

KELAB RENANG PULAU PINANG

THE NAUTILUS

Live Life!



PENANG
SWIMMING
CLUB

FOUNDED 1903



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 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
ADMIN MANAGER Agnes Leow
ADMIN EXECUTIVE Ann Tan
CHIEF SECURITY OFFICER Mohd Haikal Bin Abdullah

SECTIONS

ANGLING | SAILING Manfred Wiedenmaier
SCUBA Freddie McGuire | SWIMMING Francis Soo

GROUPS

AEROBICS Mariam Harvey | DANCE SPORT Stanley Fong (Acting)
DARTS Blunden Butt | KARAOKE Eric Lew
SQUASH/RACQUETBALL Iain Pickett | TAEKWONDO Lim Peng Eng
TAI CHI Colin Yu | TENNIS Tan Tian Heng
YOGA Clara Ooi | YOUTH John Tan

CONTENTS

 06 Club Announcements	 18 Sailing News	 23 Darts News	 27 Squash & Racquetball News
 13 Club Happenings	 20 Scuba News	 24 Taichi News	 27 Yoga News
 15 Swimming News	 21 Aerobics News	 25 Karaoke News	 28 Calendar of Events
	 22 Dance Sport News	 26 Tennis News	

MAIN COMMITTEE 2019/2020

President	: Najieb Ariff	
Vice President	: Ng Chin-U	
Honorary Secretary	: Lim Khoo Seng	
Honorary Treasurer	: Lee Chee Lin	
Club Captain	: Yeoh Sung Shen	
Committee Members	: Michael Cheong	Tang Khye Kian
	Molly Lim	Annie Lim
	Lim Beng Kok	Hardy Singh
	Chew Saw Hoon	

ELECTION COMMITTEE

Dato' Dr Zaatar M Adel	Khor Siang Tatt
Richard Chung	Jenn Goh
Valerie Chuah	Low Mei Leng

DISCIPLINARY COMMITTEE

Chairman	: John Heah Wee Theng	
Committee Members	: Ramsun Ho Chii Huey	Dr Gopinathan A.
	Dato' Diljit Singh Dulku	Tan Hooi Choo
	<i>D.S.P.N., DJN, PKT, PJM</i>	

DEVELOPMENT COMMITTEE

Chairman	: John Tan	
Committee Members	: Eric Chong San Dee	Tho Lai Teng
	Ivan Tan Boon Guan	<i>(wef July 2019)</i>

LIBRARY COMMITTEE

Chairperson	: Ms. Molly Lim	
Library Committee members	: Michael Cheong	Dr. Yoon Chee Kin
	Annie Lim	Dr. Lim Shueh Lin
	Dr. Pamela Jean Sharpe	

EDITORIAL BOARD

Editor	: Lim Khoo Seng	
Members	: Chew Saw Hoon	Chan Fai Keong
	Michael Cheong	Khor Siang Tatt
Advisor	: Najieb Ariff	
Management	: Ramis Chandran	Adelyn Chew
	Ann Tan	

INTERNAL AUDITOR

Yvonne Lim

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.



“Our Club will be going through a gradual, environmentally friendly, transformation in terms of ‘green’, and ‘paperless’ as a part of the way forward.”

PRESIDENT'S MESSAGE

As I enter the 2nd quarter of my tenure as Club President, I must express that it has been a challenging initial 3 months for my team and I. However, having made some early progress in improvements, we are determined to “push on” towards our aim of taking the Club to a higher level.

Currently, we are reviewing, and amending where necessary, the existing SOPs, to bring them into line with the Club's objective (and requirement) of reducing overhead costs without compromising service to members. Although both the Committee and the general membership may encounter some initial early “teething problems” in this area, we are convinced that the medium to long term benefits that can be gained outweigh any initial temporary inconvenience that may be experienced. In this area, particularly, we rely a great deal on members' patience and support, whilst changes are ongoing.

I am pleased to note that more members are patronising the Club, especially the Captain's Restaurant. We have received positive comments on the standard of food presented by our caterer. Some upgrades are required to the restaurant, and these will be carried out as soon as it's practically possible. The obvious aim being, to improve upon the level of comfort and service provided within the Club's main dining facility.

Our Club will be going through a gradual, environmentally friendly, transformation in terms of “green”, and “paperless” is a part of the way forward. The IT subcommittee is venturing

into creating our own Club App, whereby Statements of Account, Nautilus, etc can be accessed in just one click. This will help the Club to reduce some costs immediately and improve speed of communication long term.

With many events, both by the Club and Sections & Groups, being planned for the year end, It will be a busy calendar year end for me myself, the Committee, and the various S&G Committees. I am very supportive of all the S&G activities; and always look forward to fulfilling invitations to their respective events.

Lastly, let me stress my commitment to working with all members to make our Club a much better place for all to spend their leisure time, and a Club that we can liken to a “home away from home”.

Happy Deepavali to those celebrating, and Happy Clubbing to all.

Najieb Ariff
President



“Our Club ranks among the best equipped Clubs in the country in offering variety and quality facilities in support of Club objectives.”

