

KELAB RENANG PULAU PINANG



PENANG
SWIMMING
CLUB

FOUNDED 1903

The Nautilus

Live Life!



ring in a
Prosperous New Year
with
new beginnings!

JAN
FEB
2017

For Members Only

PENANG SWIMMING CLUB

517, Tanjung Bungah, 11200 Penang
Tel 04-890 7370 Fax 04-890 3271
E-mail info@penangswimclub.com
www.penangswimclub.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

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FINANCE MANAGER Ong Gaik Cheng
F&B MANAGER Mahmuda Sadek
CONFIDENTIAL SECRETARY Agnes Leow
ADMIN EXECUTIVE Ann Tan
ADMIN OFFICER Adelyn Chew
CHIEF SECURITY OFFICER Mohd Haikal Bin Abdullah
MAINTENANCE OFFICER Mohd Amin Omar
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ANGLING Lawrence Low	SWIMMING Cindy Wong
DANCE SPORT Ang Lye Hin	TAEKWONDO Michael Ong
DARTS Anthony David Morley	TAI CHI Colin Yu
KARAOKE Michael Quah	TENNIS Tan Tian Heng
SAILING Paul Thomas Harrison	YOGA Clara Ooi
SCUBA Freddie McGuire	YOUTH Michael Cheong

MAIN COMMITTEE

President	:	Kenny Koay Lee
Vice President	:	Lim Shin Lid
Honorary Secretary	:	Najieb Ariff
Honorary Treasurer	:	Lim Khoon Seng
Club Captain	:	Michael Cheong Zhi Xian

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Cheah Chin Teong	Lee Chee Lin	Lim Lay Looi
Ian Philip Peggs	Steve Lim Howe Siang	
Joseph Tan Lip Tee	Tan Tian Heng	

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Dato’ Dr. M. Adel Zaatar	Elaine Tan
Dr. Tan Kim Hor	Low Mei Leng

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Committee Members	:	Pamela Ong
		See Liang Teik
		Lee Soo Ann

DEVELOPMENT COMMITTEE

Chairman	:	James Low
Committee Members	:	Eric Chong San Dee
		Ivan Tan Boon Guan
		John Tan Choon Yee
		Rethinam Pillay

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

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Editor	:	Najieb Ariff
Members	:	Lim Shin Lid
		Tan Tian Heng
Advisor	:	Kenny Koay Lee
Management	:	Ann Tan
		Adelyn Chew

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.



President’s
Message

New Year 2017 is going to be legendary!

This is always a hopeful time, as we celebrate the end of one year and the beginning of another. And while 2016 was difficult for many, we must also look back on this year with the knowledge that brighter days are ahead of us.

In December, I chaired the Dialogue Session at MPH along with 7 other MC Members, we saw this as the opportunity to update, and informally discuss with members, problem areas, actions taken and future plans of PSC.

I do appreciate those members who made the effort to attend and who raised some interesting issues and voiced mainly objective opinions. This is the whole objective of the PSC Dialogue, to align the thoughts of the Main Committee and the members and to create an understanding, even where initial opinions may differ.

Objectivity regarding, and understanding of situations, will go a long way towards creating a cohesive and harmonious Club, and is integral in dispelling rumour, misunderstanding and gossip which can often be a source from which disharmony can grow.

- **Accounts & Finances.** Revenue in the 1st six months of 2016-17, to 30th September, is down on the previous year.

- **Gaming Machine Income.** Our contract has been extended for a further 3 years. However, during that period, we must consider, and prepare for, the likelihood of an “Annex” Club, so that PSC can continue to enjoy the revenue and provide better facilities to PSC Members.

- **Legal Matters.** While old issues are gradually resolved and settled, the MC constantly tries to deal with any new matters promptly, efficiently and amicably.

- **Level 13.** This will be reconsidered only when members have determined the priority spending of the club, especially considering the potential costs of the renewal of Leasehold Titles. In the short term we may need to consider the upgrading of current facilities or running the Level 13 in phases.

- **Club House & Fun Pub.** Consideration of a proposal to extend and upgrade the Fun Pub and provide a shared Bar Counter with the Club House. Bar staff are currently required in both locations, with frequent “idle time” in both. Centralizing both, with a single Bar Counter would reduce costs and allow for an extension of operating hours.

- **EGM Mar 2017.** This is being planned for proposed Club Rules amendments, in order to make them more comprehensive and also eliminate inconsistencies and ambiguities. Proposals/ resolutions for amendments to Club Budgets may also be put forward.

- **Leasehold Land Renewal.** Due in 2026, with an anticipated renewal period of 33 years. The valuations and renewal proposal is in progress, and pre consultation and preliminaries discussion with Council will be set for March 2017.

- **Safety & Security.** The revised Pool open hours have been determined, with now, 4 qualified lifeguards and a further 2 under training. Emergency evacuation procedures of all Club premises have been updated. There are currently proposals under review for the tightening of security at the car park and tennis courts, and the stabilizing of the sloping area overlooking the Seafront Cafe.

- **Internet Wi-Fi Speed.** The upgrade to Time.com fiber optic @ 90Mbps is expected by March 2017.

After several questions from the floor, the dialogue was brought to a conclusion. I trust members will take note of the matters discussed, as summarized herein, and it is my hope that this will encourage a much greater attendance at any future dialogue sessions.

