

THE NAUTILUS

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SWIMMING
CLUB

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PENANG SWIMMING CLUB

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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.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 Zainol Abidin Bin Dato' Hj Salleh
DGPN, DMPN, JSM

Y. Bhg. Dato' Mahinder Singh Dulkan
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
HR EXECUTIVE Muhammad Izzat Bin Suhaimi

SECTIONS

ANGLING Beh Ping Seng | SAILING Manfred Wiedenmaier
SCUBA Freddie McGuire | SWIMMING Cindy Wong

GROUPS

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

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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 Peggs	Yeoh Sung Shen
	Cheah Chin Teong	Paul Thomas Harrison
	Lee Aun Tiang	

ELECTION COMMITTEE

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Richard Chung	Elaine Tan
Dato' Dr Zaatari M Adel	Low Mei Leng

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Committee Members	: Ramsun Ho Chii Huey	Dr Gopinathan A.
	Dato' Diljit Singh Dulkan	Tan Hooi Choo
	<i>D.S.P.N., DJN, PKT, PJK</i>	

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	Dr. Yoon Chee Kin
Lee Cheng Tee	Dr. Pamela Jean Sharpe
Dr. Lim Shueh Lin	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.



“The Main Committee has decided to declare Penang Swimming Club a smoke-free zone”

PRESIDENT'S MESSAGE

In line with the Penang State's objective to make Penang a smoke-free State within the next five years, as well as to protect our Penang Swimming Club members, especially younger children and the elderly from the dangers of exposure to tobacco smoke, the Main Committee has decided to declare Penang Swimming Club a smoke-free zone and to implement a cigarette smoke-free policy. This is also in accordance with the Penang State Department of Health's latest interpretation and finding that Penang Swimming Club is a 'no smoking area' as our Club is caught under Regulation 11(1)(p) of the Control of Tobacco Product Regulations 2004. I fully understand that some members, who smoke, may feel inconvenienced initially and have to adjust to this latest policy, but I trust that smokers will appreciate that this policy decision is for the best in promoting a healthy environment at Penang Swimming Club.

The next couple of months will be an extremely busy period within the Club. As we approach the end of another fiscal year, the Main Committee and Management will be engaged with the 31st March Accounts closing for audit purposes, preparation of Reports and Budget planning, in readiness

for the upcoming Annual General Meeting in June. This preparation work also holds true for the Committees of our various Sections and Groups, with budget allocation discussions to take place, planning of respective annual dinners and AGM Notices and Reports to be circularised to their members.

We shall be honouring our beloved Patron of Penang Swimming Club, the Governor of Penang, by welcoming His Excellency Tun Dato' Seri Utama (Dr.) Haji Abdul Rahman Bin Haji Abbas to our Patron's Night on 12th April 2019. This is one of our Club's major annual events and I am confident that members will give this occasion their full support and make the evening an enjoyable, memorable and successful one.

Lim Shin Lid
President



“PSC, as a sports club, we believe in creating a clean air, and healthy environment and lifestyle for all members.”

EDITOR'S NOTE

The year 2019, is barely two months old, has brought forth two developments which promise to have significant and far reaching impact to the Club. The Federal Government has increased the rate of Gaming Tax from twenty (20%) to thirty percent (30%) from January 1st, 2019. This is a very big increase and will have profound effects on the Gaming business. For PSC, we expect to see a significant drop in income from the Games Room immediately, and in the foreseeable future. The Games Room has been one of the main 'pillars' in the Club's sources of income for many decades, the challenge is now for the Club to develop alternate plans to mitigate such short fall, and to ensure the Club is in sound financial position at all time.

The Club has just decided on implementing a Non-Smoking Policy for the Club to be effective immediately. With this, smoking is not allowed within the entire Club premise. This is to be in line with and supporting the Penang State

Government's initiative to implement a Non-Smoking Policy for all public facilities, especially F&B outlets within the State. PSC, as a sports club, we believe in creating a clean air, and healthy environment and lifestyle for all members.

Despite the short term challenges and inconvenience to our members and Club, we believe these decisions are both very positive developments and healthy for the Club in the long term. It is our belief that our members will rise to the occasion to support such efforts.

Lim Khoon Seng
Editor





“I believe that this is a truly wonderful time of the year, with a refreshing new start to the challenges facing us”

GM'S MESSAGE

Security Reminder

As membership of our Club continues to expand, the requirement to have your membership card with you at all times is essential. Membership cards are required for access to Club premises, and production of said cards is required for signing and billing purposes.

Members should also be cooperative with the scanning of cards, as this is imperative in maintaining the security of the Club and members therein, and also the 'health & safety' aspects of the Club and individual members.