EDITOR'S MESSAGE



The Nautilus wishes all members

Happy Deepavali and Merry Christmas

PSC celebrates its 116 years of history this year, and we are still going strong. Our membership has grown to 'touching' eight thousands. Indeed, we have grown to a respectable size. This is also timely for all members to pause and ponder on the direction for our Club going forward. For a starter, at (almost) eight thousand strong and still growing, should we continue to grow in size? Given that the Club's foot print is unlikely to increase in any significant way. In time, we will likely face situations of crowdedness unless we do something. What then is the "Right size" for our Club? In talking to some members, here are some samplings of what our members look for, and would love to have when in the Club; such as, quality of our facilities and services, space and privacy, members' relationship, family-friendly, decorum in our exposition, excel in sporting/social/recreational activities, physical wellness.

Our Club ranks among the best equipped Clubs in the country in offering variety and quality facilities in support of Club objectives. Thankfully, most of our facilities are still at the optimal service rate, but going forward this is not to be

taken for granted; rather to be planned for and acted upon now. In the balance are the quality of all the desirable features members yearn or expect for, such as, we value our space and privacy. We look forward to quality facilities and services, a place for our hobbies and activities, be among friends (members), a place we feel at home, and comfortable with. The shape of the future our Club are being moulded now.

We welcome and appreciate your views and thoughts on how to make our Club even better.

Lim Khoo Seng
Editor



“Knowing is not enough; we must apply. Wishing is not enough; We must do.”

GM'S MESSAGE

Dear Members

On behalf of the Club staff, I wish all those celebrating Deepavali Festival of Lights, a "Happy Deepavali". As you receive this latest Nautilus, we will be fast approaching Christmas and New Year, and I therefore take this opportunity to wish all members Merry Christmas and Happy New Year.

To preserve the exclusivity of the Club and "upgrade" security to safeguard members' interests, our security staff will be conducting 100% membership checks. I would like to remind members to adhere to Bye-Law 10. Membership cards are issued for the identification of members and should be carried whilst on the Club premises and produced when requested by an authorized employee or official of the Club.

Periodic gate checks will also be carried out when determined by the management, and any member not in possession of his/her membership card shall be required to notify the checking official(s) or Club employee of:- membership name, account number and reason for not being able to produce a membership card. For this we rely on members understanding and cooperation, as it is, ultimately, for members own benefit that security is "tightened".

Suggestions to Improve Financial Performance - Members are encouraged to email into gm@penangswimmingclub.com with any suggestions that they feel could improve the Club's

financial performance. Please indicate 'Improve Financial Performance' as the subject of the email.

After various works have been recently undertaken, the Club buildings are in an improved state of repair...but, there is still much to be done. The Captain's Restaurant air conditioning system needs replacing. Having been installed over 11 years ago, the current system is no longer able to provide the required cooling of The Captains Restaurant, especially during high patronage. The Maintenance Subcommittee is currently liaising with a specialist contractor on how to mitigate the ongoing air conditioning issues. However, the timescale for alleviating the problem is very much dependent on the practicalities of scheduling and finance.

Housekeeping has also been an area which management has been addressing. The organisation and completion of routine tasks on a daily / weekly basis.

Ramis Chandran
General Manager



ELECTION OF NEW MEMBERS

OTM & AM

8 AUG 2019



Lee Chui Ai (AM) &
Ong Joo Jin



Alan Ong Boon Kheng &
Pamela Poh Siew Kin
(AM)



Charles Tan Yen Ren



Wong Yan Tyng



Wong Wai Eric &
Yap Soo Hun (AM)



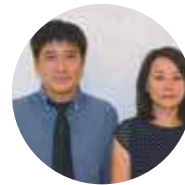
Ong Hui Ling (AM)



Margaret Gasper (AM)



Wong Wai Fen &
Jonathan Wee Eng Jin



Ng Kok Seng &
Goh Chew Ling

JM - OTM



Isaac Chew Jian Chuen



Louise Chan Yuen Yue



Clarence Chuah Seng
Seng Hee



Matthew Tan Kiak Hin



Cheam Tat Sean



Lee Yi Dong



Scarman The Syo Jwo

JM



Jasdyll Singh Shadan



Sarah Nicole Goon
Yu Qian



Khoo Yan Ling



Lee Chia Chean



Billy Ooi May Yen



Ooi Winson



Ong Sin Ying



Thisya Yogini A/P
Achutha Rao



Thasya Yogini A/P
Achutha Rao



12 SEPT 2019

OTM & AM



Chan How Keat



Chen Wencheng-
Vincent & Chai Hua-Nina
(AM)



Alain Farcis (AM) &
Chan Ee Lin



Joseph Savio Magima Doss
& Christina Gurunathan
(AM)