So, in conclusion, I again thank members who attended on the 4th December, but for now, let me wish all members a very Happy Chinese New Year - Gong Xi Fa Cai - and health and prosperity for the coming 12 months.

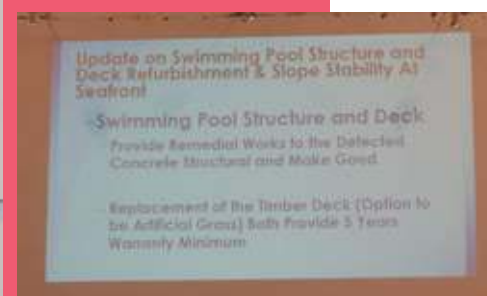
Thank you.

Very truly yours,

Koay Lee, Kenny
President

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PSC Dialogue Session



Editor's Note

“I would like to take this opportunity to thank all those contributors, who, through their efforts, have been supporting The Nautilus, and assisting the Editorial Board as it tries to make the newsletter a more interesting one.”

As we step into 2017, I would like to wish each and every member “Happy New Year”, and “Gong Xi Fa Cai”, for the forthcoming Year of the Rooster. May the next 12 months bring health, happiness and prosperity to one and all.

Once again, I would like to take this opportunity to thank all those contributors, who, through their efforts, have been supporting The Nautilus, and assisting the Editorial Board as it tries to make the newsletter a more interesting one. It should also be borne in mind that, excluding Minutes of meetings, Nautilus is the only historical record of Club and S & G events and activities. Submissions can be read in years hence when details of activities of our Club and S & G, and even individual achievements can be recalled with pride and, maybe, with some amusement.

I trust that the December “Dialogue Session” helped to clearly indicate the continued determination of The Committee to serve the Club and take heed of members’ comments. Of particular note during the Session, were the discussions relating to the plans “in the pipeline” to improve the Club facilities and services. The Dialogue Session truly demonstrated members’ willingness to put forward their own opinions and ideas. Members’ ideas are always welcomed, and can be submitted in writing at any time to the MC.

As I write this, only hours before our Club New Year Countdown, it is with a tinge of sadness at the demise of our Club dispatch rider, Rammiah A/L Muthaya. Better known to all as “Ramu”, or even “Uncle Ramu”, he served as a loyal employee of the Club for over 34 years. Always cheerful and reliable in his duties, Ramu passed away on 30th December. He will be much missed.

So, we move on, and I ask members to look out for the upcoming Club Events this year. Members’ support of these Events is integral in making them successful. So let us resolve to make 2017 a successful and peaceful year for all at PSC.

Najieb Ariff

Najieb Ariff
Editor



GM's Message

“ I take this opportunity to wish all members “Gong Xi Fa Cai”, hoping that the Year of the Rooster will be “kind” to the Club and bring peace and prosperity. ”

Dear Members,

Warmest 2017 greetings from the management and staff of PSC.

Having bid “Farewell to 2016”, there was pause for thought and reflection on a year full of memories and the “ups and down” of the Club. Challenges were overcome by members, Committees and staff standing in unity through both the good and the hard times. The New Year Countdown Event could be seen as somewhat symbolic, with the “rubbing of shoulders”, holding hands and general wish for a much improved 2017, that will bring better luck, and more fun, happiness, health and wealth to everyone associated with the Club.

As we progress into 2017, we look towards the Club Events taking place in the early months, with the imminent Chinese New Year and associated celebrations almost upon us. CNY Eve, is normally associated with family reunion dinners which may include the ritualistic Yee Sang tossing. CNY concludes, on the 15th day with the “Chap Goh Meh” celebration. “Chap Goh Meh”, when young ladies throw personalised mandarin oranges into flowing waters, a tradition that originated in Penang. At the Club, the celebrations will include a “Lion Dance” performance, the “Biggest Yee Sang” tossing and a “visit” by a performer representing the “God of Prosperity”. Chinese New Year, is swiftly followed by the Club “Valentine’s Day” celebration.

Kindly note, that the Captain’s Restaurant & Library will be closed on the Eve of Chinese New Year and the first day of Chinese New Year (27 & 28 Jan 2017), but will be back in full operation on 29 Jan 2017. The Snake Temple is closed (27 – 30 Jan 2017 Incl.), and reopens on 31 January.

With this reminder of the temporary closure of facilities, on behalf of the PSC staff, I take this opportunity to wish all members “Gong Xi Fa Cai”, hoping that the Year of the Rooster will be “kind” to the Club and brings peace and prosperity.

Always looking forward to seeing you at the Club.

Johari Abdul Jalil
General Manager



PRIMA PEARL AUTO SDN BHD (646044-T)

Sales Showroom

No. 72-1-33A, Arena Curve, Jalan Mahsuri,
11900 Bayan Lepas, Penang.

T 04-611 9797

Service Centre

Lot 1099, Mukim 12, Jalan Dato Ismail Hashim,
Sungai Ara, 11900 Bayan Lepas, Penang.

