KELAB RENANG PULAU PINANG

THE NAUTILUS

Live life!

Happy Lunar New Year

JAN FEB 2019

FOR MEMBERS ONLY
PENANG SWIMMING CLUB
517, Tanjung Bungah, 11200 Penang
Tel: 04-890 7370  Fax: 04-890 3271
E-mail: info@penangswimclub.com
www.penangswimmingclub.com

ADMINISTRATION OFFICE
OPERATING HOURS
Monday - Friday (9.00am - 6.00pm)
Saturday (9.00am - 1.00pm)
Sunday (Closed)

PATRON
T.Y. Yang Di-Pertua Negeri Pulau Pinang Tun Dato’ Seri Utama
(Dr) Haji Abdul Rahman Bin Haji Abbas
DMK, SMN, DUPN, SPDK, DP, DMPN, DJN

TRUSTEES
Y. Bhg. Dato’ Seri Zainol Abidin Bin Dato’ Hj Salleh
DGPN, DMPN, JSM
Y. Bhg. Dato’ Mahinder Singh Dulku
DSPN, PKT
Y. Bhg. Dato’ Seri Nazir Ariff Bin Mushir Ariff
DGPN, DMPN, DSPN, PKT, PJM, JP

CLUB MANAGEMENT
GENERAL MANAGER Ramis Chandran
FINANCE MANAGER Ong Gaik Cheng
F&B MANAGER Ibrahim Bin Kamarudin
CONFIDENTIAL SECRETARY Agnes Leow
ADMIN EXECUTIVE Ann Tan
CHIEF SECURITY OFFICER Mohd Haikal Bin Abdullah

SECTIONS
ANGLING Beh Ping Seng I SAILING Manfred Wiedermaier
SCUBA Freddie McGuire I SWIMMING Cindy Wong

GROUPS
AEROBICS Mariam Harvey I DANCE SPORT Choy Kuan Seng (acting)
DARTS Anthony David Morley I KARAOKE Michael Quah
SQUASH/RACQUETBALL Iain Pickett I TAEKWONDO Lim Peng Eng
TAI CHI Colin Yu I TENNIS Tan Tian Heng I YOGA Clara Ooi
YOUTH John Tan

MAIN COMMITTEE 2018/2019
President : Lim Shin Lid
Vice President : Najieb Ariff
Honorary Secretary : Lim Khoon Seng
Honorary Treasurer : Lee Chee Lin
Club Captain : Michael Cheong Zhi Xian
Committee Members : Lim Lay Looi, Ng Chin-U, Ian Philip Pegggs, Cheah Chin Teong, Paul Thomas Harrison, Lee Aun Tjang

ELECTION COMMITTEE
Dr Tan Kim Hor
Richard Chung
Dato’ Dr Zaatar M Adel
Valerie Chuah
Elaine Tan
Low Mei Leng

DISCIPLINARY COMMITTEE
Chairman : John Heah Wee Theng
Committee Members : Ramsun Ho Chii Huey, Dato’ Diljit Singh Dulku, Dr Gopinathan A. Tan Hooi Choo

DEVELOPMENT COMMITTEE
Chairman : John Tan
Committee Members : Eric Chong San Dee, Rethinam Pillay, Ivan Tan Boon Guan, Alvin Loh

LIBRARY COMMITTEE
Lim Lay Looi (Molly) - Chairperson
Lee Chee Lin
Lee Cheng Tee
Dr. Lim Shueh Lin
Dr. Yoon Chee Kin
Dr. Pamela Jean Sharpe
Dr. Yeoh Sung Shen

EDITORIAL BOARD
Editor : Lim Khoon Seng
Members : Najieb Ariff, Khor Siang Tatt, Chan Fai Keong
Advisor : Lim Shin Lid
Management : Ramis Chandran, Adelyn Chew, Ann Tan

INTERNAL AUDITOR
Jessie Chin

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.

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Welcome to 2019!

The New Year brings new opportunities, new hopes and a fresh start. As always, a new year also brings fresh challenges, but experience gained in previous years can often enable such challenges to be met head on. New Year 2019 can be the beginning of anything you may wish for, and I therefore wish all our Club Members the very best in achieving any of your hope and dreams! I think I could not put it more eloquently than to quote T.S. Eliot when he wrote: ‘For last year’s words belong to last year’s language, and next year’s words await another voice.’ So, let us all make our voices joyful, productive and meaningful this year!

I am glad to finally announce the completion of the rock revetment project and would like to express my sincere gratitude to all parties involved in this immense undertaking. I hope that with the rock revetment completed, our Club swimming pool and surrounding area will be afforded better protection well into the foreseeable future. I think it is appropriate to report that whilst carrying out the rock revetment, our consultants discovered that the condition of the structure beneath The Snake Temple and the Children’s Pool requires remedial attention. To determine precisely what action is required, we shall be conducting a thorough assessment to the concrete columns, beams and slab areas to ensure that the integrity of the structure remains uncompromised.

The above issue was one of several unforeseen setbacks in the scheduled re-opening of The Snake Temple. Our team is working diligently on plans to have this outlet operational as quickly as possible after any renovation and upgrading works that are deemed necessary. The team is also looking to a change of outlet menu, based on feedback from Members, with the emphasis on choices more appropriate to an ambience and location adjacent to the swimming pool and overlooking the sea.

I would like to take this opportunity to wish all our Members a Happy Thaipusam and a Happy Chinese New Year!

Lim Shin Lid
President
More than 350 members gathered at the MPH on New Year’s Eve to bid farewell to 2018 and to give a rousing welcome to the New Year. I take this opportunity to wish all our members and families,

Happy Chinese New Year!