Jaianand J Tejani



Stephanie Kam Mei Yui



Alla Andriyevska



Judy Tan Beng Choo



Patricia Yap Poh Yan (AM)
& Eric Ooi Ean Beng

JM - OTM



Lim Kent Khai



Soon De Quan



Chan Zi Jia



Gursharan Kaur
Harbhajan Singh



Parivash Juniesha Senie



Joseph Tean Kin Seng

JM



Derrica Ang Yu Xin



Chew Ho Yeng



Hannah Huan Wen Yin



Ng Chee Yang



Bridget Siek Shu Min



Yong En Yi



Amandeep Singh Atwal



Chin Mei Lin



MEMBERSHIP STATISTICS

Membership Figures As At 31 July 2019

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon. Members	21	0	21
Ordinary Transferable Members - Pending for Election (Normal Transfer) - Pending for Election (JM Conversion)	4675 41 23	684	5423
Ordinary Members	1	2	3
Unattached Lady Members	1	1	2
Term Members - Pending for Election (JM Conversion)	0 0	0	0
Junior Members - Pending for Election	281 33	62	376
Associate Members - Pending for Election	1906 39	141	2086
TOTAL	7021	890	7911

INCOME & EXPENDITURE STATEMENT

For The Financial Period from 1 April to 31 August 2019

	31/8/2019	31/8/2018
INCOME	RM	RM
Subscriptions	1,621,574	1,598,763
Bar profits	74,517	89,776
Restaurant commission	166,050	170,146
Slot machine profits	380,467	482,238
Interest from fixed deposits	387,874	371,956
Transfer/registration fees	200,600	260,015
Sundry revenue	92,058	62,845
	2,923,140	3,035,739

EXPENDITURE EXCLUDING DEPRECIATION		
Staff cost	1,576,647	1,441,986
Utilities & services	508,790	517,896
Repairs & maintenance	264,173	318,940
Entertainment	94,646	92,553
Club events and functions	128,246	150,874
Sections and groups activities	73,272	82,505
Administration expenses	176,699	171,341
Rates, taxes & insurance	111,419	104,609
	2,933,892	2,880,704

SURPLUS FOR THE YEAR BEFORE DEPRECIATION	(10,752)	155,035
Depreciation of property, plant & equipment	458,335	466,680
DEFICIT FOR THE YEAR AFTER DEPRECIATION	(469,087)	(311,645)
Taxation	(101,847)	(101,446)
DEFICIT AFTER DEPRECIATION & TAXATION	(570,934)	(413,091)
FIXED DEPOSITS AT BANKS	21,626,931	21,792,554



EMPLOYEE OF THE MONTH JUNE

Name : Dalowar
 Department : Housekeeping
 Position : Cleaner
 Date Joined : 01/11/2008



EMPLOYEE OF THE MONTH JULY

Nam: : Loo Poh Siew
 Department : Finance
 Position : Accounts Assistant
 Date Joined : 04/09/2017



EMPLOYEE OF THE MONTH AUGUST

Name : Rosmin Bin Mohd Noor
 Department : Facilities
 Position : Pool Supervisor
 Date Joined : 16/03/2007



Announcements

Friendly Reminders for Club members

Bye-Law 10

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 expelled from Club premises by a member of the Committee or by an authorised official of the Club. Any member who loses his/her membership card will be charged RM20 for a replacement.

Members with guests are required to sign in their guests at the front reception / B3 guard post. A guest must be accompanied by his/her host(s) at all times and must not remain on the Club premises without the host in attendance.

Bye-Law 15

The Minimum dress code for gentlemen in the Old Quarter deck, the Pacific Lounge and Captain's Restaurant shall be shirt with collar, long trousers and shoes. Ladies should not be in T-shirts, shorts or slippers and are expected to be appropriately attired.

The Dress Code regulation applies to the various outlets in the Club, and it is the member's responsibility to comply with the Bye-Law for themselves and any guest(s)/visitors.

Tennis Courts Usage

Members frequenting the Tennis Courts are reminded of the "Guest Rules" for the use of the Tennis Courts. The Rules specify that members are only allowed to invite a maximum of 2 guests for a maximum of 3 visits in a calendar month. Indications are that these limits are sometimes exceeded. In future random checks will be carried out, and any member found to be in contravention of these limits may be subject to further action.

E- Statement

PSC is committed to the cause of promoting environmental sustainability whilst reducing overhead costs by reducing paper printing, mailing cost and manpower. To support this initiative, we encourage members to switch to E-Statement with effect from 1st January 2020. From that date, the Club Finance Committee has determined that Members who wish to opt for paper statement will be charged a fee.

WhatsApp PSwC Broadcast (News & Promotions)

Scan QR code to register PSC number in your mobile phone.





Oktoberfest
2019

FOOD & BEVERAGE

CHICKEN PIE
CARLSBERG (BUCKET)
SAUSAGES

Come and celebrate Oktoberfest at the Club House on Friday, 18th October 2019 from 7:30p.m. to 12midnight. 5 Piece Live Band entertainment and games available. Drinks at low price, sausages, chicken pie, etc. for sale.

Entrance is **Free of Charge (FOC)**. A member is entitled to bring in 4 Guests. Please register your name at the Level 6 Reception before 15th October 2019.

**Please produce your membership card for registration/ entrance.*

HAPPY DEEPAVALI
2019

Friday, 8th November 2019 (7:30pm)

Venue: Multi-Purpose Hall, Level 14

Open for the first 150 members (FOC). Register at Reception. Level 6

As this is a FOC charity event, the donations will go to a charitable organisation.