T 04-642 5689



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Please call Mr. Ooi 012 485 2128 / Mr. Dennis 017 573 9494

Nov & Dec Election of New Members

10th
Nov
2016



Veronica Allen & Anthony Allen



Bernadette Theseira



Chua Bee Lee



Goh Chin Hoon & Chin Ken Meng



Shantina Khoo May Leng



Yeoh Sze Huey & Khor Yong Yong



Lim Suan Choon & Lim Siung Pet



Ooi Soo Huey & Boo Hak Len



Datin Sukuna A/P Tanimalai & Dato' Henry Benedict Asirvatham



Amy Tan Imm Bee



Xin Xin & Yeap Kian Soo



Navinder Kaur Jessy & Sarbjit Singh Atwal



May Ong Chin Hoon & Kan Ky-Vern



Datin Geetha A/P S. Kuppusamy & Datuk Karuppanan A/L M. Malairaja

24th
Nov
2016



Chuah Ee Yan



Tsai Pei-Ling & Chiu Cheng-Chiang



Chen Jin & Lim Han Hou



Mimi Tan & Guntur Mulia



Yeap Chin Leng



Irene Yeoh Poh Im

8th
Dec
2016



Janet Joseph Sameh & Goh Wei Chiew



Khoo Phaik Swee



Kang Bee Cheng & Tay Beng Guan



Michelle Yeong Yee Leng & Lee Thean Yew



Nelvia Bares Cuevas & Nicholas Anthony Prior



Teh Gaik Kim



Tan Beng See



Wong Foong May & Peter Yap Wan Poh



See YiYin & Ong Seng Theam



Valerie Christine Olsson & Erik Raymond Olsson



Melissa Saw Yee Shien



Law Jen Jim



Toh Zhen Wei



Terence Khoo Boo Kheng

Membership Statistics

Membership Figures as at 30 Nov 2016

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon Members	25	0	25
Ordinary Transferable Members - Pending for Election (Normal Transfer) - Pending for Election (JM Conversion)	4677 29 11	652	5369
Ordinary Members	4	2	6
Unattached Lady Members	2	0	2
Term Members - Pending for Election (JM Conversion)	15 0	0	15
Junior Members - Pending for Election	315 13	82	410
Associate Members - Pending for Election	1883 23	112	2018
TOTAL	6997	848	7845

Income & Expenditure Statement

For the Period from 1 April 2016 to 30 Nov 2016

	APR-NOV 16	APR-NOV 15
INCOME	RM	RM
Subscriptions	2,604,138	2,607,572
Bar profit	121,249	100,960
Restaurant commission	287,413	351,861
Slot machine profit	850,741	852,201
Interest from fixed deposits	440,136	384,458
Transfer fees	430,000	443,000
Sundry revenue	107,743	106,931
TOTAL INCOME	4,841,420	4,846,983
Staff cost	2,335,477	2,274,273
Utilities & services	728,824	830,354
Repairs & maintenance	318,689	266,638
Entertainment	124,550	116,688
Promotion of water sports & recreational activities	271,433	102,418
Administration expenses	383,979	407,144
Rates, taxes & insurance	176,371	126,839
EXPENDITURE BEFORE DEPRECIATION	4,339,323	4,124,354
SURPLUS FOR THE PERIOD BEFORE DEPRECIATION	502,097	722,629
DEPRECIATION	795,096	883,961
SURPLUS / (DEFICIT) FOR THE PERIOD AFTER DEPRECIATION	(292,999)	(161,332)

Outstanding Staff Awards



NAME : Piruthivirajan A/L Vitaval
DEPARTMENT : Finance
POSITION : Senior Storekeeper
DATE JOINED : 3 May 2000



NAME : Rohizan Bin Mohd Noor
DEPARTMENT : Security
POSITION : Security Supervisor
DATE JOINED : 16 November 2000

Bicycle Park for members at Level 6

Dear Members,

Following requests from members, please be informed that the Members Bicycle Parking area is located at PSC Level 6. Please cooperate by using this area only for bicycle parking.

PSC Management.



CNY SET DINNER

SET A

RM588+ per table

Prosperity Yee Sang with Salmon
~~~~~  
Braised Shark's Fin Soup with  
Crab Meat and Dried Scallop  
~~~~~  
Crispy Roasted Chicken
~~~~~  
Steamed Red Snapper  
Hong Kong Style  
~~~~~  
Braised Dried Oyster with Fish Maw
and 'Fatt Choy'
~~~~~  
Fried Prawn with Salted Egg Yolk  
~~~~~  
Fragrant Rice in Lotus Leaves
~~~~~  
Chilled Lychee with Honey Sea Coconut

## SET B

**RM698+ per table**

Prosperity Yee Sang with Salmon  
~~~~~  
Hot and Cold Combination Platter
(Seasoned Octopus, Deep Fried Money Bag,
Salad Prawn Meat)
~~~~~  
Braised Superior Shark's Fin Soup with  
Bamboo Fungus and Dried Scallop  
~~~~~  
Roast Duck & Mango Chicken Combination
~~~~~  
Steamed Grouper Hong Kong Style  
~~~~~  
Braised Dried Oyster with Sea Cucumber
and 'Fatt Choy'
~~~~~  
Stir Fried Seafood Crispy Noodle  
~~~~~  
Snow Fungus with Longan (Hot)

For reservations, please call Ms Jennifer Ng / Reception at 04-890 7370

Menu available 19 Jan - 26 Jan & 29 Jan - 11 Feb
Restaurant closed 27 & 28 Jan (Fri & Sat)

Valentine's Day

CELEBRATION

Express your love with your loved ones and dine at Captain's Restaurant for a Valentine's Day Celebration at Penang Swimming Club.