Staff Update

Please join me in welcoming to the Club Management Team - Mohd Izzat, recently appointed as our 'Human Resources Executive'. Mohd Izzat will join forces with the Human Resources Committee and Management Team to assist in managing staff welfare, discipline, recreation and most importantly the training and development of PSC staff.

There has never been a better time to refer again to our Patron's Night celebration in April. Our Penang Swimming Club's 116th Anniversary! We rely on members to make this event a special and memorable occasion.

Those involved in the management of the Club are truly excited about recent progress and also future plans for changes and improvements within the Club, and are delighted to be part of an organisation that looks forward towards realising its full potential.

Ramis Chandran
General Manager

Following Christmas, New Year & Chinese New Year, we welcome in the new season. I believe that this is a truly wonderful time of the year, with a refreshing new start to the challenges facing us in the upcoming months. After all the recent festivities, the Club staff are now busy with preparing for further 2019 events and aiming towards enhancing activities for members, and where applicable, their families, friends and invited guests.

Therefore, if in doubt, please do not hesitate to contact any of our admin/office staff to assist you regarding further information and registration for upcoming events.

Growth of, and improvement in, our Club facilities is continually ongoing. Most recent being the much required, and much commented on, Snake Temple renovation. A new caterer for this 'outlet' has been interviewed and proposed menu discussed in detail. Once operational, it is believed that the Snake Temple will offer further variety in members' dining experience.

Technological improvements have also been made. Our PSC website was reconfigured in December, and we are very encouraged by not only the initial patience from members, but subsequently, the positive response we received.



ELECTION OF NEW MEMBERS

10 JAN 2019



Yeap Poh Lean &
Cheah Ewe Yeow



Samantha Goh Jia Jia



Dr. Ismail Baba



Annie Yeap Lay Pheng &
Lee Chin Aik



Ngiam Li Siok



Neoh Khoon Kee @
Lui Khoon Kee



Ooi You Wai &
Tew Kai En



Bettina Stark &
Christian Stark



Ong Chen Chiet



Tan Ceng Weng



Chuah Jun Hoong



Chng Jing Ci



Owin Ciah Own Winn



Geh Cheow Mei



Lee Lay Lee

JUNIOR MEMBERS



Ho Jia Yann



Sara Khoo Yu Qian



Loh Zhi Yi



Zachary Lau Hung Yi



21 FEB 2019



Edgar Joseph Gasper



Sean Heah Kian Hong



Josephine Ong Ming Hui &
Loh Chung Leng Edward



Catherine Martin &
Anton Martin



Savithri Arjun &
Natarajan Arjun



Kin Siang Yee &
Neoh Ching Chong



Kelvin Ong Choon Kiat



Ang Chiew Hoon &
Ooi Chee Yok



Tan Ai Ling &
Tan Khen Kheong



Datin Aravelli A/P Marimuthu &
Dato' Vedivelu A/L Kalimuthu



Wong Sherng Chow &
Phan Mong Siang



Clara Yeo Pei Pei



Khoo Yi Sen



Justyn Lim Guo-Han



Calvin Lim Yin Kai



Lean En-Zhu

JUNIOR MEMBERS



Erica De Smet



Natasha Yann Ganesaguru



Hoshino Yuji



Wei Ha



Lee Jia Ching



Loh Chia Ying



Sean Yeoh Xuan Hao



Lim Zhi Yin



MEMBERSHIP STATISTICS

Membership Figures As At 31 January 2019

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon. Members	27	0	27
Ordinary Transferable Members - Pending for Election (Normal Transfer) - Pending for Election (JM Conversion)	4636 38 15	651	5340
Ordinary Members	3	2	5
Unattached Lady Members	1	1	2
Term Members - Pending for Election (JM Conversion)	1 0	1	2
Junior Members - Pending for Election	276 33	64	373
Associate Members - Pending for Election	1923 23	128	2074
TOTAL	6976	847	7823

INCOME & EXPENDITURE STATEMENT

For The Financial Period from 1 April to 31 January 2019

	31/1/2019	31/1/2018
INCOME	RM	RM
Subscriptions	3,198,189	3,222,860
Bar profits	167,032	50,448
Restaurant commission	356,056	269,916
Slot machine profits	868,167	905,929
Interest from fixed deposits	758,827	740,005
Transfer/registration fees	578,730	370,100
Sundry revenue	124,019	134,045
	6,051,020	5,693,303

EXPENDITURE EXCLUDING DEPRECIATION		
Staff cost	2,979,078	2,831,032
Utilities & services	1,014,472	994,377
Repairs & maintenance	648,254	514,992
Entertainment	192,076	182,058
Club events and functions	180,154	76,752
Sections and groups activities	216,297	253,624
Administration expenses	376,015	312,102
Rates, taxes & insurance	209,218	215,963
	5,815,564	5,380,900

SURPLUS FOR THE YEAR BEFORE DEPRECIATION	235,456	312,403
Depreciation of property, plant & equipment	933,360	1,004,870
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(697,904)	(692,467)
Taxation	(196,663)	(185,001)
DEFICIT AFTER DEPRECIATION & TAXATION	(894,567)	(877,468)
FIXED DEPOSITS AT BANKS	21,673,886	22,306,752



Patron's Night

Come and join us at our Patron's Night on
FRIDAY, 12 APRIL 2019

RM35+

Per Member

RM50+

Per Guest

Pre-dinner cocktail from **8:00pm** to **9:00pm**,
Course Dinner, Live Band & Entertainment.