Based on first-come, first-served basis.
We will charge RM30+ when the registration is full.
Children: 6 – 12 years old (half price)

This event is for members only.

Those registered and failed to attend would be charged RM30 in lieu of donation.

CHRISTMAS TREE Light Up

HIGHLIGHTS:

- Finger Food
- Carolling
- Santa Claus
- Gifts for Children

Date : 7th December 2019 (Sat)
Time : 8:00pm
Venue : Club House

Sponsor a bauble gift tag for a minimum price of RM10.00 per piece & write a Christmas wish to a family member or a friend.
All contributions will go to a charitable organisation.

Closing Date: 30th November 2019

For enquiries and registration, please contact our Reception at Level 6.



LGS WINES & SPIRITS (M) SDN BHD
110D Lorong Selamat, 10400 Georgetwon, Pg.
Tel : 04-2260116 Email : lgswns@gmail.com

WE DIDN'T
INVENT TEQUILA

WE JUST PERFECTED IT.

PATRON

SIMPLY PERFECT



Christmas Eve Western Set Dinner

24th December 2019 (Tuesday)
7.00pm - 10.00pm
RM55+ per person

STARTER

Poached Salmon & Potato Salad

SOUP

Fresh Cream of Mushroom Soup

MAIN COURSE

Roast Turkey "Traditional" with Stuffing
Buttered Roast Potatoes
Glazed Carrot
Buttered Broccoli

or

Grilled Lamb Chop & Prawn Combo
Sauteed Potato
Glazed Carrot
Buttered Broccoli

Steamed Christmas Pudding with Vanilla Sauce

HOT BEVERAGE

Coffee / Tea

Kindly make your reservation with our F&B Staff at the Captain's Restaurant



Christmas Day Buffet Lunch

25th December 2019 (Wednesday)
12.00 noon - 2.30pm
Captain's Restaurant



Per Member / Guest **RM55+**

Children (Below 6 years):
Free of Charge

Per Child (6-12 years):
Half Price

COLD CUT

Salami, Bologna, Stuffed Chicken Roll, Turkey Ham Slice, Fettuccini, Smoked Duck Breast

SALAD

*Potato Salad, Beet Root, Cherry Tomato, Coleslaw, Apple Tuna Salad,
Garden Green Salad, Ham Macaroni*

SOUP

Fresh Cream of Mushroom Soup

WAGON

Roasted Turkey (Served with Stuffing & Cranberry Sauce)

MAIN DISHES

Roasted Leg of Lamb

Roasted Beef

Fried Buttered Prawns

Oatmeal Fish Fillet

Chicken Stew with Potato & Carrot

Buttered Vegetables (Broccoli, Carrot & Cauliflower)

Roasted Potato

Calamari

Mexican Fried Rice

Deep Fried Chicken Wings

DESSERT

*Fruits Cakes, Christmas Pudding, Cream Caramel, Banana Fritters, Cream Puff,
Mixed Fruits, Iced Honeydew Sago, Ice Cream*

Kindly make your reservation with our F&B Staff at the Captain's Restaurant



CHILDREN'S MERDEKA PARTY

ON 31 AUGUST 2019

Nothing makes the feeling of kinship stronger than celebrating Merdeka Day with members and their children at the Penang Swimming Club.

MERDEKA Day is a day which children at our Club look forward to, because it's a day of celebration. The Children's Merdeka party started at 10.30am with "Paper Dance" where the parents and children were seen happily dancing to the music. The event was then followed by some "Trivias" on Malaysia's National Day and prizes were presented to the winners.

Thereafter, children proceeded to the "Sand and Art Corner" where they used sand to create beautiful pictures. The children were also entertained by "Jo Jo", the Clown, who led them in performing Limbo Rock dance. He then sculptured balloons for the children.

At the end of the programme, our President and some Committee Members performed the National Day Cake Cutting ceremony and thereafter together with the children sang the Merdeka song.





MID-AUTUMN FESTIVAL CELEBRATION

13 SEPTEMBER 2019

The Mid-Autumn Festival also known as "Mooncake and Lantern Festival" was celebrated on 13 September 2019 at the Club's Seafront.

Our Club President, Mr Najieb Ariff, in his welcome speech touched on the significance of the celebration.

Members took the opportunity to mingle around and rekindled friendships while enjoying snacks and a variety of mooncakes.



Adults and children had a good time participating in games like "Eating The Bananas" and "Finding Your Mystery Gifts". Meanwhile, a 3-piece live band, "Sugar and Spice" entertained attendees with sentimental Chinese and English songs.

25 children participated in the Lantern Parade with lanterns of various forms, shapes, and colours. Congratulations to the following winners:

NAME	PRIZE
1st Prize	Tan Codee
2nd Prize	Thomas Chen
3rd Prize	Alex Wooi
4th Prize	Jin Wen
5th Prize	Samuel Ong

It was an exciting evening for everyone. The Club would like to thank Pastry Delight for sponsoring the mooncakes for the top 5 prizes.



