

KELAB RENANG PULAU PINANG

THE NAUTILUS

Live life!



PENANG
SWIMMING
CLUB

FOUNDED 1903



*Strong
& Resilient*

May 2021 bring
you good health
and prosperity!



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 (9.00am - 1.00pm)
Sunday (Closed)

PATRON

T.Y.T. 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 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.S.P.N., P.K.T.

Mr. Loh Yeow Boo

Club MANAGEMENT

General Manager : Ramis Chandran
Finance Manager : Ong Gaik Cheng
Admin Manager : Agnes Leow
Admin Executive : Ann Tan
Chief Security Officer : Mohd Haikal Bin Abdullah
Food & Beverage Executive : Mahmuda Sadek
Maintenance Officer : Muhammad Aizat Bin
Muhammad Ihwal

SECTIONS

ANGLING : Lawrence Low Kheng Pheng	SAILING : Terry Lim Teong Kheng
SCUBA : Teh Chin Leong	SWIMMING : Francis Soo Choo Lik

GROUPS

AEROBICS : Mariam Harvey	DANCE SPORT : Stanley Fong King Hun
DARTS : Dato' Lawrence Cheah Seong Paik	KARAOKE : Eric Lew Woo Sang
SQUASH / RACQUETBALL : Iain Pickett	TAEKWONDO : Dr. Eric De Smet
TAI CHI : Colin Yu Chang Boon	TENNIS : Victor Wong Kam Kien
YOGA : Clara Ooi Swee Har	YOUTH : John Tan Choon Yee

MAIN COMMITTEE 2020 / 2021

<i>President</i>	: Najieb Ariff Bin Nazir Ariff	
<i>Vice President</i>	: Ng Chin-U	
<i>Honorary Secretary</i>	: Chew Saw Hoon	
<i>Honorary Treasurer</i>	: Lee Chee Lin, <i>P.K.T., P.J.K.</i>	
<i>Club Captain</i>	: Hardavinder Singh	
<i>Committee Members</i>	: Lim Khoon Seng	Lee Soo Ann
	Lee Aun Tiang	Dato' Dr. Vasan Sinnadurai
	Michael Cheong Zhi Xian	Jessie Chin Sze San
	Charles Tang Chin Hock	

ELECTION COMMITTEE

Richard Chung Chok Yin	Valerie Chuah Tet Cheng	Khor Siang Tatt
Dr. Tan Kim Hor	Low Mei Leng	Joyce Tan Seow Kuen

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<i>Chairman</i>	: Heah Wee Theng, John	
<i>Committee Members</i>	: Ho Chii Huey, Ramsun	Dato' Baldev Singh Bhar
	Dato' Diljit Singh Dulku,	Tan Hooi Choo
	<i>D.S.P.N., D.J.N., P.K.T., P.J.M.</i>	

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<i>Chairman</i>	: John Tan Choon Yee	
<i>Committee Members</i>	: Eric Chong San Dee	Ong Chin Lee
	Tho Lai Teng	Scott Ong Chen Min

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<i>Library Committee Members</i>	: Michael Cheong Zhi Xian	Lim Cheng Suan
	Dr. Yoon Chee Kin	Neil Hamilton
	Dr. Pamela Jean Sharpe	Lee Chee Lin,
	Dr. Lim Shueh Lin	<i>P.K.T., P.J.K.</i>

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<i>Advisor</i>	: Najieb Ariff Bin Nazir Ariff	
<i>Committee Members</i>	: Lim Khoon Seng	Terry Ong Liang Kheng
	Charles Tang Chin Hock	
<i>Management</i>	: Ramis Chandran,	Adelyn Chew,
	<i>General Manager</i>	<i>Admin Officer</i>
	Ann Tan,	
	<i>Admin Executive</i>	

Opinions and 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 this Newsletter. Articles, extracts and notes published in this Newsletter are strictly for Members and not for public circulation.



PRESIDENT'S MESSAGE

“Change may not be good for everyone. However in 2021, Change is necessary.”

Based on initial feedback, our changes to seating capacity per table, event attendance and the wearing of face masks around the Club were not well received at the beginning. Fortunately, only a small minority of Members expressed their dissatisfaction. We are now happy to note that all Members now accept the necessary changes and we are all geared up to continue to keep the Club safe for all Members.

Besides the Standard Operating Procedures set by the federal authorities, the Club is also affected by the reduced patronage of the slot machine room. The 2 metre apart rule for each machine has made it impossible to operate at full capacity and this has caused the Club to receive lesser returns from jackpot winnings. We are already feeling the resulting sharp drop in income from the jackpot operation as it is one of the Club's main revenue streams.

To make up for the substantial revenue loss, we intend to devise plans to increase patronage at our F&B outlets. It is essential that we come up with innovative ideas to create events and activities that interest both young and old. However most importantly, the Main Committee is in favour of an Annexe Club. The Main Committee will be calling an EGM to pass the resolution for an Annexe Club. I sincerely hope that all Members are also in favour and will turn up to support this important resolution.

You may have noticed the increase in the number of Members visiting the Seafront Café area where local

delicacies are served on Friday, Saturday and Sunday nights. I am incredibly happy that more Members are also occupying the beach on weekends as we have placed some deck chairs for Members to relax and wind down. Nevertheless, the F&B committee is constantly looking into ways to further enhance the area to attract more Members. Among other things, more food is already in the pipeline.