Date : Tuesday, 14 February 2017

Time : 7.30pm

**Buffet : RM42.00+ Per Member
RM52.00+ Per Guest
RM21.00+ Per Child
(Up to 12 Yrs)**

Book early to avoid disappointment @
Reception @ Level 6.

Registration Closing Date - 11th February 2017.

PENANG SWIMMING CLUB

CHAP GOH MEH celebration

Come, watch, and join in the celebratory Lion Blessings, Lion Dance, Dragon & Phoenix & God of Prosperity.

Enjoy a fun evening and watch the performances at our Club's Chap Goh Meh Celebrations

**Saturday, 11 February 2017
7pm at the Seafront (Level B3)**

This is a Club Event – Open to All Members &

The Event (inclusive of buffet) is Free of Charge to the first 150 Registered Members

Register at PSC Reception (Level 6)

Registration Closes – 8th February 2017

(Those registered, who fail to attend, will be charged RM20 in lieu of donation)

As this is an FOC Charity Event, members are requested to donate generously upon arrival registration.

All donations will go to:

Penang Ru Yi Home Association

(Please show the true spirit of goodwill and donate with a kind heart)

Captain's Restaurant & Library

**27 & 28 January 2017
(Friday & Saturday)**

Operation will resume on 29 January 2017

Snake Temple (Teppanyaki)

**27 - 30 January 2017
(Friday - Monday Incl.)**

Operation will resume on 31 January 2017





PSC Celebrates Deepavali

Prior to the event, 20 children from Penang Shan Children's Home were taken on a tour of the Club, treated to ice cream and kept entertained by some of the staff.

The Deepavali Celebration was held on Friday, 4th November 2016. The occasion was attended by our Vice President, Mr Lim Shin Lid, and several other MC members. Prior to the Event, 20 children from Penang Shan Children's Home were taken on a tour of the Club, treated to ice cream and kept entertained by some of the staff. They were then escorted to the 14th floor, where both MPH I and II were adorned with suitable Deepavali decorations. Although this was an FOC Event, when registering their attendance, members were encouraged to make a personal donation, via their Club Members Account, to the Penang Shan Children's Home. Following registration, members and guests availed themselves of pre dinner drinks and snacks. Approximately 150, including MC members and the children, attended the Event.

Once all were seated for dinner, there was a short, but warm and welcoming speech from our Club Vice President.

The entertainment began with an energetic dance routine with performers in traditional costume, following which, it was announced that the Indian food buffet was ready to be served. As members queued and dined there were various song and dance stage performances, several of which included the guest children.



After dinner, and as the evening drew to a close, the children were each presented with an ang pow, concluding a fun evening for them.

As the children and their chaperones left, so did the members, reflecting on another worthy cause Event hosted by our Club and members.



Lighting Up The Christmas Tree 3rd December 2016

The Club Christmas Tree burst into a rainbow of colour, at the flick of a switch, by our Vice President, Mr. Lim Shin Lid and other MC Members, signaling the Opening Ceremony of the Christmas Charity Drive on 3rd December 2016 at 7.45pm.

While members and children hung donation tags and baubles on the tree, they were entertained by the carolers from The Centre who performed several Christmas favourites.

There then followed the arrival of Santa Claus, who distributed sweets and candies to the excited children, whilst members availed themselves to of the finger food and wine "buffet". The evening was a relaxing prelude to the upcoming Yuletide festivities.

(Proceeds from the donation tags & baubles will be presented to The Salvation Army)





Countdown at PSC

Barely 15 minutes before the midnight hour, the dance floor was fully packed as almost everyone were on their feet to join in the Countdown which was led by Vice-President Lim Shin Lid, other Committee members and their spouses.

It was truly a night of sheer revelry as nearly 300 members and guests congregated at the Multi-Purpose Hall on Level 14 to usher in the New Year. Comprising a fine mix of local and expatriate members, most turned up for the pre-dinner Cocktail to re-kindle friendship or make new friends.

The MPH was truly well-decorated for the Club's social event of the year and credit goes to the management and staff who put in painstaking effort to ensure the perfect ambience for the evening.

President, Kenny Koay got the programme rolling right on cue, expressing hope that members will continue to play their part in helping to build camaraderie amongst members to ensure that the Club will move forward cohesively.

Music for the evening was provided by Daniel Chan & Friends and it was truly ironical that Daniel started the evening's entertainment with a beautiful rendition of Kenny G's soulful hit "Going Home" on his saxophone.

Although the theme for the evening was Disco, the band gave a splendid potpourri of music ranging from instrumentals, contemporary and even danceable songs until the later part of the evening when mood turned upbeat with disco songs interspersed with party games and lucky draws.

Barely 15 minutes before the midnight hour, the dance floor was fully packed as almost everyone were on their feet to join in the Countdown which was led by Vice-President Lim Shin Lid, other Committee members and their spouses.

Midnight supper was served promptly after countdown and, based on the fact that so many attendees still lingered on even after that, Daniel's opening song "Going Home" was the last thing on their mind.

Suffice to say that it was an evening to remember.