**Call / Register at the
Main Reception at Level 6.**

Closing Date: 5th April 2019

FAREWELL TEA PARTY



The Club organized a Farewell Tea Party for the 6 departing Nepalese security staff on 28 February 2019. The said staff were with us for about 2 years and we shall miss their dedication and the good services rendered. On behalf of our Club, the President presented each departing security staff a souvenir and wished them all the very best in their future endeavours.



EMPLOYEE OF THE MONTH

JANUARY



NAME

Sangaran Pillai A/L Durairaj

POSITION

Office Assistant

NOMINATED BY

Sr. Admin Exec (Agnes)

REASON

Willingness to take on additional tasks. He attended most of the club events and he stayed until the end of the event without grievances. He is one of the friendliest people I know and he always arrives with a smile on his face and a happy greeting for members and colleagues.

FEBRUARY



NAME

Noormala Binti Noordin

POSITION

Accounts Assistant

NOMINATED BY

Finance Manager (Ms Ong)

REASON

She is someone who adapts easily to changes and always comply with SOPs of Finance Dept. Affiliated clubs do speak positively of her as she handles their billings efficiently.



LUNAR NEW YEAR CELEBRATION

The Lunar New Year dinner organized by the Club was held on 15th February 2019. This joyous celebration was attended by approximately 250 members and their children.

Accompanied by the Lions which started the blessings in the early evening, the merriment escalated when they went through all the Club outlets with the Committee members and Management Staff.



The sumptuous buffet spread together with the special authentic dessert - 'Bubur Cha Cha' were certainly a delight to the diners' palate and pleasure.

Subsequently, the members and children were entertained by a group of Karaoke members singing some Lunar New Year songs.



Before the dinner ended, there were Lion Dance and Dragon Dance performances followed by the distribution of lucky gold coin chocolates to the members by the 'God of Prosperity'.





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NOON FISHING COMPETITIONS

Contributed by: **Victoria Labrooy**

25 November 2018

Heavy rain with thunder and lightning subsided and the afternoon sun gave optimism to a fine day for a fishing competition. But November 25 turned out to be yet another dismal day for the 40 participants as many did not even feel any tug at their lines and for some the bait remained intact on the hooks from start to finish.

The competition commenced at 3.00pm and activity for the selected few anglers was abuzz only for the first hour into fishing as thereafter catches were not only scarce but also small in size.



16 December 2018

Being the final competition for the season, this competition on December 16, 2018 was crucial as it would determine the Champion Angler of the Year 2018/2019 for all the three categories and also the Champion for the heaviest catch for the Year 2018/2019. The results of the winners and awards are to be presented at the Annual Prize Presentation Dinner.

Undoubtedly and to quote Boey Taik Hin, it was "Pressure! Pressure!" for those in pursuit of the coveted title as the points collected thus far by the top 4 anglers were closely matched and any win in the top seven placing today would upset the current results.

At 7.00pm the siren signaled the end of the competition and whilst Cecilia Ho Lai Teng took the special prize with her 'senangin'/threadfin; Boey Taik Hin, Jenny Lee Cheng Suan and Audrey Ung Hui Xuan emerged champions of the day in the Men, Ladies and Children category respectively.

Hence this day and the anticipation had ended; replaced by joy and disappointment and for the not so lucky, better luck next season!



NIGHT FISHING COMPETITION

1 DEC 2018

To the anglers' delight, the rain abated just in time for the competition to be on as scheduled. Enthusiastically the 40 members, comprised of 20 men, 16 ladies and 4 children converged to the sailing area shoreline for the night fishing competition of 1st December.

The setback of the night was that contrary to our expectation and twice consecutively for our night fishing competitions at the sailing area shoreline, the participants had to bait, cast and fish in the dark, assisted only by the few personal headlamps and two camping lanterns. Nonetheless, we were pleasantly surprised to receive a visit from our Club President and the Vice-President; accompanied by their charming families.