In the last few months, Members who had stopped patronising the Club have returned. I am confident that when the re-opening of more Club events and activities takes place, more Members will come back. The future of the Club looks set to be a bright one in 2021. We are one step closer to fulfilling our vision of making the Penang Swimming Club the premier family Club.

Let us stand together to make the Penang Swimming Club a more congenial place where family and friends can enjoy time together in a safe and relaxing environment. The Main Committee joins me in wishing our Members a Happy New Year. Stay Safe!

Najieb Ariff
President

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EDITOR'S MESSAGE

“Gratitude turns what we have into enough.”

-Melody Beattie



All things happen for a reason. Being isolated for the most part of 2020 has not only tested my resilience and patience in many ways, but has also given me the opportunity to contemplate what I have to be thankful for. I've learnt that appreciating the good that has happened to me amidst the bad helps to reduce my stress, anxiety and a plethora of other negative emotions. The challenge is learning how to practice gratitude in times of pain.

I am proud and grateful for the quiet ways our staff have gone about their duties. From the waiters to the cleaners who serve us and keep our Club clean, from the security staff who ensure the safety of our Club to our maintenance team who keeps our Club running, not to forget our pool staff who maintain our trademark swimming pool. And the office staff who are rarely seen by our Members, but still work to keep our Club running behind the scenes. They have responded so positively even with so much upheaval, without them it would be difficult, if not impossible, for our Club to function. Every so often it is easy to take for granted of the service and the effort people provide. So let's raise our virtual glass and toast our staff in appreciation - here's to you!

As is usually said, sometimes the simplest things mean the most. Family, love and the little things in life bring joy to me, and I imagine the same is true for you. There is a silver lining in every shortcoming we face, and part of gratitude is the act of looking for it. While everyone's journey is different, let joy be the constant in our journey.

Happy New Year everyone!

Chew Saw Hoon
Editor

GM'S MESSAGE

“When faced with the worst, I saw the best rise from our employees, the Main Committee, and Members.”



Greetings and Happy New Year!

May this 2021 Year of the Ox bring us all health, love, peace, and joy.

There is a single word that serves as a fitting representation of 2020: Resilience.

Very few periods over the course of modern history have tested our resilience and shaped humanity, culture, and politics in the way 2020 has.

As for Penang Swimming Club - when faced with the worst, I saw the best rise from our employees, the Main Committee, and Members. They rose together like never before, helping each other tackle the struggles around the closure of the Club under MCO and the gradual opening of facilities with MKN's SOPs. Our Members relied on our entire Club ecosystem as a source for connection, transaction, trusted news, and content - when accurate information was more critical than ever.

We worked with our resources, facilities, and services to cater to the “new normal.”

In the last few months, many Members who had stopped patronising the Club have returned. We are confident that our safety prevention measure initiatives will draw more Members again.

Housekeeping supervisor Mr. Ismail and his team will begin enhancing other areas that need addressing as we move into the new year. The maintenance team is excited to keep working hard on upkeeping all

facilities so that all Members can have comfortable experiences at the Club.

At the same time, we are also working to gradually strengthen the quality of our management. We are in the course of implementing KPI driven performance management frameworks which would help us run our office better. I enjoin the Main Committee in their drive to optimise costs and increase the revenues of our Club.

My focus now is to encourage F&B outlets and Sports facility activities through new programs that will give Members, dependents, and their distinguished guests unique and memorable experiences without compromising the Club's Rules and Regulations on exclusivity and/or privacy.

Be assured that we shall continue to implement Rules and Regulations in support of the Club's vision of becoming the premier family Club.

Your comments and suggestions are important to us. We look forward to seeing you often and working towards the betterment of the Club.

On behalf of The Penang Swimming Club Management and Staff, I thank you for your continued support.

All of us at the Club look forward to serving you in 2021.

Happy New Year!

Ramis Chandran
General Manager

ELECTION OF NEW MEMBERS

OTM & AM

15 DECEMBER 2020



Chan Chin Heng & Evon Low



Gary Lawrence & Nancy Stephen



Ding Xiao Luo & Khoo Boo Eng



Rosemary Ann & Malcolm Victor Godfrey



Ho Woon Sing & Ng Tien Khuan



Guan Wai Yeng & Sunny Teh



Cheah Soo Hwa



Koay Lock Jin



Pauline Khoo Poh Ching



Lau Si Wen



Lynn Karjadi Fong



Loh Lee Boey, Mindy



Tay Lee Guan



Tan Cheng Kooi

JM - OTM



Koay Li Shen, Leon



Lau Si Fei



Lee Wei Jun



Chin Qiao Yi



Tan Zher Zhao



Khoo Tze Fern

MEMBERSHIP STATISTICS

Membership Figures As At 30 September 2020

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon. Members	17	0	17
Ordinary Transferable Members - Pending for Election (Normal Transfer) - Pending for Election (JM Conversion)	4638 72 20	667	5397
Ordinary Members	2	2	4
Lady Members	1	1	2
Term Members - Pending for Election (JM Conversion)	0	0	0
Junior Members - Pending for Election	278 46	49	373
Associate Members - Pending for Election	1953 40	130	2123
TOTAL	7067	849	7916