Written by Richard Chung





M C visit Club Patron

On Tuesday, 29th November 2016, members of the Club Committee paid an afternoon visit to our Club Patron Tuan Yang Terutama Yang Di-Pertua Negeri Tun Abdul Rahman Abbas, at his residence. After an informal discussion, Club President, Mr. Kenny Koay Lee presented our Patron with a gift to mark the occasion.



Scuba Members visit Koh Lipe

Six trainees from the Scuba Section, (Dave Chong, J.M. Wang, C.L. Teh, Will, Chin U and Jade) were guided by our senior instructor, Danny Lim, and two assistant instructors, Jonathan Ooi & C.K. Tan, as they completed their "open water assignment", at Koh Lipe, Thailand, on the 18 - 21 November 2016.

All trainees performed very well during the test, and congratulations are due to all six, for passing the "open water assignment", and achieving "Qualified BSAC Ocean Diver" status. Thanks are also due to instructor, Danny Lim.

While these tests were taking place, a group of 9 qualified Divers from our Section, lead by Willis Teoh, were enjoying a fun dive from another boat. On the third day of this Thailand trip, the former trainees, now qualified, joined with the "fun dive" group. This was an chance for the newly qualified to relax in the company of the more experienced, and join in group dives that allowed them all to enjoy the beautiful coral and sea life.

Following the dives, it goes without saying, that our divers would never forego the opportunity of some wonderful Thai cuisine and a soothing massage.

A most enjoyable excursion, of 3 nights / 4 days, efficiently organised by Expedition Officer, Jonathan Ooi.



Children's Christmas Party 18th December 2016

Another exciting event for children, during the festive period at Penang Swimming Club, was the Children's Christmas Party, which certainly pulled in the crowds! A total of 81 children congregated at the Multi Purpose Hall, on the afternoon of Sunday 18th December 2016.

Songs, such as, "Getting to Know You" and "Sing & Dance Along", were performed by the musical group, "Daniel Chan & Friends". There was eager participation in a variety of games, which included, "The Newspaper Game" and "Ping Pong Balls". The arrival of Santa Claus was met with screams of delight and a "join in" session of Christmas songs. The children also took part in "Face Painting", producing some interesting results!

A smashing day for children, rounded off with snacks and ice cream. Sincerest thanks go to the Management Team for the work put into the decorations, games and catering which kept the children fully entertained during the event.



Swimming Section - Recognition



In November, the PSC Swim Team travelled to Shah Alam for the annual President's Cup. This is an interclub swimming championship, to which all nationally registered clubs of Malaysia are invited to attend. This competition has been running for the last 35 years and we have proudly participated every year.

Out of 42 clubs who took part, we emerged 5th and the highest ranked of the Penang clubs. We took 24 swimmers to participate in this meet.

Overall, there were many significant improvements in personal best times (PBs) and the team supported each other. We have a strong history of team spirit with the swimmers and parents alike, and hope to continue seeing this in the future with our team members and parents. Without this support for each other, the swimmers cannot improve or will ultimately lose interest.

I would like to bring attention to one of our swimmers – Elynn Tan. Elynn has done the Section and Club proud this year!

She brought home a silver medal for the 50m freestyle, from the 40th SEA Age Group Swimming Championships, held in Bangkok, Thailand from the 9th - 11th of December 2016.

This is on top of her achievements at SUKMA 2016, where she won two golds for 50m and 100m freestyle, bronze for 50m butterfly and a team bronze in the 4 x 100m freestyle relay.

One should also note her performance at the 5th Asian Schools Swimming Championships, held in Palembang, Indonesia, 24th - 30th of May 2016, where Elynn won 2 bronze medals, for 50m and 100m freestyle.

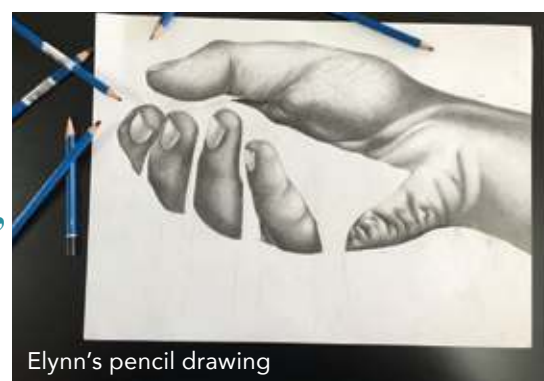
Following the SEA Championships, Elynn returned home from Bangkok and had to sit for final exams the very next day. There was no pause or let up in the schedule – school work and life must go on, regardless of swimming championships. This is the hallmark of a true champion – one who can balance the multiple demands of swimming training, competing and yet do well in school. This talented girl is not only a wonderful swimmer, but a gifted artist, specialising in coloured pencils. This medium requires hours of painstaking work and meticulous application. A piece of art may take upwards of 40 hours to complete. All this bundled into a sweet and smiling teenager.

We are proud of you, Elynn Tan, and hope to see you continue to improve in swimming, art and school as you grow. You are a fantastic role model for all our swimmers.



Elynn with her 2016 medals

“Elynn Tan. Not only an ever improving swimmer, but also a talented “pencil artist”. ”



Elynn's pencil drawing

Coach Heng

Tan Choo Heng is our Head Coach and was selected as the Head Coach for the Penang State Team for SUKMA 2016. He was also picked to be the Assistant Coach for the Malaysian Team at the 40th SEA Age Group Swimming Championships. This is a great achievement and honour. Coach, we are all very proud to see your hard work rewarded with this extra responsibility.