Perhaps our members have good omen in their enthusiastic welcome for 2019, as the immediate past has been one of uncertainty and ‘worldly’ squabbles at the World stage. However, come 2019, there are genuine hopes, and it feels like we are at the threshold of something momentous about to unfold - the arrival of the 5G and related innovations will likely open up a whole new frontier for mankind in a scale some argue akin to a second Industrial Revolution. I am confident that the Powers that be would recognize the significance in greater context to mankind, and to somehow see through the squabbles and pool their efforts in unison in reaching for the new frontiers. This is perhaps our earnest wish, and prayer for the year.

Malaysians have made a truly bold and ground breaking decision for the nation in 2018. We have opted for a new direction and dream, and will be trekking on new and untested paths. Let us hope the process of rejuvenation for our country to take roots and blossom in the coming year.

At PSC, 2018 has been a year of consolidation and steady progress, we are pleased to have observed a marked increase in members’ arrivals and participation in various Club events. There has been a general and significant increase in members’ activities and consumption in the Club. A case in point as exemplified by the “Lighting Up the Christmas Tree”. It was supposed to be a “minor” event, but enthusiastic members had turned it into a grand evening complete with songs and dances. The response had been spontaneous and there were much goodwill, fellowship among members, and friends to be with. Our wish for 2019 is for many more to come and the continuation of this positive trend.

Lim Khoon Seng
Editor
To all Club Members, let me wish you the warmest 2019 greetings from the management and staff of PSC, and, a New Year thanks to all, for supporting the Club MC & management team throughout 2018.

On behalf of the Club staff, I would like to thank our Club President (Mr. Lim Shin Lid), Main Committee and the various Sub Committees, for guidance offered to Club management in their respective areas of operation.

Also, a mention for the Club S & G Committees. Their regular and continued efforts assist in making our Club “come alive” due to their organisation of competitive and social in-house events, classes and tournaments etc. I express my gratitude to them for their contributions towards inducing vibrancy in the Club.

The Club finale for 2018 was the New Years Eve Countdown party. Reservations were overwhelming and the majority opinion indicates that Members had a great time ushering in the New Year.

I also take this opportunity to welcome Ibrahim, our newly appointed F&B Manager, to the Club management team. I believe that his assistance will be of great benefit as we strive to improve the quality and standard of F&B service(s) to Members.

We trust that we can receive ongoing Members’ support in striving towards these objectives.

In my previous Nautilus message, I urged Members to complete the “Member’s Satisfaction” survey with sustainable suggestions that can improve the different aspects of Club facilities. In an organisation the size of PSC, no individual will see all the problems and/or solutions all the time. “Blind spots” exist! Humbly soliciting feedback from Members is one way towards greater clarity and “opening doors” to improved facilities, efficiency and growth within the Club.

Finally, I wish all a very Happy Chinese New Year – “Gong Xi Fa Cai”, with good health and prosperity for the coming 12 months.

Thank you.

Regards,

Ramis Chandran
General Manager
ELECTION OF NEW MEMBERS

15 Nov 2018

Jillian Marie Estrop
Loh Hong Pin & Michelle Tan Sing Yee
Ong Hoay Hong & Loh Kain Dang
Ooi Lay Ann
Wendell Tan Vooi Ley

Vanessa Jane Woodruff & Siva Subramaniam
Malte Theiss
Teng Phang Sai & Tan Teng Teng
Yap Hooi Teng
John Fong Wai Kinn

Yeoh Lai Hoon
Yeoh Oi Kuan
Ivie H. Low

Mohammad Shaiman Bin Abdul Shukor
Ooi San Hong
Fong Yee Meng

Lim Xin Yi
Ashley Toh Ti Ying
Lim Ewe Chen
Club Announcements

13 Dec 2018

Hesun Yi & Kenneth H Yi
Audrey Lau Guat Ying Yee & Patrick Loh Fook Hin
Lee Ming Hong
Lim Lean Kim Khimv & Alexiez Khoh Peng Twan
Gunn Kean Hock

Goh Heng Hsi
Khoo Shi Pei & Khaw Fook Soon
David Cheah Seng Chye
Yenny Sjamsir & Poh Chong Boon
Calvin Lim Kai Jin

Ashley Yeap Li Xian
Foo Zhewei
Felicia Ting Wei Cze
Chew Jen Qin
Teh Jen Shuang

Koay Ru Yee
Oliver Jian Wei Hopkins
Deng Zili & Dilyis Wei Hui Jiu

JUNIOR MEMBERS

Chuah Pei Jun
Chuah Hao Min
Toh Ting Wei
Ho Sheng Yang
Kevin Sim Gao Feng
Choo Min Quan

Chin Jin Ern
Chuah Yi Jie
Chuah Yi Yang
Khaw Zhan Khai
Chen Wei Lin
MEMBERSHIP STATISTICS
Membership Figures as at 31 December 2018

<table>
<thead>
<tr>
<th>TYPE OF MEMBERSHIP</th>
<th>ACTIVE</th>
<th>ABSENT</th>
<th>TOTAL</th>
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<tr>
<td>Patron / Hon. Members</td>
<td>27</td>
<td>0</td>
<td>27</td>
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<tr>
<td>Ordinary Transferable Members</td>
<td>4656</td>
<td>34</td>
<td>5366</td>
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<tr>
<td>- Pending for Election (Normal Transfer)</td>
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<tr>
<td>- Pending for Election (JM Conversion)</td>
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<td>656</td>
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<td>Ordinary Members</td>
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<td>Unattached Lady Members</td>
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<td>Term Members</td>
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<td>1</td>
<td>3</td>
</tr>
<tr>
<td>- Pending for Election (JM Conversion)</td>
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<tr>
<td>Junior Members</td>
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<td>- Pending for Election</td>
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<td>Associate Members</td>
<td>1925</td>
<td>129</td>
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<tr>
<td>- Pending for Election</td>
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<td>TOTAL</td>
<td>7004</td>
<td>858</td>
<td>7862</td>
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INCOME & EXPENDITURE STATEMENT
For The Financial Period from 1 April to 30 November 2018