INCOME & EXPENDITURE STATEMENT

For Period April 1 to Nov 30, 2020

	30/11/2020	30/11/2019
INCOME	RM	RM
Subscriptions	2,517,781	2,615,505
Bar profits	81,407	117,618
Restaurant commission	118,023	264,828
Slot machines surplus	212,397	599,567
Interest from fixed deposits	426,146	612,430
Transfer and registration fees	221,000	337,700
Sundry revenue	127,472	136,820
	3,704,226	4,684,468

EXPENDITURE EXCLUDING DEPRECIATION

Staff cost	2,019,800	2,435,361
Less: Socso stimulus package subsidy	(349,200)	-
Utilities & services	521,198	768,204
Repairs & maintenance	472,469	415,499
Entertainment	13,256	145,901
Club events and functions	23,428	156,407
Sections and groups activities	14,543	127,459
Administration expenses	175,321	270,033
Rates and insurances	197,218	157,537
	3,088,033	4,476,401

SURPLUS FOR THE YEAR BEFORE DEPRECIATION

Depreciation of property, plant & equipment	676,798	733,336
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(60,605)	(525,269)
Taxation	103,679	158,396
DEFICIT AFTER DEPRECIATION & TAXATION	(164,284)	(683,665)
FIXED DEPOSITS AT BANKS	22,408,871	21,952,528



Members are required to wear masks and maintain social distancing at all times in the premises of the Club.

BYE LAWS GENERAL

- Members may not bring or allow persons for whom they are responsible to bring any provisions or drinks on to the Club premises except with the permission of the Main Committee.
- No Member shall personally reprimand or punish any employee of the Club. All complaints shall be made in the manner provided in Rule 46.
- Proper attire must always be worn at the Club.
- Members are provided with Membership Cards. These Cards should be carried when visiting the Club. Anyone unable to produce a Membership Card or introduction card may be refused entry or be expelled from the Club premises by a Member of the Committee or by an authorized official of the Club. Any member who loses his/her Membership card will be charged RM20 for replacement.



The Club is under 24-hour video surveillance for safety and security purposes

If you would like more information, please email to: info@penangswimmingclub.com

CLUB EVENTS

Watch out for the date for our **Patron's Night** in the month of April 2021 and **Member's Night (118th Club Anniversary)** in June 2021!

More details will be provided in our upcoming poster and Club Broadcast. The event will be subject to MKN SOPs.

CHINESE NEW YEAR CLOSURE

Captain's Restaurant & Library

11 - 12 February 2021
(Thursday and Friday)

Operations will resume on
13 February 2021 (Saturday)



IT SYSTEM UPGRADE

Contributed by: **Charles Tang**

After receiving many complaints from Club Members and office staff regarding inaccuracies and inconsistencies recorded by the existing Club Management System (CMS) software, the IT sub-committee embarked on an in-depth study on this software that was purchased way back in 2003. Following a deep dive with the Heads of Department of the various departments of the Club, a list of issues and errors of the existing CMS was compiled to gain a full understanding of the present issues dealt with.

The main problem with the existing CMS is that it is a stand-alone solution and does not properly integrate with the other systems used by the Club (e.g. F&B point-of-sale, accounting software, library system, and more). As such, it requires our office staff to do a lot of manual work. For example, it takes 3 staff Members 4 full days to generate and email out the monthly Member's Statement. This and many other simple operations that should be automatically done by the software require manual work because the CMS software used has become outdated. Apart from taking up unnecessary manpower, this also adds the possibility for inaccuracies to creep in due to human error in keying in all these details.

The IT sub-committee then tried to work with the vendor servicing the existing CMS but they were unable to solve the actual issue because the original vendor company that created the CMS has already gone out of business. The current vendor servicing the CMS is someone who previously worked at the original vendor company, however, they are unable to make the necessary changes required to solve our issues because the current system has its customization limits.



That's when the IT sub-committee searched for possible solutions to solve these issues and invited software companies to send in their proposals. Three proposals and presentations were considered before the solution by Albatrozz Sdn. Bhd. was selected as the potential solution to replace the existing CMS. This was because other proposals involved building a new system from scratch while Albatrozz already has a system that's already proven and used by other Clubs.

The proposed solution in question includes a new Club Management System that is integrated with a point-of-sale solution, financial account software, a purchasing and inventory management system, a facilities/events management system, and a library management system. Albatrozz is currently providing Club Management Systems to other major Clubs in Penang as well as in other states.

As part of the due diligence process, the IT sub-committee is doing further investigation and checks with Albatrozz's existing customers to get their in-depth feedback regarding their solution and whether they have experienced any issues with it. Since this requires tapping into personal networks, this process is still on-going. The vendor will only be engaged once all due diligence checks on the vendor and software solution have passed.