Swimming News

43RD SEA AGE GROUP SWIMMING CHAMPIONSHIP

Contributed by: Dr Lim Shueh Lin

The Swimming Section congratulates Chris Chew for the excellent performance during the 43rd SEA Age Group Swimming Championship from 28-30 June 2019 at Phnom Penh, Cambodia. Chris represented Malaysia and won a gold in the 50m Freestyle event and a silver in the 50m Butterfly event. Thank you coaches for all the guidance.



M14-15 50 m Freestyle 134				Summary
1	CHEW CHRIS VI M	MAS 		24.64
2	NEO RANDALL	SGP 		24.84
3	LEW CHEN JET D	MAS 		25.54
4	JIZMUNDO GABRIEL	PHI 		25.79
5	VO TRI TRUNG	VIE 		25.82
6	SOH REH CHEE R	SGP 		25.98
7	BUI HUU HIEU	VIE 		26.04
8	DAOS JUAN MARCO	PHI 		26.18



ASUM/NSC/MILO JUNIOR SPLASH LEG 1 SWIM COMPETITION

Contributed by: Dr Lim Shueh Lin

PSC sent a team of 16 swimmers to Bukit Jalil National Aquatic Center to participate in this meet. The competition spreaded across 3 full days from July 19 to July 21. There were close to 1300 swimmers from 36 teams nationwide. We were among the few smallest teams to participate in the competition but we came out ranked number 6 and brought back some good achievements. Many of our swimmers also did their PB (Personal Best Time). Our achievements were 4 Golds, 7 Silvers, 3 bronzes. The medalists were Koay Yi Chern, Loh Ming Han, Eunice Yap, Yeoh Yun Xuan, Chong Sze Ying and Caitlin Tang.



ELYNN TAN'S SHARING SESSION

Contributed by: Dr Lim Shueh Lin

On 27 July 2019, Swimming Section had the privilege to have Elynn Tan who happened to be back from USA on her summer break holiday, to share with our younger swimmers her experiences and daily schedule in the USA as a swim student. A total of 33 swimmers, 2 coaches and quite a lot of parents attended the 1 hour sharing session. It was very encouraging and fruitful. Prior to the session swimmers were treated with light snacks at Captain Deck before heading to Mini Theatre.





SPORTEXCEL ASUM/NSC/ MILO JUNIOR SWIMMING CIRCUIT 2

PSC sent a team of 29 swimmers to this championship at Pusat Akuatik Tuanku Zara, Ipoh, Perak. We emerged 4th out of 38 teams in the country. As usual, our swimmers did us proud with 3 golds, 6 silvers and many points earned from each and everyone. The medalists were Koay Yi Chern, Joel Kung, Jesselyn Lim, Jolene Lim, Chong Sze Ying and Eunice Yap. A big thank you to the swimmers, coaches, committees and parents. We all had a valuable and enjoyable time in this nice city of Ipoh.



SPORTEXCEL/ MILO/NSC/ ASUM JUNIOR SWIMMING GRAND FINAL

Milo grand final is the last league of the Milo / NSC / ASUM SPORTEXCEL Circuit series for 2019. The participants consist of top 24 swimmers for the respective event based on the age group shortlisted from the 1st and 2nd League. PSC has a total of 16 qualified swimmers, which means they are the top 24 of their respective age group. Under the leadership of Coach Heng and with the support of the chaperons, the team set out in the morning of 2nd August to Kuala Lumpur full of enthusiasm.

Once again, despite being one of the smallest team throughout Malaysia, our swimmers did not fail to make PSC proud again. With a small team of 16, we were able to deliver a total of 2 gold, 5 silver and 3 bronze and emerge 4th in the overall ranking out of a total of 31 teams nationwide. Congratulations to all the winners, Chris Chew, Joel Kung, Regina Cheong, Brandwen Oon, Chong Sze Ying, Eunice Yap especially Chris Chew who won the "Best Boy" title for Boys Group 2 by winning 2 Gold and 2 Silver!!!
"PSC DID IT AGAIN."





MONTHLY KAYAKING

The section has an ongoing monthly kayaking activity held on the first Sunday of the month. We would gather at the club at 9am for a briefing before kayaking to a nearby destination for lunch. In the past 2 months, we have kayaked to Straits Quay and Golden Sands Resort for lunch. For anyone who wishes to join us in our next kayaking trips, please contact the section.

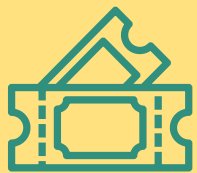


INTRODUCTION TO SAILING (OPTIMIST)

The section held yet another sailing course in July for children. The "Learn to Sail" course is an introductory course for beginners, comprising theory and practical skills needed to operate a single-sail dinghy. The course is ideal for members wishing to take up sailing as a hobby or competitive sport.

The section would like to thank our volunteer instructors Terry Lim and Jaslyn Yeoh for their efforts in making this course a success.





SAILING TICKET ASSESSMENT

The sailing section is organizing an ongoing sailing ticket assessment. The purpose of obtaining a sailing ticket is to allow members who have sailing capabilities to take a sail boat out without coach supervision. The ticket is opened to anyone who has passed the introductory sailing course, and members who has prior knowledge in handling sail boats.