<table>
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<tr>
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<th>30/11/2018</th>
<th>30/11/2017</th>
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<tr>
<td></td>
<td>RM</td>
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<td>INCOME</td>
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<tr>
<td>Subscriptions</td>
<td>2,551,386</td>
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<td>Bar profits</td>
<td>133,536</td>
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<td>Restaurant commission</td>
<td>269,228</td>
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<td>Slot machine profits</td>
<td>711,288</td>
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<td>Interest from fixed deposits</td>
<td>601,528</td>
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<td>Transfer/registration fees</td>
<td>469,780</td>
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<td>Sundry revenue</td>
<td>97,337</td>
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<td></td>
<td>4,834,083</td>
<td>4,470,047</td>
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<tr>
<td>EXPENDITURE EXCLUDING DEPRECIATION</td>
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<tr>
<td>Staff cost</td>
<td>2,337,685</td>
<td>2,327,130</td>
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<tr>
<td>Utilities &amp; services</td>
<td>807,808</td>
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<tr>
<td>Repairs &amp; maintenance</td>
<td>524,823</td>
<td>411,409</td>
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<tr>
<td>Entertainment</td>
<td>154,342</td>
<td>143,847</td>
</tr>
<tr>
<td>Club events and functions</td>
<td>180,282</td>
<td>79,935</td>
</tr>
<tr>
<td>Sections and groups activities</td>
<td>160,664</td>
<td>193,443</td>
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<tr>
<td>Administration expenses</td>
<td>308,537</td>
<td>257,903</td>
</tr>
<tr>
<td>Rates, taxes &amp; insurance</td>
<td>167,374</td>
<td>174,079</td>
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<tr>
<td></td>
<td>4,641,515</td>
<td>4,382,977</td>
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<tr>
<td>SURPLUS FOR THE YEAR BEFORE DEPRECIATION</td>
<td>192,568</td>
<td>87,070</td>
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<tr>
<td>Depreciation of property, plant &amp; equipment</td>
<td>746,688</td>
<td>798,436</td>
</tr>
<tr>
<td>DEFICIT FOR THE YEAR AFTER DEPRECIATION</td>
<td>(554,120)</td>
<td>(711,366)</td>
</tr>
<tr>
<td>Taxation</td>
<td>(158,839)</td>
<td>(146,927)</td>
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<tr>
<td>DEFICIT AFTER DEPRECIATION &amp; TAXATION</td>
<td>(712,959)</td>
<td>(858,293)</td>
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<tr>
<td>FIXED DEPOSITS AT BANKS</td>
<td>21,843,483</td>
<td>22,220,179</td>
</tr>
</tbody>
</table>
MENU A
RM688+
per table
- Fresh Salmon Yee Sang
- Seafood Fish Maw Soup
- Braised Herbal Chicken
- Steamed Garoupa Hong Kong Style
- Indonesian Curry Prawn
- Broccoli with Sea Scallop
- Fragrant Lotus Leaf Rice
- Iced Longan Jelly

MENU B
RM888+
per table
- Fresh Salmon Yee Sang
- Seafood Crab Meat Shark's Fin Soup
- Cold Smoked Duck Breast
- Steamed Tiger Garoupa Nyonya Style
- Braised Abalone with Sea Cucumber and Vegetables
- Fragrant White Prawns
- Fragrant Lotus Leaf Rice
- Iced Honeydew Sago

8 COURSE CHINESE MENU

HAPPY LUNAR NEW YEAR CELEBRATION
Come and join in the celebratory Lion Blessings, Lion Dance and Lion Performance.
Enjoy a fun evening & watch the Lion Dance performance at our Club!

15 Feb 2019 (Friday)
6:00pm
Lion Blessings at All Outlets
7:30pm
Programme starts

This is a Club Event and is Open to All Members.
The event (Inclusive of Dinner) is Free of Charge to the first 150 Registered Members.

Register at Main Reception at Level 6
Registration Closes - 13 Feb 2018
* Those registered but failed to attend will be charged RM20+
WAVE PROTECTION FOR CLUB SWIMMING POOL

We are pleased to note the completion in December 2018 of the Project, Rock Embankment To Main Swimming Pool. The Project involves building an eight meter wide rock revetment along the length of the shoreline fronting the Swimming Pool and a three meter wide revetment along the Club House and adjacent areas. The improvement, with rocks arranged well above the highest water mark, will likely provide protection to our Pool and Club House from the pounding high tides and strong waves for many years to come, hence putting to rest many decades of weariness of the potential hazards to our Pool and Club House.

In conjunction with the Embankment, the Wooden Deck next to the Pool too has been completely renewed and rebuilt. The foundation and structure have been reinforced, and last but not least, new lightings, deck chairs and umbrellas are in place.

It would not be complete without mentioning, thanks to the Maintenance Department, the Water Pumping Unit for sea water has been completely renewed thus ensuring ample and uninterrupted supply of sea water to our Pool.

Well, members, what are you waiting for? Come take a dip in the BEST POOL in town, or would you prefer a sun bath? See ya.
MEMBERSHIP CARDS

Members, please be reminded to always have your Membership Card with you when coming to the Club. The Card serves as an identification of membership. It is also required to gain entry into the Club and for making purchases. In view of incidences where non-members are found in our midst, we would appreciate your cooperation in protecting the privileges of members. Thank you.

TELEPHONE EXTENSION NUMBERS

Dear Members,

Kindly dial the following extension numbers if you require to call the respective outlets. Thank you.