EMPLOYEES OF THE MONTH DECEMBER 2020



Ismail Bin Char
Housekeeping Supervisor

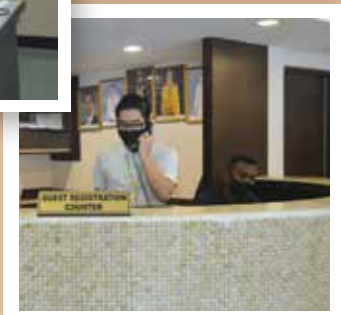
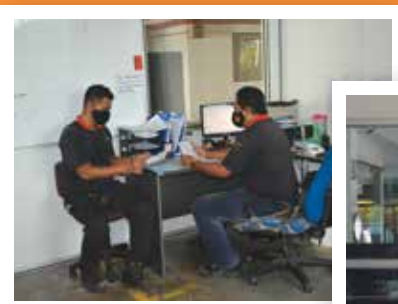
Department :
Housekeeping
Date Joined: February 2004
Years of Service: 17 years



P. Visvanathan A/L Pechumuthu
F & B Coordinator

Department : F&B
Date Joined: January 2015
Years of Service: 6 years

STAFF AT WORK



CHINESE NEW YEAR MENU A

8-Course Chinese Menu

RM638+ per table
(8 pax per table)

Salmon Yee Sang
Crabmeat Shark's Fin Soup
Braised Mui Choy Chicken
Steam Tiger Grouper Hong Kong Style
Braised Long Cabbage with Dry Oyster
Grilled Tiger Prawn Western Style
Fragrant Lotus Leaf Rice
Dessert
Iced Lemon Jelly Longan ("Ai Yu Bing")

CHINESE NEW YEAR MENU B

8-Course Chinese Menu

RM488+ per table
(8 pax per table)

Salmon Yee Sang
Seafood Fish Maw Thick Soup
Crispy Szechuan Chicken
Steam Red Snapper Lime Garlic
Braised Long Cabbage with Dry Oyster
Stir Fried Chili Prawns
Fragrant Lotus Leaf Rice
Dessert
Iced Lemon Jelly Longan ("Ai Yu Bing")

The above menus will be available from **5 to 26 February 2021**. Please book early at the **Captain's Restaurant** (Call 04-8907370, Extension 242) to avoid disappointment. Thank you.



SCUBA SECTION

Contributed by: *Kathryn Tan Suan See*

When the going gets tough, the tough get going. RMCO or CMCO, the Section never sleeps. We jump higher, get better and do more, thanks to technology.

This Section report is never in real-time, like it or not. Bear with us as the Committee gives our first 100 day-in-office news : 22 August to 30 November.

1. Trained and certified seven Sports Divers, started training a new batch of Ocean Divers and closed registration of the Dive Leader course on 7 November 20.
2. Organised a fun dive trip for Members and their families to Lang Tengah, 22 to 25 October. Availability was limited. Twenty eight went.
3. Equipment Maintenance Phase I (tanks) and Phase II (1st stage and regulators) were carried out. Phase III is next. After servicing and repairing our tanks, we now have 32 for use. Safety first.
4. Wrote-off old and no longer usable diving equipment on 6 November. (See photos)
5. Collaborated with the Sailing and Swimming Sections in the Bronze Medallion Basic Test of Qualified Lifesaver, 4 October - 7 November 20.
6. A healthy Scuba Section Account.
7. Documentation of Section history and Dive Lesson Plan for online teaching.
8. Through the BSAC 225 Facebook Account, opened our borders to connect with other groups around the world with a view to share knowledge and joint dive expeditions.

CMCO came on 9 November 2020. For our committee, this means a 79 day-in-the-office record with the manifesto for the 20/21 term already completed. Brilliant! If you look back in 1872, Jules Verne wrote Around the World in Eighty Days. It is a short tenure this time, August 2020 - April 2021. The activities organised, if given a full year, can be mind blowing! We are here to serve our Members.

Taking this opportunity to wish Gong Xi Fa Cai and Happy Holidays. See you at the 2021/2022 Scuba AGM.





SAILING SECTION

THE SEA IS CALLING

Contributed by: *Chanelle Lim*

Have you ever come to the Club on a Sunday afternoon, looked at the sail boats out there at the blues and imagined that you were the one on the boat? Well, it could be you! The Sailing section loves to welcome new faces with open arms.

As a Club Member, we have the privilege to rent and sail when the wind catches. Kayaking and Stand Up Paddling are easy and

user-friendly, so come on and say hi if you would like to join us out there at the blues.

Parents, feel free to get in touch with us if you would like your kids to be involved with some actual island fun - Optimist is calling for an adventure!

We aren't kidding when we say there is something for everyone!

Wait, there's more! Water skiing and wake boarding activities also take place every weekend when weather permits. I don't know about you but it sure sounds like an awesome day for me! Experience it yourself! Join us and have fun this weekend!

"The sea, once it casts its spell, holds one in its net of wonder forever."

Jacques Yves Cousteau



DOUBLE HANDED SAILING COURSE

Contributed by: *Chanelle Lim*

October 2020 was indeed a fruitful month for the section. 8 sailing enthusiasts learned to sail the Bahia and Catamaran. This two-day course was held on a beautiful afternoon during the weekend when the weather was just perfect!

I myself took part in it and it was a lot of fun even though the boat capsized a couple of times and my head got knocked by the mainsail. However, it is true when they say "The worst day sailing is better than the best day at work."



The course was then wrapped up followed by the meet & greet session in the late afternoon with new and familiar faces of the Sailing Section.

Good day, Good sail, Good food with Good people!