Coach Heng has completed Levels 1 to 3 of the American Swimming Coach Association training, and is now using his knowledge of the latest coaching techniques for the Swimming Team. This will help our Swimming Team continue to grow and improve.

Malaysia International Speedo Masters Swimming Championships 2016

PSC sent two swimmers to this competition. They were Lim Cheang Cheang and Chong Chok Moy. They swam in different age categories. Cheang Cheang won gold for 100m breaststroke, plus silver medals in 50m backstroke, 100m freestyle, 50m breaststroke and 50m freestyle. Chok Moy won silver for 50m freestyle, plus bronze medals in 50m backstroke, 100m freestyle, 50m breaststroke and 100m breaststroke.



Annual Christmas Party

The Swimming Section held its annual Christmas party on the 16th of December 2016, at the Multi Purpose Hall, Level 14.

There was lots of food – very important to swimmers, space for the kids to run around after dinner and a small gift for all. We also had a “gingerbread house” to share.



Competitive Swimming Jargon

This is a dictionary of the jargon used in competitive swimming.

Aerobic - Longer distance, moderate intensity, short rest period swimming sets, which focus on building endurance.

Anaerobic - Shorter distance, high intensity, long rest period swimming sets, which focus on building power.

Ascending - Getting slower (i.e. the time taken increases).

Back - Backstroke.

BBM - Beats Below Maximum (Heart Rate).

Block - The starting platform from which swimmers launch/dive into the water.

Bulkhead - A wall constructed to divide a pool into different courses, such as a 50-meter pool into two 25-meter courses.

BPM - Beats Per Minute (Heart Rate).

BR - Breaststroke, sometimes also Breast.

Breast - Breaststroke.

Catch-up-Drill - Where on FC (Frontcrawl aka Freestyle) one hand stays at full stretch ahead until the other meets it, then it begins the stroke.

Descending - Getting faster (i.e. the time taken reduces).

Dive Start - Diving entry from the block in the deep end (usually either a grab start or a track start).

Dolphin Kick - Simultaneous leg kick used in Butterfly.

DPS - Distance Per Stroke.

Drag-Drill - Where on FC fingertips drag through the water on the recovery (also known as trickle).

Drag - The extra clothing swimmers may wear to create resistance while practicing, often in the form of shorts or multi-layered suits that may have rips or tears.

Drill - A controlled form of stroke designed to draw attention to a particular aspect of that stroke: Catch-Up, Drag, Salute, Elbows High, Zip-up, Doggy Paddle, Duck and many more.

DQ - Disqualified – When an official determines that a swimmer has violated a swimming rule, he or she may disqualify that swimmer. Typically, swimmers are disqualified for an illegal stroke, turn, or finish.

DNS - Did Not Swim - The swimmer did not swim his or her event.

Duck-Drill - Where you keep the elbows tight to your sides and move the forearms back and forth (like duck legs) to propel yourself through water.

Easy - Usually swim down or warm up, a slow easy stroke focusing on stretching out the stroke and warming up or down.

Elbows High - Drill where, as it sounds, on FC you keep the elbows bent and high out of the water on the recovery.

FC - Frontcrawl often referred to as Freestyle or Free.

Fly - Butterfly.

FR - Freestyle or Free (normally Frontcrawl, but any stroke will do as long as you can maintain speed).

False Start - Moving once swimmers have been instructed to take their mark before the start is signaled. A false start may result in a DQ.

Final - A single race in which the fastest preliminary swimmers compete to determine final places and times in an event.

Flags - Backstroke flags placed 5 meters from the end of the pool. They enable backstrokers to execute a turn more efficiently by counting their strokes to the turn instead of turning around to look.

Gala - Competition (also called a Meet).

Go off - Time in which you have to complete a swim or set of repeat distance/times inclusive of rest time.

Grab Start - A type of Dive Start. Can also refer to starting from in the pool holding onto the side.

HR - Heart rate.

HVO - High Velocity Overload – Swim part of the length (no more than 15m) at full speed without breathing, rest of the set distance swim easy.

IM - Individual Medley (all four strokes together in order Butterfly, Backstroke, Breaststroke and Freestyle).

Intensity - Run on a scale from 10 – 20 with 10 being easy and 20 being as hard as it gets.

Kicking - Legs only (no pulling).

Kickboard - A flat float used for doing kicking.

Lactate - Lactic acid is produced in the muscles during anaerobic sets. Swim down & stretching help disperse lactate.

Long Course - 50m pool (term used for describing competitions).

m (e.g.25m) - m = Metres. Our training pools are generally 25 metres, so 50 metres is 2 lengths, 100m=4 lengths, 200m=8 lengths, 300m=12 lengths, 400m=16 lengths etc.

Masters - Term used for the category of adult swimming at Meets.

Medley - All four strokes swum in a specified order.

Medley Order - Strokes are Butterfly, Back, Breast, Free. Medley Relay Order is always Back, Breast, Butterfly and Free.

Meet - Competition (also called a Gala).

Negative Split - Go faster for the second half of the set distance than the first half.

NT - No Time – Used for meet entries where the swimmer has No Time for an event, but would like to swim it.