The highlights of the otherwise uninteresting night were the 334gms 'sembilang' caught by Mr. Michael Chong and the 490gms 'Gerut' or 'Pek Cho' by Ms. Victoria Labrooy; to clinch the champion title in the Men and Ladies category respectively.



ANNUAL ANGLING CARNIVAL

6 JAN 2019

January 6, 2019 was the Annual Angling Carnival and as usual it was to be an easy-going, five hour-long fête.

But unlike previous years, we played new beach games and it was an instant hit with the 51 participants including six non angling members; as affirmed by the feedbacks we received.

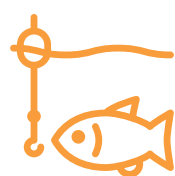
Kathleen Cheah wrote: "Colin and I had a good time at the Carnival yesterday especially during the beach games which

brought us nostalgic moments - childhood days. The games were a welcome change and they were exciting from start till end." One of our Angling members, Ann Ch'ng, has requested that this event be organised on a half yearly basis. She said the Carnival is "Like a school sports day, makes us younger by 40 years! Thanks to you and Angling Committee."

Ang Peng Nam & Gaik Thoe echoed: "The Carnival was well organized and we enjoyed all the activities. We had so much fun and we are looking forward to next year's Carnival."

Last but not least Ang Teik Huang, a non angling member said: "My family enjoyed the carnival very much. It was a wonderful event. Our sincere thanks to Angling Section Committee for organizing this carnival. We look forward to the next one to come. Thanks."

See you at our next Carnival!



OFFSHORE PULAU TIKUS FISHING TRIP

20 JAN 2019

Twenty five eager members arrived early on the morning of January 20, 2019 and embarked on the four Club boats for the much anticipated 3-hour fishing trip to Pulau Tikus. To make the trip more exciting, a competition for the heaviest and the most number of whiting or 'Sua Chooi' was incorporated into the trip.



Due to gusty wind and choppy seas, fishing on that day was far from ideal and even causing certain 'hot spots' inaccessible. While most failed miserably to catch the species which had somewhat turned elusive; some of the die-hard fishos, due to perseverance and lady luck, managed to savor success.

Lawrence Low Kheng Pheng took the prize for heaviest whiting with his catch which tipped the scales at 125 grams whilst Michael Chong Chee Woo, with his total of 6 whiting, emerged champion for the most number caught.

Overall, it was a memorable time especially for the new Angling members who ventured on their 'maiden voyage.'





2018 CHRISTMAS PARTY

Contributed by: **Scott Ong**



The section held its annual Christmas party on 15th December at the MPH. The fun filled event saw a turn out of about 100 section members and guests.



PSC DRAGON BOAT TEAM

The section held a ceremony commemorating the launch of the PSC Dragon Boat on 5th of January 2019, that saw a turn out of over 40 members. The dragon boat was donated to the club by a member, and after many months of hard-work refurbishing by Coach Fred, the boat is finally sea-worthy. The dragon boat team is and will be trained by Mr. Geh, who is a long-time section member, and an experienced trainer himself.





The PSC Dragon Boat Team is always looking for interested members. No prior experiences needed. The team holds regular trainings every Saturday afternoon at 3.00pm down by the Seafront.



POWER BOAT TRIP

A boat trip to Pulau Telor was held by owners of the private boats on 26th January 2019. About 40 members and guests attended the trip. This leisure trip consisted of BBQ lunch on the beach, sun bathing and snorkeling.





SCUBA SECTION NEWS

Contributed by: **Karen Thong**

The ocean diver training started on 9 January 2019 has completed its theory, practical lessons and preopen water assessment. The Scuba Section will fix a suitable date and location for the open-water assessment soon.

The live-on-board 4D3N trip to Similan, Phuket has been postponed to 22 February 2019 because of the tsunami warnings and due to that the resort areas were closed temporarily.

The Section recently held a welcoming Chinese New Year 2019 luncheon on 17 February 2019. A total of about 60 members including families and children attended.



It was an unforgettable event though held in the afternoon, the atmosphere was filled with good food, laughter and members mingling and catching-up with old and new buddies.

We also have another Section 5D4N trip to Tulamben, Bali on 23-28 March 2019.

Members who are interested to learn more on the beauty of diving underwater are welcome to join us during our training lessons every Saturday morning and Wednesday night.

For new membership, please collect the application forms at the main receptionist Level 6 or contact our Hon. Secretary.

For more information, kindly refer to our Scuba Section Notice Board.





55TH PASA-SPEEDO STATE AGE GROUP SWIMMING CHAMPIONSHIPS 2019

Contributed by: **Dr Lim Shueh Lin**

The PSC Swim team took part in the 55th PASA-Speedo State Age Group Swimming Championships 2019 on the 18th to 20th of January 2019. This was held at the MBPP Relau Sports Complex.