As the section has very limited sail boats, anyone who could not make it for the assessment at the time can join the next class. We will be organizing regular assessments once every 4 months.



PHOENIX CEREMONY

The section held a ceremony commemorating the launch of the water-skiing boat on the 24th of August, that saw a turnout of over 20 members. The boat was donated to the club by a member for the use of water-skiing activities, and after many months of hard-work refurbishing and repairing by one of our dedicated members - Martin White, the boat is finally sea-worthy.

The water-skiing activity is open to any interested club member. No prior experiences needed. All who wish to explore this exciting sport can contact the Sailing Section, or just come down to the Seafront whenever there is a skiing activity.





TALK ON OXYGEN ADMINISTRATION & OTHER DIVING ACTIVITIES

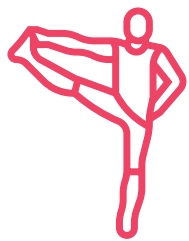
Contributed by: **Hardy Singh**

It was a busy month for the scuba section as there were quite a number of training activities. The divers are preparing for their dive to Koh Lipe by training on deploying DSMB (sausage) the right way.

There was also new members welcome-get-together as a practice of knowing each other.

We were honored to have our guest speaker, Professor Dato' Dr Patrick Tan from University Hospital to give a talk on the correct administration of Pure Oxygen for diving incidents, namely Decompression sickness.





AEROBICS GROUP WEEKEND GETAWAY TO BOULDER VALLEY

Contributed by: **Mariam Harvey**



Boulder Valley is an exceptional glamping (luxury camping) experience amid a unique boulders backdrop, dominated by a variety of lush tropical foliage and herbs. Our guide explained that there are 1500 types of indigenous herbs on the site and their multitude uses.

On Saturday 20th July, 33 of us set off on our adventure to Boulder Valley which is a forest resort past Teluk Bahang, in the dark depths of South Western Penang. On arrival, we were met by the General Manager who took us on a jungle path walk, after which we were treated to a yummy lunch prepared by the in-house chef. The ambience of the resort is very refreshing as we were surrounded by the boulders and the greenery. We had great fun exercising and dancing in an enclosed glass house and in the open air as well. Our evening meal was a BBQ cooked in the courtyard. Fun and games followed after dinner with several prizes being won. Ms Josephine Cheang was crowned Miss Boulder Valley as not only she embodies all the characteristics of beauty and grace, she was also active in all facets of our trip.

In all, we had a great time bonding and spending quality time with each other. It was well worth the effort and I, for one will do it again in a heartbeat.



MEMBERS' NIGHT

DSG held their much-anticipated Members' Night on Aug 27. This annual event is held as a gesture of appreciation to members for their continuing support.

It was a night of true fellowship with plenty of fun, food, wine and non-stop dancing. Highlight of the evening was the showcasing by members of dances conducted for all 8 classes run by DSG, a first in its history. Hopefully this will be the beginning of a new tradition.

The turnout of members was a record high and the acting Convenor, Stanley Fong, was understandably pleased. It was truly a night by members for members. The band providing music for the evening was led by member Allan Aw who was the main singer with some contributions from Richard Chung and Stanley Fong.



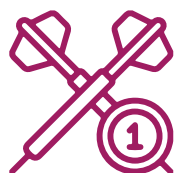
TRIPARTITE AT (RSC) KL

Oh, what a night! It was truly an evening to remember when 29 of our Club members (led by Acting DSG Convenor, Stanley Fong) made the trip to the Royal Selangor Club (RSC) on Aug 24 for this year's Dancesport Tripartite.

This year's event marks the 10th anniversary of the tie-up between RSC, PSC and the Singapore Recreation Club (SRC) whereby each club takes turn to host the annual event.

Attendees for this event were literally dressed to kill as the theme for the evening was "James Bond: Goldfinger". Each club showcased a special dance performance and Penang Swimming Club was represented by 4 pairs: Yvonne & Emmeline, Sim & Richard, Diana & EJ and Saw Kim & Hock Hye. They put up a rhythmic cha-cha and a sensual rumba which won the applause of the audience. Penang Swimming Club is slated to be the host for next year's event.





DARTS GROUP "ON TARGET ROUND-UP"

OCT- DEC 2019

Contributed by: **Blunden Butt**

Second Quarterly Competition

The Second Quarter turned out to be a very busy but exciting quarter for the Darts Group. Our premium Tuesday Night League was well attended throughout the quarter, with new members joining this weekly League's game.

The highlight of the quarter is our Second Quarterly Competition, held on Sunday, 25th August, with sixteen members registered for the event. Darts Captain, Michael devised a "fast and furious" Four x 4 Teams round robin competition for the afternoon.

The teams were selected based on the latest Tuesday League Competition ladder standing, and balancing each team of 4 players of similar combined standings.

The teams of the day were:

Team Awesome : Mike, Blu, May Ling, Walvin

Team Brilliant : Tony, Kung, Victoria, EK

Team Courageous : Beh, Quah, Dr Hardev, Khor

Team Dream : Yvonne, Jenny Beh, C Lin, Yeoh

The Competition was a round robin of team-on-team competition of 1 x 4-some match, plus 2 x double matches.