<table>
<thead>
<tr>
<th>OUTLETS</th>
<th>EXTENSION NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Captain’s Restaurant</td>
<td>242</td>
</tr>
<tr>
<td>Captain’s Bar</td>
<td>207</td>
</tr>
<tr>
<td>Seafront Café</td>
<td>232</td>
</tr>
<tr>
<td>Fun Pub</td>
<td>203</td>
</tr>
<tr>
<td>Club House</td>
<td>225</td>
</tr>
<tr>
<td>Snake Temple</td>
<td>221</td>
</tr>
<tr>
<td>Pacific Lounge</td>
<td>205</td>
</tr>
<tr>
<td>Captain’s Deck</td>
<td>206</td>
</tr>
</tbody>
</table>

EMPLOYEE OF THE MONTH

For November 2018

NAME
Azimah Binti Samsudin

POSITION
Cleaner

DEPARTMENT
Housekeeping

DATE JOINED
10 July 2015

For December 2018

NAME
Mohd Zulazlee Bin Abdul Aziz

POSITION
Bartender

DEPARTMENT
Food and Beverage

DATE JOINED
1 November 2016
On November 17 2018, the festive event “Deepavali”- a Sanskrit word meaning “rows of lighted lamps” was celebrated at our Club at the Multi-Purpose Hall, Level 14. A night filled with Deepavali decorations and glittering lights at the main hall attracted the members in their photo taking. There were about 200 participants, including all the Club members and 27 members from the orphanage - Pertubuhan Rumah Kebajikan Seri Cahaya, Penang attending the event.

Our Honourable Guest of Honour, YB Jagdeep Singh Deo arrived, and was welcomed by our Trustee, Dato’ Mahinder Singh Dulku and Main Committee Members at the Hall and followed by a simple “Lighting of “Kutuvelaku” ceremony.

After speeches by both our President and YB, traditional Indian food in buffet style were served for the non-vegetarian and vegetarian members. As the night ensued, the crowd of members were entertained by a two-piece band named “The Creations” and the “Zico Group Dancers”.

At the conclusion of the event, some token of goodies and “Deepavali angpows” were distributed to the children by YB Jagdeep Singh, our President and Vice President.

A big thank you & “syabas” to Mr Ramis Chandran and his staff for helping to make this event a success.
CHRISTMAS TREE LIGHTUP

On December 8th, members gathered to celebrate the annual lighting up of our Club’s Christmas tree. The Club House was well adorned with the Christmas Theme, and our Christmas Tree was immaculately decorated. The crowd gathered around 7.00pm, and soon our Club House was at “standing room only” capacity. The President, Mr Lim Shin Lid, welcomed and wished all members a Merry Christmas. At 8.00pm, he led the Committee in giving light to our Tree. This year, we have invited members from the Cheshire Home to join us in the occasion. They have brought with them the songs and cheers of Christmas to the evening. It was a merry and joyous evening, and without fail our members took to the floor and danced into the wee hours.
On December 17th, members of the Committee paid a visit to our Club Patron, Tuan Yang Terutama Tun Datuk’ Seri Utama (Dr.) Haji Abdul Rahman Abbas, at his residence in Jalan Utama. We are pleased to find our Patron in good health and jovial mood. We enjoyed the afternoon tea and lively conversation.

By 7pm on December 31, our aptly cum well decorated Multi Purpose Hall (MPH) was filled with members and guests enjoying their drinks and finger foods. It was the prelude to an evening of fun and fellowship.

At around 8.10pm, our President, Mr Lim Shin Lid welcomed everyone to our 2019 Countdown. In his message, he wished all present an enjoyable evening as well as conveyed his best wishes for the New Year.

The popular Chakora Band with their 4 talented singers then set the pace for the evening. Their first set consisted of easy listening followed by feet-tapping numbers which enticed a lot of dancers to the dance floor.
During the first Band break, table draws were conducted by our Club Captain and Hon. Treasurer. In total, 10 lucky tables were rewarded with a bottle of wine each.

Chakora’s second set consisted contemporary 60s hits which was well received by those on the dance floor as well as the audience. Hits belted included evergreens like ‘The Young Ones’ ‘La Bamba’ and ‘Quando, Quando, Quando’.

10 lady dancers were selected from those who took to the dance floor previously to perform the twist. The crowd enjoyed their performances and the judges had a hard time selecting the top 5 dancers.

The third Chakora set consisted dance segments... Cha-Cha, Jive, Rock & Roll, Rumba and Line Dance music. At times the dance floor was so full that some dancers had to adjourn to the MPH Foyer to enjoy their dancing.

Next was the Limbo Rock competition. There were 10 contestants consisting 5 ladies who took the lead in showing off their talents followed by 5 gentlemen. They entertained the audience with their slick moves cumulating in the selection of 3 eventual winners.

The 4th set by Chakora Band consisted disco numbers. During the break, prizes were given to 10 attendees who dressed according to the swinging 60s theme. Manfred Wiedenmaier was the only ‘Thorn’ among the ‘Roses’.

Ten seconds before midnight, the Main Committee headed by our Club President led the members to the final Countdown. As the clock struck 12, it was goodbye 2018, hello 2019! Best wishes were reciprocally bestowed as members and guests embarked on another year’s journey filled with Success and Happiness.
October 7, 2018 was ideal for any outdoor activity, especially for those afraid of getting sun-burnt. The weather was welcoming but not so the fishes as they shied away from the “tempting” baits of the 40 odd competitors stationed along the shoreline next to the Snake Temple.

Altogether 6 teams, comprised of 6-7 members per team, participated in the Angling Annual Inter Team fishing competition. Team F was trailing right behind, but just minutes before the siren sounded, Victoria Labrooy landed her first and only fish of the day, a 234gms Goat Catfish aka Duri which helped to steer her fishing mates in Team F right from the rear to finish as 1st Runner-up. Team A which led from the start became the champion of the day whilst Team F and Team D took 2nd and 3rd position respectively.