Our team had 76 swimmers, aged from 7 to 25 years old. This year, I am proud to report that we brought home both trophies: **'Chief Minister's Challenge Trophy'**, which is determined by the greatest number of Gold Medals achieved and the **'President's Challenge Trophy'**, for the team with the most points. We had a total of 71 gold medals and 2040.5 points.

Well done to all our swimmers! It was a team effort and this win would not be possible without every single one of you. We are grateful for our three beloved coaches: Head Coach Heng, Coach Liu and Coach Lee Chek who inspire and motivate our team daily, our Swimming Section Committee and all the parents.

On a special note, the following swimmers are highlighted for achieving new meet and state records. They are:

CHRIS CHEW (Boys 13-14)

50m breaststroke	- PASA meet record
50m butterfly	- PASA meet record
100m butterfly	- PASA meet record
50m freestyle	- PASA meet record

LOUIS CHIN (Boys 15-17)

100m breaststroke	- PASA meet record
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Boys 13-14

400 LC Meter Freestyle Relay	- PASA meet record
Team comprised of Koay Yi Chern, Loh Ming Han, Joel Darren Kung and Chris Chew.	

Girls 9-10

200 LC Meter Medley Relay	- PASA meet record
Team comprised of Eunice Yap, Yeoh Yun Xuan, Chong Sze Ying and Rachel van Pul.	

Boys 13-14

400 LC Meter Medley Relay	- PASA meet record
Team comprised of Joel Darren Kung, Mervin Neoh, Chris Chew and Koay Yi Chern.	



SWIMMING CARNIVAL 2018 / 2019

The Swimming Section was pleased to organise the annual club event of the Swimming Carnival. This was held on the 27th of January 2019, Sunday.

At 7am registration started on a clear and mild morning. We had unusually mild weather for January with cold winds and clouds, instead of a scorching pre-Chinese New Year weather. The biathlon was kicked off at 7.45am by our Club President, Lim Shin Lid.

Participants started with a 400m swim in our pool, followed by a 200m run on the beach. This was completed by 8.45am and followed by breakfast around the pool. Once breakfast was done the participants were separated into 9 groups of ten people. This was to play four team games, where the teams have to accumulate points for the total overall winner.

We had Get on the Surfboard, Chopsticks Nuts, Ping Pong Scrabble and Tip the Spoon. Teams had to complete the games under a stipulated time.

Once all games were completed, the highlight of the Swimming Carnival began at 11.30am with the Treasure Hunt. Goodies ranging from soft drinks, tins of baked beans, mandarins, oranges and empty water bottles with coupons were tossed into the pool.

Participants were given a plastic bag each to fish the items out of the pool. After a quick 20 minutes passed, the Treasure Hunt ended and we all headed for the showers, to adjourn later to the Multi-Purpose Hall for our lunch.

During lunch, prizes were given out to the top teams and the winners of the biathlon in their age groups. Everyone had a good time and we are all looking forward to the next Swimming Carnival.

Much appreciation to the volunteers, the lifeguards, Food and Beverage Staff, Housekeeping Staff, Events Staff, our Coaches, the Organising Committee, the Swimming Section Committee and all participants. It would not have been a success without your contribution.



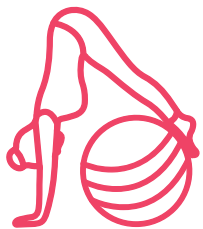


AN ANNUAL RITUAL- THE CHINESE FAN DANCE

Contributed by: **Mariam Harvey**

Every year prior to Chinese New Year, our Tuesday 'Mixed Dance' instructor will incorporate the Chinese Fan Dance into our normal routine as a tribute to the festive season. Part of the choreography involves a variety of different formations which requires a high level of teamwork and coordination. The fluttering of the fans as they move in circles is an art form in itself and so captivating to watch. At the same time, it was amusing to see the ladies giggling and laughing while they try to synchronize their movements with

the fan to create a graceful dance. Do take this opportunity to learn the value of dance works from cultures other than our own. Mixed Dance is on every Tuesday at 6pm at Level One. See you there.



INTRODUCING A NEW CLASS- THE FITBALL WORKOUT

I cannot rave enough about the gym ball which we have recently acquired for the Aerobics Group. The gym ball a.k.a. balance ball is so versatile that it is a must have for every core strengthening workout. It is one of the best fitness tools to



own as it makes exercises like crunches and push ups more fun and challenging. Ironically, the instability of the ball is useful for core training as you are forced to engage all your muscles to stay on the ball. Our Fitball workout is on every Friday morning at 10 am at Level One. All you have to do is bring a mat and we will provide the balls.





