to both Quah and E.K.

For the first time, quarterly trophies were presented to the winners.

The Men's Trophy (sponsored by Judy Choo - "In Memory of Choo Lip Hoe") was presented to E.K. by Darts Captain Devyn Khoo, and the Ladies Trophy (sponsored by Jenny Lee - "In Memory of Lee Cheng Tee") was presented to Quah, by Jenny Lee herself.

Well done to the event organisers, and members for another successful Darts Event. After our darters recently retained the Triangular Trophy and regained the Challenge Trophy, our darters finally becoming more active after an interval of almost 2 years.



CALENDAR OF EVENTS

November, December 2022 & January 2023

NOVEMBER

NOV
06

SUNDAY

**Swimming Section -
Carnival**

📍 Poolside

🕒 7.00am - 2.00pm

NOV
19

SATURDAY

**Dance Sport Group -
Grand Theme Night**

📍 MPH, Level 14

🕒 7.00pm - 12.00am

NOV
27

SUNDAY

**Darts Group -
Darts Quarterly
Competition**

📍 Darts Room

🕒 2.00pm - 5.00pm

NOV
27

SUNDAY

**Deepavali
Dinner**

📍 MPH, Level 14

🕒 7.30pm - 10.00pm

DECEMBER

DEC
03

SATURDAY

**Christmas Tree
Light Up**

📍 Club House

🕒 8.30pm - 9.30pm

DEC
10

SATURDAY

**Karaoke Group -
Christmas Party**

📍 Pacific Lounge

🕒 7.00pm - 11.30pm

DEC
24

SATURDAY

**PSC Christmas Eve
Dinner**

📍 Captain's
Restaurant

🕒 7.00pm - 10.00pm

DEC
25

SUNDAY

**PSC Christmas
Buffet Lunch**

📍 Captain's
Restaurant

🕒 12 noon - 2.30pm

DEC
31

SATURDAY

**PSC New Year
Eve Party**

📍 Level 14, MPH

🕒 7.00pm - 12.00am

JANUARY 2023

JAN
28

SATURDAY

**Karaoke Group -
Chinese New Year
Dinner**

📍 Pacific Lounge

🕒 7.00pm - 11.30pm

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.