NS - No Show – The swimmer did not turn up.

Number 1 - Your best stroke, often Freestyle, but can be others.

Open Turn - The two handed touch turn completed for Breaststroke and Butterfly.

PB - Personal Best - This is a swimmers best time to date for a particular stroke and distance. Swimmers cannot maintain a short course (25m) “sprint” speed over the longer distances. Hence, long(er) courses (50m) etc times will be relatively slower than a short course (25m). The longer the distance, of necessity, the slower the pace. So swimmers will have PB’s for each discipline.

Please contact a Swim Section Committee member to obtain an electronic template for keeping track of PBs, as this is very important for submissions to competitions

Percentages - Usually refers to the effort or pace being completed for that swim set, i.e. 80% is pretty hard but not maximum effort or sprint.

Pull - Arms only (no kicking).

Pull Buoy - The figure of eight style float that goes between your legs for pull.

Recovery - On Freestyle when the arm is out of the water being brought back up for the next stroke. Can also refer to a “recovery swim” when you slow down to bring the heart rate down after a high intensity set. It is also used in referring to an easy training session after a competition.

Regeneration - A set where you swim to regenerate after an intense competition.

RI - Rest Interval - How much rest (usually in seconds) you get after a set swim e.g. 8 x 50m FR RI 20s (20 seconds rest after each 50 metres Freestyle) - sometimes also simply called “Interval”.

RPE - Rate of Perceived Exertion.

Salute - Drill where the hand touches head prior to entry on Freestyle.

Set - A self-contained part of the swimming session as “set” by the coach e.g. a “main set” might be 10 x 100m Free.

Short Course - 25m pool (term used for describing competitions).

Sprint - All out as fast as you can go, breathing as little as you can.

Steady - Swimming at a pace which is easily maintained (not easy or too hard, aiming for consistency of pace).

Streamline - Underwater body position after diving or pushing off the wall which maximises swim speed and efficiency.

Stroke - The stroke you are completing (usually not Freestyle).

Stroke Count - Number of strokes per 25m or 50m (FC and BC every 2 arm pulls - a cycle - BR and Fly every stroke) abbreviated as SC.

Stroke Rate - Number of strokes per minute (measured by stopwatch or calculation) abbreviated as SR.

Swim Down - Swimming slowly and steadily at the end of the session to warm down.

Track Start - A type of Dive Start.

Tumble turn - The flip (somersault style) turn used for Freestyle and Backstroke.

Turnaround - How much time it is expected to complete a set swim e.g. 4 x 200m FR on 3.00 (You have 3 minutes to complete each 200 metres - if you do it in 2m50s you have 10s rest).

Underwater - Usually refers to kicking under the water, using Dolphin kick.

Source: <http://www.outtoswim.org>



Sailing Section Christmas Party

On 10th December, in excess of a hundred Sailing Section members and guests attended the Section Christmas Party at the Multi-Purpose Hall. Although this date was some 2 weeks before the 'big day', we still had an evening filled with festive spirit, aided undoubtedly by the sumptuous buffet dinner and 'free flow' drinks.

Even Santa turned up 'early', to hand out gifts and party hats, whilst members thronged the dance floor encouraged by the strong beat of pop and rock music.

The celebrations went on into the late hours, and everyone had a swell time. A great party!



UPCOMING EVENTS

KFC / PSC International Regatta

Date
3rd - 5th March 2017

Venue
Penang Swimming Club

Darts Group Christmas "Potluck"

Christmas comes but once a year, and so does the Darts Group Potluck "festive style". Calorie counters within the Group may be grateful for this considering the array of delights available on Sunday 11th December. "Quality not quantity" has been the Group's informal, but obvious, motto for several years. However, this most recent Potluck satisfied both aspects, as well as the hearty appetites of attendees. Those who had braved the inclement weather at the mornings Angling Competition were especially ravenous by the agreed 5.30pm dinner time. Of course, credit once again for the success of this, now, annual Event, is all due to the Group's lady members, who organised, cooked, served and cleared away before, during and after. Left to the male members, it would have consisted of pizza, Tiger beer and more pizza, with perhaps, a nominal salad for the health conscious.

Once the ladies had encouraged the staff to locate our missing Christmas tree, which had strangely gone "walkabout" since the previous Tuesday, re-arranged the tables and seating, the festive fare was unveiled. So, what did we have? Well, apart from the aforementioned obligatory pizza and Tiger, there was roast turkey + trimmings, roast duck, Thai laksa, coriander chicken, salad dishes, curries, cake and sweet mincemeat crumble. Now, 2 weeks to recover from this overindulgence, before the "big day".

So, once again, well done to our Group lady members

Same time next year?Let's hope so!



3rd Quarterly Darts Group competition

The 3rd Darts Group Quarterly Competition, took place on 13th November, and, after a novel, pressure free, 1st Round to determine the knock out matches, high tea was taken by the attendees. The 16 players then entered the combined Men & Ladies knock out competition. This produced some interesting matches, none more so, than a "5 way" Lady Darters 1001 playoff match, to determine the Ladies 2nd & 3rd places, which took a "little bit longer" than was anticipated!!