"A" AND "B" TEAM DARTERS HEAVILY DEFEATED BY THE NEW CLUB TAIPING

Contributed by: **Tony Morley**

The darters from The New Club Taiping (TNC) arrived at PSC SeaFront Café, on the afternoon of Sunday, 13th January 2019, with a host of "new faces" since our last encounter with them. By 2.00pm, even after some late cancellations, a total of 39 attendees were assembled at the SeaFront Darts area.

With afternoon lunch scheduled for approximately 3.00pm, our guests were able to partake of some liquid refreshments prior to the matches.

The introductory "welcome" and "thank you" speeches were quickly concluded, enabling the matches to commence at about 2.15pm.

And that was about as good as the afternoon got for our darters!

As the "A" and "B" Team matches progressed, it became one of those days when everything "match wise" went wrong for PSC and right for TNC. Almost every opportunity we created...we missed, every opportunity they got...they took! We've been there before, and been on the positive end of the way things transpire.

But, although the scoreline may appear flattering to TNC, there was absolutely no doubt that they were the better Teams of the day. The TNC "new faces" were excellent players producing levels of performance which, despite our darter's best efforts, we could not overcome.



TNC's investment in the backing of, and recruitment for, competitive sections within their Club is obviously paying dividends.

Our darters have encountered similar "regeneration" of the Royal Ipoh Club (RIC) darts section, and will, no doubt, face similar "high calibre" opposition when we travel to the Chinese Recreation Club, Taiping, on 10th March.

As for the match outcomes, we have to thank both Michelle & Lionel for gaining a point each, in an "A" Team 2 – 11 defeat, and thus avoiding a "whitewash".

The "B" Team "honours" went to Mike and Devyn, who both won their Singles matches to gain the 4 points in a 4 – 8 defeat.

But at least the catering was good. Excellent choices and price negotiation, once again, by Victoria LaBrooy with James Foo, not forgetting Aryanti and her "team" for efficiently organising the catering.

Thanks also to the solitary barman (Abdul), for a job well done, on a busy SeaFront Sunday afternoon.

Congratulations to TNC on their darter's outstanding performance.



4TH QUARTERLY DARTS GROUP COMPETITION

2018-19 SEASON

"THE DOUBLES TROPHY"

The 4th Quarterly Darts Group Competition, on Sunday, 27th January, was a Doubles Competition, being the 2nd year that the darters had competed for a Trophy sponsored by ex Club President Mr. K H Chan.

The match format involved both Men and Ladies initially competing in separate Doubles Competitions in a Round Robin format.

The winners, 2nd placed pairings, in each competition, would then be paired into "Man / Lady" teams to compete in a final and also for 3rd & 4th placings.

In the Men's Competition, the deemed favourites, a pairing of Siong / Dr. Hardev, justified their ranking as they surged unbeaten through the initial Round Robin stage, eventually defeating the Beh Ping Seng / Devyn Khoo pairing in the Men's "final".

In the Ladies group, despite a shaky start, the pairing of Yvonne Lim / Jenny Beh held off the challenge of Quah Yean Lee / Victoria LaBrooy to finish top of the group.

The final featured a Siong / Jenny Beh pairing versus Yvonne Lim / Dr. Hardev, with the former pairing emerging victorious.



In the 3rd / 4th placing play, Quah Yean Lee / Devyn Khoo overcame Beh Ping Seng / Victoria LaBrooy.

In summary, the overall Top 4 positions went to the pairings of:-

Winners	Chuah Su Aik (Siong) / Jenny Beh
Runners-Up	Yvonne Lim / Dr. Hardev
3rd Place	Quah Yean Lee / Devyn Khoo
4th Place	Beh Ping Seng / Victoria LaBrooy

The winners are pictured with the Trophy, but the official Trophy presentation and prize giving will take place at the Darts Group Annual Dinner on Saturday 30th March.

Thanks to the Group members who made the effort to attend, and the Darts Committee members who assisted in the organising of this Event.

F&B Promotion



COCKTAIL OF THE MONTH

TORNAVIDA



RM
5.50

MOCKTAIL OF THE MONTH

PINA DE NARAJA



RM
4.00



KARAOKE VETERAN COMPETITION

16 FEB 2019

Contributed by: **Betsy Ong**

A record of 126 Karaoke Group members turned up to celebrate CNY at the Pacific Lounge on 16 February. Each received an Ang Pow and two oranges. After dinner, 24 senior members participated in the Veteran Singing competition organized by Quah Fong Fong & Vanessa Tan.

This competition was opened to members who had never participated or won the top prizes in singing before. Good to see them trying their best to get into the top ten positions.