Since the commencement of the embankment project, the Angling Committee had, for safety reasons, refrained from having competitions along the sailing area shoreline. However with the continuous lackluster & unimpressive catch, coupled with poor and insufficient lighting for night fishing at the Snake Temple shoreline, the Committee concurred, after a safety scrutiny, to reinstate the competition venue to the sailing area shoreline.

The initial drizzle and flashes of lightning cleared up much to the appreciation of the 48 participants, comprised of 24 men, 19 ladies and 5 children; who gathered at the much awaited sailing area shoreline on November 3 for their night fishing competition which lasted from 7.30-10.30pm.
OFFSHORE PULAU TIKUS FISHING TRIP

Contributed by: Mr Boey Taik Hin

With the event called OFFSHORE fishing, we can only imagine scenes from Wicked Tuna or Deadliest Catch!

But we’re somewhat slightly off the macho track and we settled for a leisure-like cruise to the small island of Pulau Tikus. For those not in the know, it’s the small island just to the left, off shore from our club.

But don’t be fooled by the proximity of the island, it’s the go-to haven for whiting (Sua Chooi) “senangin” and groupers. I personally have landed a Mangrove Jack about 3 kg many summers ago, actually many, many, many summers ago.

We managed to get 5 boat pilots and a bunch of 23 diehard anglers ventured out on October 14 to our own version of offshore fishing. The competition was easy, catch the largest fish or highest number of whitings.

As the boats were our own we could change locations as many times as we had the strength to pull the anchor up. Needless to say, a rolling stone gathers no moss, but the boat that moved around the most actually caught the most! Just to prove proverbs only work on dry land.

It was an adventure for some, and not so for others but all in all a great outing and experience for all.

Just a small note to some participants, for future events, please be on time.

Tight lines all!

In this casting competition, each competitor would have to cast in both the Accuracy and Distance events. Disappointingly, there was no competition in the children category as there was only one child registration.

For Round 1 of the ACCURACY CASTING event, Ms. Victoria Labrooy and Mr. Beh Ping Seng emerged champion in their respective categories with a score of 4 points and 8 points respectively whilst Ms. Jenny Lee and Mr. Boey Taik Hin took 2nd placing.

As there were no other scores for the 3rd placing in both categorie, the battle continued to Round 2 to end with Mr. Loo Joo Aun and Ms. Evelyn Lim in 3rd position.

For the DISTANCE CASTING event, each competitor were given 3 casts and the best distance after the 3 casts was recorded as his/her best throw. The Champions in the Distance Casting competition which ended at 11.45am were Mr. Ung Seang Guan in the men’s category and Ms. Cecilia Ho in the ladies’ category; with a throw of 184.8 feet and 125.3 feet respectively.

Unlike the other fishing competitions, the committee had selected receding low tide to take advantage of the larger stretch of beach for the Casting (Accuracy and Distance) Competitions.

A total of 35 members had signed up for the event; and as the majority of the participants had arrived early on the morning of November 11, registration began promptly at 8.30am. The ladies were segregated to attest their skills at the Accuracy Casting titles whilst the men took up their challenge for the Distance Casting titles.
Sailing News

COMMODORE’S CUP 2018
Contributed by: Scott Ong

The Commodore’s Cup was held on 6th and 7th of October. A total of 7 sailors participated in this event. The first, second and third place holders are Lee Karjin, Scott Ong, and Yeoh Lai Hoon respectively.
The Section’s first match-racing of the year was held on 1st and 2nd of December where a total of 10 sailors comprising of 5 teams participated. Double-handed sailing requires sailors to master sailing tactics and team mate coordination. Day 1 racing proceeded without any issue, however due to insufficient winds on day 2, the match was postponed to January. [Photo Credits goes to Ms. Starmoon]

The Sailing Section organized their 3rd “Learn to Sail” course for 2018 on the weekends of 27th, 28th November and 3rd, 4th December. This course serves as an introduction to sailing for beginners, comprising theory and practical skills required to operate a single-sail dinghy.

Sailors from this course may graduate to learning more advanced sailing techniques, including racing tactics. Furthermore, basic sailing knowledge is required to handle other sail-craft including wind-surfing.

A total of 8 people comprising of 4 optimists and 4 lasers participated in this course.
The Scuba Section has finally resolved the problem after almost 2 months with the air compressors down. It has now been fixed with a new control panel, we are able to refill the air tanks and resume our pool training.

We recently hosted a welcome social dinner on 5 December 2018 at the Captain’s Restaurant for Mr. Allan San and Mr. Oon our twin-sister members from BSAC 903 Kuantan with our Committee and Section members. They visited our Club on Saturday, had a tour to the Scuba Room and the equipment area. It is great news BSAC 903 Kuantan has extended to our members BSAC 225 Penang the same rate for trips organized by them.

The Scuba Section will also re-schedule its ocean diver course soon to enable up-coming qualified divers who wish to join in our expeditions.

The Christmas Party held on 29 December 2018 at the Marina’s Deck was a success. We have in attendance 60 members with kids and a few guests. It was a buffet-style dinner with sumptuous food and everybody had a great time ushering in the New Year 2019.
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ENGAGING MINDS

- SHAPING FUTURES
This was held at the Pusat Akuatik Tuanku Zara, in Ipoh, Perak from the 23rd to the 25th of November 2018. We had a team of 27 swimmers under the leadership of Dr. Lim Shueh Lin, as our Team Manager.

Instead of the usual sit-down affair that’s being held at the MPH every year, the Swimming Section Committee decided to try something different for our Annual Dinner this year - a BBQ by the beach! However, with the weather being very unpredictable these days, we went with holding the event at the Marina Deck where there’s shelter, instead of directly on the beach front.