BRONZE MEDALLION COURSE

Contributed by: *Chanelle Lim*

This 8-day course was jointly organised by the Sailing, Swimming and Scuba Section in November 2020 where a total of 7 participants from each section took part.

The Bronze Medallion is the basic test of a lifesaver consisting of qualifications in water safety, self-rescue, rescue principles and CPR. Participants will receive a Bronze Medallion, or an International Lifesaving Certificate at the end of the course.



We would like to thank the Scuba and Swimming Sections for their efforts in organizing this course. We also hope that this joint effort will be one of many inter-section cooperations to come.



ANGLING SECTION

Contributed by: *Lawrence Low*

After months of no fishing activities due to the Covid-19 pandemic, finally, Angling Section was allowed to organize its first Angling programme of the year. "Fun Fishing at the Beach" was held on 18 October 2020 at the Club Seafront Café area, which attracted about 40 plus Section Members. Since children were discouraged from joining, they relaxed at the beach. Since RMCO was in-force, every participant was required to wear a face mask and practise social distancing at all times. Winners for fun fishing were awarded with coupons during lunch at the Captain's Restaurant.

Due to the great response from Section Members, another fun fishing event was held on 1 November 2020 at the same venue. Since RMCO was still in-force every member that joined this event had to abide by the SOP from MKN. Winners were presented with coupons during lunch at the Captain's Restaurant.





SWIMMING SECTION

Contributed by: *Moira Toh*

“The New Norm” – all swimmers whether recreational, competitive or in-training have become used to this new norm due to the Covid 19 pandemic.

Whatever we do now, we have to consider our health and safety and comply with the Standard Operating Procedures set out by the government.

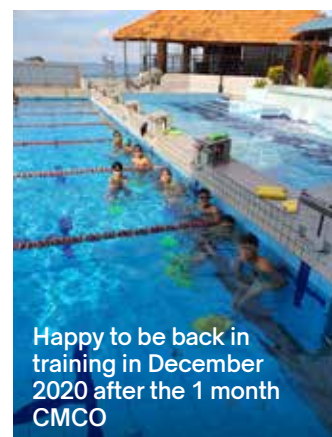
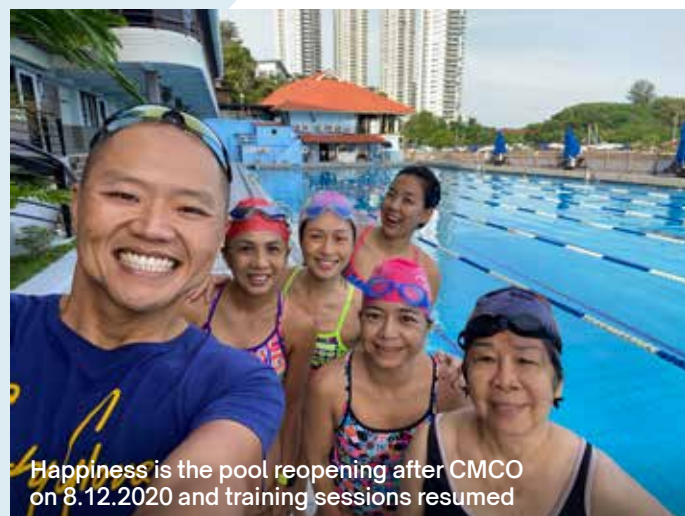
Post MCO and CMCO in late June/July 2020, all swimmers returned to swimming, training and water activities with a new appreciation for the water/pool. We treasure the times we can use the pool to swim and to train.

The Sailing Section and the Scuba Section invited the Swimming Section Members (open to all Club Members) to the Bronze Medallion Basic Test of Qualified Lifesaver. Upon completion and passing of the various tests, they would be awarded the Bronze Medallion. A few Members from the Swimming Section joined this very informative and useful course.

Just as swimming and training were getting in full swing, the Covid 19 numbers rose again and Penang reverted to the Conditional Movement Control Order from 6 November 2020 to 9 December 2020. The pool had to be closed and all swimming activities and training ceased for one month. The Bronze Medallion lifesaving course was also put on hold during the CMCO. During this time, our coaches Coach Heng and Coach Dickson conducted dry land training for the swimmers in training to maintain their fitness.

Whilst the Covid 19 pandemic continues to loom over Malaysia and the world, there will be uncertainty and many methods adopted to combat this pandemic and all of us have to adapt to this new norm. This means many races and competitions usually held have all been put on hold or postponed (even the Tokyo Olympics 2020 has been postponed to 2021!). This may demotivate many swimmers and those in training but it is important to emphasise the safety of everyone. Perhaps this is a time to work on weaknesses such as strength through dry land strength training, weight training and agility and also to improve on our race strategies and to watch more videos on how to improve our swimming. Swimmers can also try other activities such as running and spinning (cycling) and other sports/hobbies to improve our range of strength and mobility plus our knowledge. Everyone must focus on the positive!

Thankfully the pool reopened on 7 December 2020 and we look forward to more time in the pool/water!!



KARAOKE GROUP

Contributed by: *Ismail Baba*

On the evening of 24 September 2020, the Satay and Birthday party was held at the Seafront. This was the first social event of the year by the Karaoke Group after many months of lockdown. The event was attended by more than 90 Members and we were honoured to receive our President, Najieb Ariff to grace the party. The event went very well indeed. The weather was perfect, the food was delicious and Members had a really good time catching up after being socially isolated for almost seven months. Despite the social restrictions and limitations, we still managed to have an enjoyable evening. Thank you very much to those who attended the party and special thanks go to Eric Lew, the Convenor, and his team for a job well done.