THE RESULTS:

Champion	: Mr Lim Hoon Seng
2nd place	: Ms Cecilia Chew
3rd place	: Mr Ooi Teik Wah
4th place	: Mr Ch'ng Kim Seng
5th place	: Mr Ham Peng Kuang
Consolation winners	: Ms Mavis Chew, Ms Vivian Yeoh, Mr Kung Chew Soon, Mr Richard Lee and Ms Amy Karn

We would like to thank the sponsors Quah Fong Fong, Vanessa Tan, Sharon Lay & Tan Hock Hin, all of them champions in the past Annual Karaoke Competitions. The Judges' fees & cost of the trophies were borne by them. Thanks to the very capable and entertaining MC for the event Mr Chuah Cheng Leong, a champion too.





TAI CHI & ANGLING PRE-CNY DINNER & CELEBRATION 19 JAN 2019

Contributed by: **Colin Yu**

With the Chinese New Year ushering in the reign of the Pig on 5th February 2019, the Angling Section and Tai Chi Group held a Pre-Chinese New Year Get-Together on 19th January 2019 at the Multi-Purpose Hall. As always, the colour RED symbolising Happiness, Luck and Prosperity was the dominant colour for the occasion



In opening the function, the Convener of the Tai Chi Group, Mr Colin Yu welcomed everyone present and on behalf of the Group thanked the Angling Section, especially its Chairman, Mr Beh Ping Seng for organising this yearly get-together. He then invited Mr Beh to say a few words. Mr Beh in his speech mentioned that this yearly get-together was a ritual that began in mid-2000, when members of the two committees were active Angling and Tai Chi members.



The Multi-Purpose Hall was filled with cheerfulness and happy greetings with inter-mitten "yam seng". These were supported by the well utilised Karaoke set. Dominating this was the giving out of "GOLD" or "KAM " (mandarins) to everyone. These were feel-good moments!

As we "BOW-WOW" farewell to man's best friend, let us also "OINK-OINK" a big welcome to our peace-loving porky friend. So here's wishing all Angling and Tai Chi members a very Happy and Prosperous Chinese New Year!

XIN NIAN KWAI LE! GONG XI FA CAI!



FRIENDLY VERSUS NATIONAL UNIVERSITY OF SINGAPORE SOCIETY

Contributed by: **Tan Tian Heng**



On 23rd February 2019, we hosted the tennis players from National University of Singapore Society at our club. The team consists of six men, six ladies and plus some supporters to join in the action. It was definitely a great sunny and warm evening to kick off the matches. Once the players got sorted out and the warm up done, the men doubles started of their matches right away. Our men doubles pairing started off well by winning 3 out of 4 matches played. With the weather slightly cooling down, it's time for the ladies doubles to head to the courts.

Two ladies doubles matches played and we only managed to win one. Next up will be the mixed doubles. A total of 4 matches played and once again our team came up on top with victory from 3 out of the 4 matches played. With all the matches completed, all the players were call to gather for a group photo. The captain of NUSS began with a note of thanks and as well as the handover of some gifts for the players. After that, it's back to the buffet line for the food that is being served. Finally, our team surely wish to play again with them either in Penang or Singapore.





YOGA GROUP NEWS

Contributed by: **Dominic Boudville**

INTRODUCTORY YOGA WORKSHOP WITH LIM LEE LING

Mon, 21 Jan 2019 | MPH 1 (Club Event)

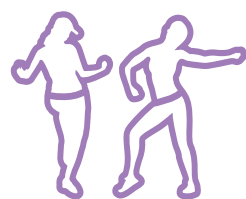
Instructor, **Lim Lee Ling** briefed participants on the anatomy of the human body, particularly the bones and muscles. Participants were taught on proper posture and each participant had to practice proper standing posture while a fellow participant used a belt to gauge the proper posture of shoulder, hip and ankle being in a straight vertical line from the side of the other participant. A total of 33 participants attended this session.

CHINESE NEW YEAR DINNER

Sun, 17 Feb 2019 | MPH 2 (Group Event)

A 7-course sit-down dinner was held for 60 Yoga Group members.





DANCE SPORT GROUP NEWS

Contributed by: **Susie Cheah**

The Dance Sport Group ('DSG') hosted three dance workshops for the last quarter of the year. The first was TALOONG 1 conducted on 11 November 2018 and due to

popular demand a similar workshop - TALOONG 2 was held on 6 January 2019 to cater for those who missed the first workshop.

Briefly, TALOONG dance is a rhythmic ballroom dance in Thai style and DSG members were fortunate to get a taste of this unique dance conducted by Mr & Mrs Chew Cheng Lai.

On 20 January 2019, Ms Serene Keng gave a basic BELLY dance workshop. We had about 20 lady participants who signed up for the workshop and most were thrilled to get an experience of the undulating belly movements and hip gyration. All in all, everyone had a good time.