The format was just perfect, with four teams competing on all four dart boards. It was fast and furious with not a dull moment. Yells of encouragement and screams of joy accompanying each incredible check-out.

The air of excitement attracted quite a few by-standers to the events, adding more fuel for the darters to show off their talents.

It was a battle royale as the afternoon progressed, with the teams seesawing over their positionings with no let up until to very final moment. Team Courageous with great fanfare, took out the honour of the Quarter. They were quickly renamed "Team Champion".

Congratulations to Benny Beh, Quah, Dr Hardev and Khor for a magnificent win.

A fun and entertaining time was shared by all at the competitions. Our members are looking forward to the 3rd Quarterly competition in scheduled for November, 2019.



Social Fridays

The Darts Group Committee continued to introduce more activities and games during the quarter. Open invitation was made to all Club members to join our Social Fridays in the month of July. It proved to be rather popular, 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 for the balance of this year. All PSC members are welcome. Friday evening 8 - 10 pm. No prior registration needed.

InterClub Match

After much discussion, the Tri-Club Tournament amongst Penang Sports Club, Penang Club and PSC was formalised in the second quarter. Hosting of this annual "Triangular" event, will be rotated with Penang Sports Club hosting this year's competition on 22 Sep, 2019. A squad of 12 was invited to represent PSC. With the Club's reputation on the line, Darts Captian Michael burnt mid-night oil to pick a well balanced squad for this premium event. Look forward to sharing good news on this tournament with all in our next "On-Target Round Up"





TAI CHI DURIAN PARTY

Contributed by: **Colin Yu**

The first Tai Chi function of the year was held on 20.06.19 during the durian season. Appropriately, the Group decided to hold a durian party at the Marina Deck.

Attended by 27 Tai Chi members, we had the durians split equally into 3 tables, with each table having 13 varieties led by the famous Musang King, followed by Hor Lor, Ang Hae, Kun Poh and many other popular ones. Complementing the durians, we also had mangosteen and rambutans.

There were so much that every table struggled to finish the durians, but finished we did and had a great time with the karaoke set well utilized. As Danny Lee summed up nicely, "It was an awesome night. We were all drunk on durians - great karaoke session and all back-up singers enjoyed themselves".





KARAOKE UPDATES

Contributed by: **Amy Karn**

'Selamat Hari Raya Adil Fitri' to one and all. This greeting of goodness, happiness and forgiveness aptly applies to our karaoke group on the occasion of its getting together on 22.06.2019.

In a joyous festive mood, members fashioned and groomed themselves in national costumes to colour the night with Malay melodies in a reflection of national identity. A touch of swaying dondang sayang and a taste of brisk joget filled the air. The atmosphere was inviting and exciting. Dancers were inspired to take to the floor.

On a different note, the Karaoke group also convened an EGM on 23.06.2019 specifically to look into the irregularities of its rules and regulations. Clauses pertaining to the composition of committee members, their tenure of office and other by-laws were scrutinised and rectified. The amended financial statement was also approved. The meeting was smooth and fruitful in spite of varied opinions and suggestions.

Friendship knew no bounds as it culminated in a reciprocal visit from members of the Old Fries Association to the PSC. The influx of friends, new and old, made the section lively and bustling with activities. The clicking of glasses, the cheers of goodwill all added up to the merriment.

Another event that the Karaoke group organized was the Duet competition held on 17.8.2019. Response was good. Congratulations to all winners and thank you to all participants.

TOP 5 WINNERS

- 1 : Chuah Cheng Leong & Quah Fang Fang
- 2 : Tan Hock Hin & Quah Fang Fang
- 3 : Tan Vae Lun & Teh Siew Kim
- 4 : Tony Chuah & Winnie Lam
- 5 : Chan Kok Keong & Loke Yi Mei



Immediately after the competition, a birthday celebration was held for Karaoke members born in the months of June, July and August. HAPPY BIRTHDAY!





FRIENDLY VERSUS SG 10NIS, SINGAPORE

Contributed by: **Tan Tian Heng**

On 28th July 2019, the tennis group had a friendly game with Singapore team, SG 10NIS at Evergreen Laurel Hotel Penang. A total of 10 players (7 men and 3 ladies) represented our club. The weather was excellent that day. With the help of the host captain, the matches started quickly. We played mixed doubles first followed by the other matches as participants trickled to the venue.

During this time, early participants managed to play at least 4 games. This quick cycle enabled players to play at least more than 2 matches. It was a good matchup for both teams. Fresh players from both sides were able to gain useful experiences from the event. Looking at the outcome, it proved to be a fruitful and meaningful workout for the players from both teams. Finally, when all matches were completed, everyone gathered for a group photo before calling it a day.





RACKETBALL & SQUASH

Contributed by: **Iain Pickett**

The Racketball section has hosted two invitational events over the past three months, both to the popular Sri York Squash & Racketball Club. The first match was played at the end of June with the Swimming Club managing to turn out one of our strongest group of players including Mike (Ong Chin Soon) Patrick Lee, Kenny (Lee Chin Teong) Terrance, Najieb Ariff (Club President), Lim Thiem Hock and Iain Pickett. Despite battling extremely hard, Sri York proved too strong for our efforts and the PSC went down to the better team 7-1. Our only victory was PSC's newly elected President Najieb Ariff, who was determined to earn the club at least 1 point.