FUN FUN NIGHT

Contributed by: *Ismail Baba*

The Fun Fun Night was held at the MPH on 16 October 2020. This was our second social event of the year. The Karaoke Group was delighted to welcome Hardavinder Singh, our Club Captain, to grace this delightful and very entertaining event. More than 60 Members came and all were smartly dressed so as to add more flavour to the occasion. Many eventful games were initiated to keep Members entertained throughout the evening. Members were also invited to serenade us with their favorite songs throughout the night. Tables and chairs were arranged accordingly to comply with the MKN SOP. Dinner and drinks were served individually to minimize close contact so that we continued to obey social distancing. Again, despite social constraints and shortcomings Members were able to have fun. Thank you again to all Members who came and made the evening a truly awesome night.





DARTS GROUP

Contributed by: **Lionel Lim**

Darting day:

1. Weekly Tuesday League: 8.30PM – 10.30PM

To join Weekly Tuesday League, first you must register with the Club at the Reception. You can get a form there. After you join, you will be able to participate in the Weekly Tuesday League.

2. There are Prizes to be won including getting the throws in 3 darts.

Social Friday: Every Friday 8.30 PM – 10PM

Everyone is welcome to join. There will be fun games and everyone is welcome to learn the 3 Fundamentals of Darts. Everyone is welcome to come on this day without prior registration, you can just drop by anytime.

The Weekly Tuesday League is a game that consists of Harvest and competitors will be divided into 2 groups. Once the chart of competitors is set, the game will begin immediately.

Harvest is a game of warming up your throwing movement.

The game begins from:

14 > 15 > Double > 16 > 17 > Triple > 18 > 19 > Colours > Bull Starting from the score of 27,

Starting from the game of 501 racing to do 0 the fastest game.

Racing down from 01 game

A Big Congratulations to the New Elected Committee Team for the year 20/21!



From left: Ms. Judy Tan (Secretary), Mr. Lim Ying Khai (Captain), Dato' Lawrence Cheah (Chairman), Mr. Devyn Khoo (Treasurer).

We would like to thank Mr. Tony Morley and Mr. Blunden Butt for agreeing to assist us by being our advisors in the Darts Committee.

A big congratulations to our:
Chairman: **Dato' Lawrence Cheah**

Secretary: **Ms. Judy Tan**

Treasurer: **Mr. Devyn Khoo**

Dart Captain: **Mr. Lionel Lim Ying Khai**

Advisors:

Mr. Tony Morley

Mr. Blunden Butt

We would like to take this opportunity to thank the pillars of the Darts Committee for their great effort to keep the Darts group going strong.

This year has been an unfortunate year for us as Mr. Choo Lip Hoe and Madam Lilian Ng passed away. We would like to take this opportunity to appreciate their hard work maintaining the Darts group.

This year has been the toughest year for the Darts group, and the whole world due to the Covid-19 Pandemic.

All competitions such as Inter-Club, Tuesday Leagues and other competitions were cancelled due to Covid-19.



WHAT IS DARTS?

How does the game of darts work?

Darts is not a contact sport. All you need to do is just throw, with the correct fundamentals.

The fundamentals of darts consist of only 3 parts. Yes, you are right: Only 3!

Darts is not a sport where you must train specific muscles or learn specific skills to improve.

There is no trick up our sleeves.

Mastering darts is only about these 3 basic fundamentals:

1. Stance 2. Grip 3. Release

Darts is not just about tossing your darts at the board. It's a mental game. "The key to master darts is through preparation, practice, practice and practice" – Phil Taylor, 16 times world champion



SOCIAL FRIDAY

The Darts Group Committee continued to introduce more activities and games during the quarter. An open invitation was made to all Club Members to join our Social Fridays with quite a few Members joining in the fellowship and learning about the sport. The Darts Group provided darts, and coaching to all those interested in trying out darts. The Committee was so encouraged by the response and decided to continue Social Fridays. All PSC Members are welcome. Friday evenings 8-10 pm. No prior registration is needed.



DANCE SPORT GROUP

Contributed by: **Leang Soon Huat**

To the many restless Members of the Dance Sport Group (DSG), it came as a relief that the DSG committee announced that Dance Classes would resume from October onwards. Sure enough, dance classes started from 1 October 2020. Members were elated that after a lapse of half a year, things seemed to be slowly getting back to some kind of "normalcy" (or "new norm"?)

Unfortunately, this "new norm" could not even last for one month! The number of Covid-19 cases started to increase at quite an alarming rate in October in many parts of the country. The Main Committee of PSC then made the decision, in the second half of October, to indefinitely stop the activities of the various PSC Groups, including the Dance Sport Group. And that is the situation until now.

While many Members might be disappointed with this decision, this is the right decision to ensure our safety and health. The Straits Times on December 5 2020 ran the headline "Hong Kong's tai-tai dance Clubs blamed for large cluster of Covid-19 cases". The article reported that "the city's dance studios ... are in the spotlight after they were blamed for ... an "ultra-large cluster" of Covid-19 infections that sparked the fourth coronavirus wave in the territory". (The DSG committee Members now feel quite

vindicated in implementing our DSG SOP (Standard Operating Procedure) when we started the dance classes in October!)