PENANG SWIMMING CLUB LIBRARY

have pleasure in presenting a

CHILDREN'S STORY TELLING COMPETITION 2019

(Children ages 6-12 only)

**Registration Forms
are at PSC Library**

(Minimum age for
attendance not under
the age of 6)

Date

**30th March 2019
(Saturday)**

Venue

**The Tower Block
Mini Theatre**

Time

**10am -
12noon**

CATEGORIES

Children will be divided into age categories.

PRIZES

Prizes will be presented to each age category.

REGISTRATION

The number of entrants will be limited to 15. Audience inclusive of Club Members and parents will be limited to 30.

Please only register if your child will be attending this Event. Registration is also required for audience members. The closing date for registration is 26th of March by 5pm.

This is an FOC event and open to all Club Members and their children. However, any member/member's child who register but fails to attend on the competition day will be charged RM15.

REFRESHMENTS

There will be snacks available for all attendees during the event. Ice-cream will be available for all child participants.



CHILDREN'S ART AND CRAFT ACTIVITIES

ORGANISED BY THE PSC LIBRARY COMMITTEE

Contributed by: Molly Lim

The activities took place on December 16th between 2.00 and 4.00pm in the Multi Purpose Hall. Around sixty children took part, with their parents and some grandparents present as eager spectators.

The children aged between four and sixteen years old were allocated into five groups with each group identified by coloured stickers. The groups were assigned to each of the five activities on offer in turn, where they eagerly worked on their creations for around 20 minutes, although some activities took longer than others, before moving on to the next activity.



The different activities comprised of sand art, key chain decorating, felt bookmark creations, felt photo frame creations, and wooden clay magnet creations. PSC President, Mr Lim Shin Lid, opening the afternoon's events, welcomed all those present and wished the children an exciting afternoon of creating colourful and skilful artifacts which the children would eventually take home.

The children were given snacks and ice-cream coupons as rewards for their endeavours and the adults drank welcomed cups of coffee. Everyone present enjoyed this special afternoon where the children were able to make new friends as well as becoming artistic crafts people.

CALENDAR OF EVENTS

March, April & May 2019

MAR

MAR
2

SATURDAY

**Sailing Section
Beach Carnival**

📍 Seafront Area
🕒 10am

MAR
3

SUNDAY

**Angling Annual
Fishing Competition**

📍 Snake Temple Shoreline
🕒 9am

MAR
9

SATURDAY

**Dance Sport
Grand Theme Night**

📍 MPH 1, Level 14
🕒 7.30pm

MAR
16

SATURDAY

**Angling Section Annual
Prize Presentation Dinner**

📍 MPH, Level 1
🕒 7.30pm

MAR
17

SUNDAY

**Darts Group Members
Annual Competition**

📍 MPH 2, Level 14
🕒 2pm

MAR
22

FRIDAY

**Aerobic Group
AGM & Dinner**

📍 MPH 2, Level 14
🕒 7.30pm

MAR
23

SATURDAY

**Tai Chi Wushu
Demonstration &
Annual Dinner**

📍 MPH 2, Level 14
🕒 7.30pm

MAR
24

SUNDAY

**Karaoke Group
Annual Karaoke Dinner**

📍 MPH 1, Level 14
🕒 7.30pm

MAR
30

SATURDAY

**Darts AGM, Dinner &
Awards Presentation**

📍 MPH 2, Level 14
🕒 7pm

MAR
31

SUNDAY

**Last Sunday
Buffet Lunch**

📍 Captain's Restaurant
🕒 12 noon

APR

APR
12

FRIDAY

Patron's Night

📍 MPH
🕒 8pm

APR
13

SATURDAY

**Sailing Section
Power Boat Trip**

📍 Pulau Telor
🕒 8am

APR
14

SUNDAY

**Karaoke Group
AGM & Dinner**

📍 Pacific Lounge
🕒 6pm

APR
21

SUNDAY

**Angling Section
AGM & Lunch**

📍 MPH 2, Level 14
🕒 10am

APR
27

SATURDAY

**Sailing Section
Family Day / AGM**

📍 MPH 1, Level 14
🕒 5pm

APR
28

SUNDAY

**Last Sunday
Buffet Lunch**

📍 Captain's Restaurant
🕒 12 noon

MAY

MAY
1

WEDNESDAY

**Introductory Yoga
Workshop with
Lim Yee Lin**

📍 MPH 1
🕒 9am - 11am

MAY
11

SATURDAY

**Dance Sport Group
AGM & Lunch**

📍 MPH 2, Level 14
🕒 12 noon

MAY
26

SUNDAY

**1st Quarterly Darts
Competition**

📍 Darts Room @ Seafront Area
🕒 2pm

MAY
26

SUNDAY

**Last Sunday
Buffet Lunch**

📍 Captain's Restaurant
🕒 12 noon

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