Around 100 swimming section members turned up for the dinner and the evening started with some games for the children. The adults were also invited to participate, but none were too keen as they thoroughly enjoyed their roles as spectators. The children were divided into 3 groups, each group consisting of 12 children. Teamwork was definitely required as the children worked their way to complete the tasks that were required of them. It was great to watch the older kids helping the younger ones blow up their balloons, keep them in line and finally working together using their creativity and body parts to form words such as FOUR, BOIL and PSC! It started to drizzle while the games were going on, so we had to cut it down to just 3 games this time. It was then time for the BBQ dinner! We could smell the aroma coming from the grill even though we were all the way down at the Sea Front deck.

The BBQ dinner started at around 6:30pm with lots of laughter and chatter and ended at about 8.00 pm. We were honoured to have our PSC President, Mr Lim Shin Lid and his family joining us for the event. It was definitely a great evening for everyone and though the rain was pouring down by then, everyone still left on a high! Till next year...

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PSC emerged in 4th place out of 43 clubs nationwide. Our Girls Relay team won a silver! They were Jolene Lim, Jesselyn Lim, Jess Lee and Ashley Too.

Chris Chew came home with a 50m butterfly gold, 50m freestyle silver and 100m butterfly bronze. He also broke the Meet Record for the 50m butterfly for Boys Group 2.

Law Hong Bin won a 100m backstroke bronze and Louis Chin won a bronze in the 100m breaststroke. They were in the Boys Group 2. Joel Darren Kung won 100m breaststroke, 50m backstroke silver, 50m breaststroke bronze for Boys Group 3. Jesselyn Lim did us proud with golds in 50m and 100m butterfly, silvers in 50m and 100m breaststroke in the Girls Group 3. Her sister, Jolene was brilliant in the Girls Group 4 50m butterfly and won bronzes in 100m butterfly, 50m and 100m backstroke.

As always we are very proud of our swimmers for their hard work, training in the pool every day. A big thank you to our Coaches, parents and our Committee.
Congratulations to our team for their good showing at 2018 Speedo Malaysia International Masters Swimming Championship.

Six Masters swimmers - Lim Suan Lin, Lim Cheang Cheang, Ng Siew Hian, Stella Lau, Carol Lee and Charmain Ang participated in the event which was held in Ipoh, at Tuanku Zara Aquatic Centre - a covered Olympic sized swimming pool on 8 December, 2018. Two enthusiastic supporters (Siew Jong & Karen) went there to give their support to the team.

Thanks to the competitive Age Group coaching and training by our three dedicated coaches; Head Coach Heng, Senior Coach Lee and Coach Liu, we saw PBs, medals won and records set. However, what it is really about is keeping fit with your friends, doing something you enjoy and generally to foster a spirit of camaraderie amongst the Masters swimmers. (Masters Swimming is a special class of competitive swimming for swimmers 18 years and older and swimmers compete within age groups of five years.)

Let’s have a splashing good time and strive towards growing a bigger Master Swimmers’ community in PSC.

### 2018 Speedo M’sia International Masters Swimming Championship Medal Totals

<table>
<thead>
<tr>
<th>SWIMMER</th>
<th>GOLD</th>
<th>SILVER</th>
<th>BRONZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lim Suan Lin</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lim Cheang Cheang</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Ng Siew Hian</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>7</strong></td>
<td><strong>4</strong></td>
<td><strong>2</strong></td>
</tr>
</tbody>
</table>
The PSC Aerobics Group is constantly looking for ways to improve your workout or at the very least we want to make sure that you get better results from it. Well, gym balls are the perfect tools to manage both these things. A workshop was held on 16th October for members to learn the techniques of using the ball and move with the motion of the ball while performing the exercises. Clearly, if you are looking to add just one thing to your exercise regime, it really should be the gym ball, a.k.a. the swiss ball.

During the workshop, I noticed that some of the members were bouncing on the ball in between sets, just to add a bit of fun to their workouts! If you want to improve on your balance and develop your flexibility, come and see us at Level One on Tuesdays at 7.30pm.

Contributed by: Mariam Harvey
YEAR-END PARTY  
- HAWAIIAN THEME

The group held their year-end party on Saturday 24th November at the big hall on Level 14. After a whole year of blood, sweat and tears, it was time to let our hair down and just let loose before the next onslaught. As one member commented, "what’s better than a South Sea theme with great food and lots of wine?" Ismail, our deco man, outdid himself this time, decorating the hall with props of swaying Hawaiian girls, surf boards and coconut trees. The ladies donned floral garlands, sarongs and flowers in their hair and the men came in their Bermuda shorts and floral shirts, all of which added to the Hawaiian ambience.

There were 10 performances altogether that night but the most captivating one was the bamboo dance. The beautiful sound of the gentle clicking of the bamboos and everyone trying to dance to the rhythmic beats, being careful not to get their ankles caught between the bamboo was fun to watch.

The night went splendidly well and everyone had an awesome time. Needless to say, it was an amazing way to end an amazing year for the Aerobics group. Here’s wishing everyone a Happy New Year for 2019.
Dancing is an enjoyable way to be more physically active and fit; and is suitable for people of all ages, shapes and sizes. Among the health benefits of dancing are:

**Improved condition of heart and lungs**
- Increased muscular strength, endurance and motor fitness.
- Improved muscle tone and mental functioning.

**Better coordination, agility and flexibility**
Better weight management, stronger bones and reduced risk of osteoporosis.

So why not join us in doing this fun activity? At present, Dance Sport Group offers 2 types of membership:

**FULL MEMBER**
A subscription of RM27 per month will entitle you to all social activities and attend all classes as well.

**SOCIAL MEMBER**
For those who do not want to attend any classes, you can pay RM6 per month to attend all our social activities.