Sri York immediately asked for a return match which was arranged for after the summer break in mid-August. The games were again very competitive but despite our best efforts, The PSC team lost, yet again to a very strong and steady Sri York side. Well done to our players who represented the club. The can-do, keep fighting spirit is something to be proud of. Our next match will be against either the Penang Sports Club or New Club Taiping with dates to be confirmed. In the meantime, keep practicing.

For section news, Players meet regularly from 5.00pm onwards on Club Nights (Monday and Friday) and enjoy a social round robin session. Stalwarts Neil Hamilton and Iain Peggs are always willing to take on new competition.

If there are any new or experienced players amongst the club that are keen to come along and play, please dust down your racket and feel free to join on club nights or for more information, please call me. See you on court!

Yoga News



YOGA WORKSHOPS

Contributed by: **Dominic Boudville**



CALENDAR OF EVENTS

October, November, December 2019 & January 2020

OCTOBER

OCT 5 SATURDAY	Karaoke Group - Visit from Royal Lake Club 📍 MPH @ Level 14 / Pacific Lounge 🕒 7.30pm - 11pm	OCT 10 THURSDAY	Election Meeting 📍 MPH, Level 14 🕒 6pm - 10pm	OCT 11 FRIDAY	Swimming Section - Time Trials 📍 Poolside 🕒 7pm - 9.30pm	OCT 18 FRIDAY	Oktoberfest 📍 Club House 🕒 7.30pm - 12.00am
OCT 19 SATURDAY	Karaoke Group - Annual Karaoke Competition (Finals) 📍 Captain's Restaurant 🕒 7.30pm - 11.30pm	OCT 27 SUNDAY	Yoga Group - Full Day Yoga 📍 MPH @ Level 14 🕒 9am	OCT 27 SUNDAY	Last Sunday Buffet Lunch 📍 Captain's Restaurant 🕒 12noon - 2.30pm		

NOVEMBER

NOV 8 FRIDAY	Deepavali Celebration 📍 MPH, Level 14 🕒 7.30 pm - 10pm	NOV 9 SATURDAY	Yoga Group - Gym and Fitness Yoga 📍 MPH, Level 14 🕒 9am - 1pm	NOV 9 SATURDAY	Karaoke Group - Inter-Section/Group Karaoke Competition Sept/Oct/Nov Birthday Bash 📍 Pacific Lounge @ Tower Block 🕒 7.30pm - 11.30pm	NOV 10 SUNDAY	Swimming Section - Swimming Carnival and Lunch 📍 Poolside / MPH @ Level 14 🕒 8am - 2pm
NOV 16 SATURDAY	Dance Sport Group - Theme Night 📍 MPH @ Level 14 🕒 7.30pm - 12am	NOV 23 SATURDAY	Karaoke Group - Visit to Penang Sports Club 📍 Penang Sports Club 🕒 7.30pm	NOV 24 SUNDAY	Last Sunday Buffet Lunch 📍 Captain's Restaurant @ Level 14 🕒 12 noon to 2.30pm	NOV 24 SUNDAY	Darts Group - 3rd Quarterly Darts Competition 📍 Darts Room @ Seafront Cafe 🕒 2pm - 6pm
NOV 30 SATURDAY	Aerobics Group - Year End Party 📍 MPH @ Level 14 🕒 7.30pm - 11.00pm						

DECEMBER

DEC 6 FRIDAY	Swimming Section - Annual Dinner and Christmas Party 📍 MPH, Level 14 🕒 7.30p - 11pm	DEC 7 SATURDAY	Christmas Tree Light-Up 📍 Club House 🕒 8.30pm	DEC 13 FRIDAY	Swimming Section - Time Trials 📍 Poolside 🕒 7.30pm	DEC 15 SUNDAY	Yoga Group - Christmas Celebration 📍 MPH @ Level 14 🕒 6pm
DEC 24 TUESDAY	Christmas Eve Dinner 📍 Captain's Restaurant 🕒 7.00pm	DEC 25 WEDNESDAY	Christmas Buffet Lunch 📍 Captain's Restaurant 🕒 12 noon - 2.30pm	DEC 31 TUESDAY	New Year's Eve Party 📍 MPH, Level 14 🕒 7.30pm - 12am		

JANUARY

JAN 4 SATURDAY	Karaoke Group - Welcome 2020 Sing Along Potluck Dinner Veteran Karaoke Competition Dec/Jan/Feb Birthday Bash 📍 Pacific Lounge 🕒 7.30pm - 11pm	JAN 19 SUNDAY	Darts Group - 4th Quarterly Darts Competition 📍 Darts Room, Seafront Cafe 🕒 2pm	JAN 26 SUNDAY	Last Sunday Buffet Lunch 📍 Captain's Restaurant 🕒 12noon - 2.30pm
--------------------------	---	-------------------------	---	-------------------------	---

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 latest updates.