The above news article is shared not to scare people from participating in dance activities, which have many health benefits (just do a Google search for "health benefits of dancing"), but to bring awareness to people that dancing during this coronavirus pandemic might pose a health risk to some.

For the information and benefit of those PSC Members who are considering joining DSG in the not-too-distant future, the following are the various dance activities conducted by DSG:

1. Ballroom Dancing – (a) Beginners' Group, and (b) Intermediate Group
2. Latin Dancing – (a) Solo Group, (b) Intermediate Group, and (c) Social/Mix Dance Group
3. Line Dance – 3 sessions on 3 different days, including a session for the Beginners' Group, and another for the Intermediate Group.
4. Belly Dancing

Do come by (when classes resume), and join in this healthy social activity!



QI GONG



Some of the participants in a recent Qi Gong class

Many Members are not aware that we have been holding Qi Gong classes at the Marina Deck every week since 2010.

We have grown steadily to some 40 Members to date and are still growing.

Qi Gong is an ancient Chinese exercise form which promotes mindfulness and blood circulation through controlled breathing and movement. This involves the cultivation of energy known as Qi.

We also organise visits, trips and excursions to nearby places of interest as well as get-together dinners and functions.

Classes are held every Saturday & Wednesday at the Marina Deck from 8am to 9am.

If you are interested, kindly make your enquiries to:

Mr Leslie Lai 019-497 7007



NEW TRAINING SOP

Since cases of the virus have been rising, we the Committee have come up with a new SOP for darts:

1. Wear A Mask All The Time.
2. Sanitize yourself and your dart before you enter.
3. SCAN the QR Code and Body Temperature before you enter.
4. Sanitize regularly.
5. Avoid having too many people inside.
6. Only 2 dart boards at the same time maximum.
7. Maximum 6 - 10 players in the room, including the marker of the board.

For example;

Singles Game

Board A – Player A vs Player B, and a Marker.

Board B – Player C vs Player D, and a Marker.

Total 4 Players and 2 Markers.

This means a maximum of 6 people (including Markers) in the dart room.

Doubles Game

Board A – Player A & B vs Player C & D, and a Marker.

Board C – Player E & F vs Player G & H, and a Marker.

This means a maximum of 10 people (including Markers) in the dart room.

8. Strict social distancing when you are in a game. When Player A is throwing, Player B must stand 1 metre away.

Due to the Covid-19 outbreak, please abide by all the SOPs given by our MOH.

Due to limitations of players per day, the Club has decided to open another Training Day on Fridays.

To those who wish to participate, please do register with us at **04-8907370** or contact **Lionel Lim** at **016-4855943**.



TENNIS GROUP

Contributed by: *Patrick Lee*

After a slow start to 2020 where the MCO stopped play, The Tennis Group bounced back with a new committee, new nets, new windbreakers and a 40% increase in new Members from 70 to 100 in the second half of the year!

Working with Amer Sports (Wilson) to secure sponsorship of new equipment and prizes for future tournaments, we squeezed in a Doubles Tourney in November/December 2020, and have exciting events lined up for 2021.

The Doubles Club Closed 2020 that concluded on 19 December 2020 had 16 pairs compete to be our Club's top Men's and Women's Tennis Doubles partnerships. The event had a great mix of skilled juniors and more experienced players battling it out in a fun and friendly competition. (Results: Women's Final - Lisa Targosz & Sally Khoo Beat Catherine Martin & Ashling Geh 8-3. Men's Final - Alvin Lee & Hans Lim Beat Eric Ooi & Sunny Ng 8-2).

The 2021 PSWC Tennis tourney scene will kick off with the inaugural DS Nazir Ariff Challenge Cup (Saturdays 9, 16, 23 January 2021), sponsored by Dato' Seri Nazir Ariff himself. This is the first of its kind team tennis challenge, a highly anticipated event as all 44 spots were snatched up within the first 5 days of registration!



DOUBLES TOURNAMENT DINNER

18 December 2020



YOGA GROUP

Contributed by: *Boey Taik Hin*

Since March 2020, yoga classes have been disrupted in more ways than one. We had to reduce class attendance, tape the locations for the placement of the mats, ensure Members sign in etc. Reduction of participants as per MKN SOP didn't go down well with the Members.

But the yogis took it in their stride and trod onwards. There has to be an end eventually, but from MCO, CMCO to RMCO, there seems to be no end.

Yoga requires consistency to remain flexible and nimble, so what else can the yogis do?

DIY YOGA! Most practised at home, some took to the hills to practise. This requires personal dedication. Look at the photos, still balanced and flexible.

Namaste
Stay safe everyone.



CHRISTMAS DINNER

Contributed by: *Boey Taik Hin*

Ho Ho Ho and a bottle of rum ... Oops, wrong Ho Ho-ing and wrong place!

19 December 2020.

The place: Penang Swimming Club MPH 1.

The time: 7 pm.

The colourful dresses of the yogis streamed in, and most were in reds, greens and gold -- Merry Christmas colours.