(Fees subject to SST)

To enroll, please obtain the form from Club Reception at Level 6. Please refer to www.penangswimmingclub.com for the schedule of dance classes.

**PAST EVENTS:**

**TALOONG WORKSHOP**

This new dance workshop, held on Sunday, 11 November 2018 at Level 1 Studio was conducted by our regular ballroom dance instructors, Mr. and Mrs. Chew Cheng Lai. It was opened to all club members free of charge and the enthusiastic response was most encouraging.

The 2-hour session of this Thai-based dance was something new and unencountered by the twenty something members present so it was a fun learning experience for everyone. Time passed by so fast that attendees did not have much time to master the basic rudiments.

Another workshop will be in the works for everyone to hone their skills.
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The Group darters were presented with a new Team Format for the 3rd Quarterly Competition on Sunday 18th November.

Although it was a 5-player per team, 4-team “Round Robin” competition, it was limited to 1 x Foursome, 2 x Doubles and just 1 x Singles per match.

The limitations placed on the format were justified as the competition still took approximately 4 hours to complete.

Sometimes intense encounters, temporarily interrupted for “half time” high tea, ended with Team “D” deservedly taking the honours and finishing 2 points ahead of their nearest rivals.

So, congratulations to Team “D” - Mike (Capt.), Yeoh, Quah, Jenny Lee & Devyn.

Thanks, once again, to Victoria for arranging the catering.

Next Quarterly Competition (in early 2019) - “The Doubles Trophy”.

Sunday evening on the 2nd December brought about the Darts Group Christmas Potluck, held at the seating area adjacent to the Darts Room.

Once again, marvellously organised by the Darts lady members, and, although only a total of 18 attended, they brought with them a wide variety of dishes, many with a “festive” flavour.

Dining commenced at 7pm, with all dishes receiving acclaim and supplemented with beverages from the SeaFront Bar. There was much chat about the plans members had for the upcoming festive period, until around 10pm, when “clearing up” began and members started to gradually disperse.

As in previous years, well done to the Group’s ladies, for their efforts and cooking skills.
Preceded by a quite violent early evening storm, it was indeed fortunate that some of the Penang Club darters had already arrived at our Club for the Inter Club Darts Match, on Friday 30th November.

On the downside, the remaining Penang Club darters, still yet to travel, possibly took the hazardous road conditions into account, and decided to cancel the trip to our Club.

This left the dilemma of how to then organise the match, with Penang Club being 2 players short of forming “A” and “B” Teams.

After a brief discussion between the 2 Dart Captains, it was decided that the event be treated as a “match practice” session, but played along the normal match format lines. In order for Penang Club to have the requisite number of players for both “A” and “B” Matches, 2 Swimming Club darters would be “transferred” into their ranks, with Tony & Michael volunteering to move across.

Because of the bad weather and the ensuing delays, everything was behind schedule. The buffet dinner was followed by brief speeches and an exchange of mementoes between Victoria LaBrooy (PSC Darts Comm.) and Ms. Sim Bee Bee (Penang Club Darts Captain).

The movement of players worked well as both “A” and “B” Matches now produced competitive contests.

This was further demonstrated by both matches resulting in 7 - 7 ties. The deciding 4Some playoffs both went the way of Penang Club, so official results: PSC - 7, Penang Club - 8, in both matches.

By the time the matches concluded, the weather had fortunately cleared somewhat, enabling all attendees to consider a relatively safe journey home.

So, after a somewhat unusual evening, we PSC darters can only offer our thanks to:-

Those invited guests from Penang Club, who braved the inclement weather and arrived safely.

The “usual suspects” - Piao, Michelle & Victoria - for organising the match and catering.

Our Club President (Lim Shin Lid) & V.P. (Najieb Ariff), who attended and gave their support despite the confusing Team “line ups”.

Staff members Hossain & Aryanti for maintaining their calm, and their balance, during the torrential downpour and the treacherous conditions underfoot, which unfortunately are still a problem at the SeaFront Café during stormy, wet conditions.
For some reason the response for this year’s annual Karaoke Competition was not as good as the past years. New members wanted another year to pick up courage to sing on stage and the regulars have reasons of their own to give the event a miss this year. Finally, after meeting the quota of 12 contestants each for the English & Chinese categories the competition was held on 27 October at the Captain’s Restaurant and the winners were:

**ENGLISH CATEGORY**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>John Yeoh</td>
</tr>
<tr>
<td>Runner up</td>
<td>Quah Fong Fong</td>
</tr>
<tr>
<td>3rd Placing</td>
<td>Vanessa Tan</td>
</tr>
<tr>
<td>4th Placing</td>
<td>Yvonne Lee</td>
</tr>
<tr>
<td>5th Placing</td>
<td>Tan Vae Lun</td>
</tr>
</tbody>
</table>

**CHINESE CATEGORY**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Tan Hock Hin</td>
</tr>
<tr>
<td>Runner up</td>
<td>Teh Siew Kim</td>
</tr>
<tr>
<td>3rd Placing</td>
<td>Yvonne Lee</td>
</tr>
<tr>
<td>4th Placing</td>
<td>Tan Vae Lun</td>
</tr>
<tr>
<td>5th Placing</td>
<td>Lawrence Low</td>
</tr>
</tbody>
</table>

The Best Dressed singers were Teh Siew Kim (female), and Tony Chuah (male).

A week after celebrating the birthdays of Oct/Nov born Karaoke members during our monthly get-together, we welcomed 30 members from the Penang Sports Club on a reciprocal visit on 23 November. Leading the Sports Club group was their Karaoke Captain Mr A T Lee. After dinner, it was straight to the Pacific Lounge for singing, dancing and fellowship. The guests enjoyed themselves so much that most of them were reluctant to leave by closing time.
Seven teams comprising members from Darts, Aerobics, Library, Dance Sport, Angling Swimming and the Main Committee participated in the Inter Sections/Groups competition. As the school holidays had already started, and most members were on holiday, some teams were short of representatives. So we started a pool of “volunteer” singers to help make some teams complete to compete! However the team which needed help must have at least one member who is a registered member of the section/group. Even though they participated for fun, we appreciate Mr Lim Khoon Seng, Mr Michael Cheong and Mr Lee Aun Tiang for representing the Main Committee in this competition. Thanks for your support, gentlemen! Next year we look forward to having 2 teams from the MC!

The Winners were:

**CHAMPION:**
Aerobics Group
(Quah Fong Fong, Vanessa Tan & Betsy Ong)

**RUNNER-UP:**
Swimming Section
(Tan Hock Hin, Teh Siew Kim & Tan Vae Lun)

**3RD PLACING:**
Angling Section
(Lawrence Low, Devyn Khoo & Seah Hooi Yee)

**4TH PLACING:**
Dance Sport Group
(Richard Chung, Rachel Tan & John Yeoh)

**5TH PLACING:**
Library
(Chuah Cheng Leong, Cecilia Chew & Low Mei Leng)

We thank everyone who helped to make our event successful.

To help us keep you updated on our group events, please give your contact numbers to Devyn Khoo 014-340 2981 for our broadcast list inclusion.
After an average outing the previous year, it didn’t stop us from participating in the Annual Premier Inter-Club Team Competition 2018. Held at the Penang Sports Club on 13th & 14th October there were a total number of 7 teams participating. With the difficult situation faced in getting players before, this year the team decided to pull in junior players into the team. The teams were divided into two groups for round-robin format of play with our team against Bukit Mertajam Tennis Club, Penang Sports Club Thunder and Persatuan Tenis Melayu Pulau Pinang.

Our first match were up against Bukit Mertajam Tennis Club where our top pair managed to clinch the match comfortably before the next two pairs lost their matches putting the overall score 1-2. In the second match, the team decided to put in the junior players versus Penang Sports Club Thunder. The result prove successful as we managed to beat them with the overall score of 2-1. The last match was the toughest as we were up against the eventual winner Persatuan Tenis Melayu Pulau Pinang. Everyone in the team put in their best efforts before losing all their matches.
In the Tier 2 matches we were put together with Penang Sports Club Thunder and Nibong Tebal Recreation Club to fight it out. First up, we were against Penang Sports Club Thunder where we again beat them with the overall score of 2-1. Next match versus Nibong Tebal Recreation Club again the team put in their best effort to beat them with the overall score of 3-0 to emerge as the Tier 2 Champion. It was a great team spirit as everyone played their part either in playing or supporting the team. Overall, we would like to congratulate the player’s effort and as well as the junior players’ performance that led the team into a successful outing.
November and December were active months for Yoga Group members to round up 2018 with four Group events and one Club event. In addition, 21 Yoga Fit Balls were purchased and orders for another 10 were placed to add spice to the varied Yoga styles which we have at our Club.

**HATHA VINYASA & INTRO TO YOGA FIT BALL**
Tue, 6 Nov 2018  |  MPH 1 (Group Event)

After a bit of Hatha Vinyasa, Julie Quah introduced participants to Yoga with the use of fit balls. This was followed by kefir and kefir cheese making by yoga group member, Jorva Hamilton. Participants were given samples of kefir to grow at home.

**FUN YOGA WORKSHOP & CHRISTMAS COOKING DEMO**
Sun, 18 Nov 2018  |  Beach & Marina Deck (Club Event)

Sabrina Chew led participants at Aqua Yoga in the Pool followed with Stretching Yoga on the beach. After a shower and drinks at the Club House, there was Yoga by Leong Mei Yee.

After lunch, Yoga Group member, Cheah Lay Eng, demonstrated her Roast Turkey and Christmas Pudding recipes while Yoga Group member, Alice Boudville showed participants how to prepare Pumpkin Soup.
YOGA WORKSHOP: “HOW TO CREATE BALANCE”
Tue, 20 Nov 2018   |   MPH 1 (Group Event)

Kimberly Yeap taught participants basic to intermediate techniques on balancing asanas ending with a restorative session.

After the 2-hour session, Yoga group member Jorva Hamilton demonstrated the making of Kombucha Tea. At the end of the session, Scoby was distributed to participants to take home.

YOGA WORKSHOP: WHEEL POSE & YOGA FIT BALL LAUNCH
Sat, 1 Dec 2018   |   MPH 1 (Group Event)

Kimberley Yeap taught participants prep poses into the wheel. This was followed by the launch of the Yoga Fit Ball weekly classes which will be held every Saturday from 10.30 am to 11.30 am for the months of December 2018 & January 2019.

Light snacks were provided and Yoga Group member Alice Boudville demonstrated the making of ‘Sambal Hei Bee’.

In addition, Yoga Fit Balls will also be used by Bi Bi every Thursday mornings of each month.

YOGA CHRISTMAS PARTY
Sun, 9 Dec 2018   |   MPH 2 (Group Event + Family & Friends)

Having given Rudolf and his friends some time off after so many Christmas dos and instead of a sledge, Santa rode in on a mountain bike to distribute gifts to the children, both young and not-so young! All celebrants also each received a cute water bottle as well. A buffet spread of 12 items was specially laid out for some 60 Yoga Group members, their family members and friends.
Club Events are open to all Club Members. Information is accurate at the time of press. However, Events may be subject to information changes, and, we advise all members to refer to the postings on the Notice Boards and Digital Signage for the latest/final updates. Sections and Groups are responsible for posting any information regarding any changes in Sections & Groups Events. All Club events will be subject to approval and endorsement by the Management Committee.