I have said it once and I say it again to the detriment of my health and hair ... yogis in exercise attire look very different in evening dresses. Even the instructors looked Ooh La La!

On to the food! We had three choices: Turkey, Steak and Salmon. Needless to say the most common choice was Turkey, followed by Salmon and then Steak.

I personally had Steak and was rather surprised that it was done perfectly: the centre was still pink and moist. I curi-curi some Turkey from my table mates, and as expected Turkey tasted like ... Turkey. The Salmon was dry and I'll leave it at that.

Our table ordered the economically-priced (read: cheapest) white wine on the list. Also pretty good!



Did I mention we had a dance presentation? Bibi, our most senior instructor, gathered a few Members to put up an impromptu presentation. The key word here is impromptu, ya.

All in all it was a nite to meet up, have a meal and a couple of drinks together with friends to take a break from the COVID this and that.

Till we meet again at the next gathering or class,

Namaste



CALENDAR OF EVENTS

January, February, March & April 2021

JANUARY

JAN 2 SATURDAY	Scuba Section - Water Survival 📍 TBC ⌚ TBC	JAN 9 SATURDAY	Sailing Section - Optimist/Laser Course 📍 TBC ⌚ TBC	JAN 10 SUNDAY	Sailing Section - Optimist/Laser Course 📍 TBC ⌚ TBC	JAN 13 WEDNESDAY	Scuba Section - Equipment Talk 📍 TBC ⌚ TBC
JAN 16 SATURDAY	Sailing Section - Optimist/Laser Course 📍 TBC ⌚ TBC	JAN 17 SUNDAY	Sailing Section - Opti / Laser Course 📍 TBC ⌚ TBC	JAN 23 SATURDAY	Sailing Section - Powerboat Trip 📍 TBC ⌚ TBC	JAN 30 SATURDAY	Scuba Section - Club Dive Trip 📍 TBC ⌚ TBC
JAN 31 SUNDAY	Sailing Section - Ski Carnival 📍 TBC ⌚ TBC						

FEBRUARY

FEB 5 FRIDAY	Swimming Section - CNY Party 📍 14th Floor, MPH ⌚ 7.00pm - 10.00pm	FEB 6 SATURDAY	Scuba Section - Nitrox 32 & 36 📍 TBC ⌚ TBC	FEB 7 SUNDAY	Angling Section - Fun Fishing 📍 Off Shore / P. Jerejak / P. Aman / Sg. Merbok ⌚ 9.00am - 12.30pm	FEB 17 WEDNESDAY	Scuba Section - DL F. Exam 📍 TBC ⌚ TBC
FEB 20 SATURDAY	Scuba Section - OD OW / Payar 📍 TBC ⌚ TBC	FEB 20 SATURDAY	Karaoke Group - Social Gathering - CNY 📍 MPH ⌚ 7.00pm	FEB 27 SATURDAY	Scuba Section - DL OW Trip 📍 TBC ⌚ TBC	FEB 27 SATURDAY	Sailing Section - Sailing Ticket 📍 TBC ⌚ TBC
FEB 28 SUNDAY	Angling Section - Fun Carnival 📍 Seafront Shoreline ⌚ 10.00am - 1.00pm						

MARCH

MAR 6 SATURDAY	Sailing Section - Double Handed 📍 TBC ⌚ TBC	MAR 6 SATURDAY	Karaoke Group - Duet Karaoke Competition 📍 MPH ⌚ 7.00pm	MAR 7 SUNDAY	Sailing Section - Double Handed 📍 TBC ⌚ TBC	MAR 10 WEDNESDAY	Scuba Section - Dive Comp Talk 📍 TBC ⌚ TBC
MAR 14 SUNDAY	Sailing Section - Pot Luck & Meet n Greet 📍 TBC ⌚ TBC	MAR 14 SUNDAY	Angling Section - Angling Annual Fishing Competition 📍 Behind Snake Temple ⌚ 9.00am - 1.00pm	MAR 14 SUNDAY	Angling Section - Annual Awards and Presentation Dinner 📍 MPH 1 ⌚ 7.00pm - 10.30pm	MAR 14 SUNDAY	Swimming Section - Swimming Carnival 📍 Pool & 14th Floor ⌚ 7.00am - 2.00pm
MAR 20 SATURDAY	Sailing Section - Paddle Trip 📍 TBC ⌚ TBC	MAR 20 SATURDAY	Scuba Section - Club Trip / Payar 📍 TBC ⌚ TBC	MAR 20 SATURDAY	Sailing Section - Paddle Trip 📍 TBC ⌚ TBC	MAR 27 SATURDAY	Karaoke Group - Social Gathering (Annual Dinner) Birthday Bash (Feb/Mar / Apr) 📍 MPH ⌚ 7.00pm

APRIL

APR 2 FRIDAY	Swimming Section - Time Trial 📍 TBC ⌚ TBC	APR 4 SUNDAY	Sailing Section - InterClub Race 📍 TBC ⌚ TBC	APR 11 SUNDAY	Karaoke Group - AGM 📍 Pacific Lounge ⌚ 6.00pm	APR 25 SUNDAY	Angling Section - AGM 📍 MPH 2 ⌚ 3.00pm
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TBC: To Be Confirmed. All events will be subject to MKN SOPs.

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.