At the conclusion of the competition, and with the placings determined, the prizes were presented by ex Club President and long time Darts Group member, Mr. Nick Boudville. The prizes went to the following:-

Man

Winner : Michael Chong
Runner up : Siong
3rd place : Beh Ping Seng

Ladies

Winner : Jenny Beh
Runner up : Michelle Chiam
3rd place : Loh May Ling

Well done to them.

The Darts Group thanks its Committee Members – Piao, Victoria LaBrooy and Choo Lip Hoe - for organizing the competition format, catering and prizes, with additional, and very special, thanks to Mr. Nick Boudville for the prize presentation.



Club “A” Team Darters Regain “Challenge Trophy”

Rarely, in recent times, have our Club “A” and “B” Darts Teams managed to win on the same date. Rarer still, have been wins, where the outcome has depended on the final game in each match.

As chance would have it, this was what happened on Sunday 6th November, when Royal Ipoh Club (RIC) visited PSC, and to add to the coincidental nature of the day, the winning score for both our “A” and “B” Teams was 7 – 6.

RIC players, arriving late after some traffic holdups, were given a hearty welcome and expressed their pleasure at being in our Club, having not visited for about two years. Fortunately they arrived just as the buffet lunch was due to be served and the opening of the SeaFront bar. There then ensued 30 minutes of eating, drinking, chat and photo taking prior to the start of the matches.

The “A” Teams, competing for the “Challenge Trophy”, were decided by the respective Captains, and the line ups posted in the Darts Room. Our “A” Team had been given some tactical changes, in an attempt to regain the Trophy, held by RIC since March.

The matches began, with the now “mandatory” losses by both our “A” & “B” Team Foursomes. How we manage to “achieve” this with such regularity is stupefying! Still, it’s becoming so much the norm, that maybe it just serves to galvanise our Team(s) into action? Always look on the positive side!

So, our “A” Team trailed 0-1. Choo (Singles) won 2-0, and we led. Dennis/Tony (Doubles) lost 1-2, and we were all level. Piao won 2-0 and we led 5-3. Michael/Piao (Doubles) lost 0-2 and we’re all level at 5-5. All down to “anchorman” Michael.... again! Michael leads throughout leg 1, but loses. Michael wins leg 2. Match all square at 6-6. Leg 3, Michael trails throughout, but, on reaching a realistic checkout of 56, hits it in 3 darts for victory. PSC win the “A” Team Match and regain the Trophy.



The “B” Team, recovering from the early Foursome setback, get themselves into the Match. Hardev, although losing 1-2, gains a hard earned and valuable point against RIC’s JayJay. Quah/ Yeoh (Doubles) win 2-1, and a Michelle (Singles) 2-0 win, puts us ahead 5-4. Michelle/May Ling (Doubles), then, surprisingly, lose 0-2. So our “B” Team trails 5-6, with only, “anchor” Devyn, to play. Leg 1, Devyn reaches a checkout first, struggles, but eventually checks out. Leg 2, Devyn always ahead and in control, gets to a checkout and hits 1st dart, to achieve a, come from behind, 7-6 win for our “B” Team. Michael & Devyn securing respective positions as “anchormen” for future “A” & “B” Teams!

Well done to all our darters on the day. Some excellent performances, and finally, signs of “fighting spirit” throughout. Belief that every point counts, and that “it’s never over until it’s over” starting to take root within our Teams. Let’s hope it continues.

Thanks to Club Captain Michael Cheong for taking the time to attend this Club Event, and a “well done” to our overworked young barman, Rusdy, at the SeaFront, who coped admirably and efficiently with constant orders from, not only the darters, but also a busy SeaFront Café crowd.

Finally, thanks to our guests from RIC. As gracious in defeat, as they were humble in victory in March.



“A” Team Darters disappoint against Taiping New Club

After a recent resurgence in our Darts Teams’ positive results, the “Jekyll & Hyde” nature of our “A” Team resurfaced on Sunday 18th December, with what can most kindly be described as a below par performance. While our “B” Team built on the recent victory over RIC, with an “up and down” display, eventually resulting in a close final result.

As TNC darters arrived for this re-arranged contest, recent “A” Team performances meant that confidence and expectations were high within the PSC camp. However, as the afternoon matches unfolded, it was our “B” Team players who would take, and deserve, the honours on the day.

Following the introductory speeches and exchange of mementos, the matches began, with extended formats that included 4 Singles, as well as the usual Foursome and two Doubles.

What followed was to take our “A” Team and spectators from initial joyful surprise to virtual disbelief. Our “A” & “B” Teams both won the opening Foursomes. An event, that I suspect is unique in the history of PSC Darts Teams, particularly when considering that our “A” Team trailed by over 300 points, with TNC repeatedly trying, and failing, to check out.

But as the matches progressed, while the “B” Team built on this unexpected start, our “A” Team began to struggle.

Losses for Choo (Singles) 0 - 2, and Dennis (Singles) 1 - 2, left us trailing 2- 4. Dennis & Tony (Doubles) displayed some of the recent fighting spirit, in defeating the TNC “hot” pairing of Albert & Bala 2 – 1, to pull us back within 1 point. Piao (Singles), with a “hit and miss” display, managed to eventually defeat TNC’s Sunny 2 - 1, and level the scores at 6 - 6. All looked rosy in the PSC camp, as with our strength at the end of the Team Sheet, confidence was justified. This was just our normal “style” ...fall behind early, then stage a “come back” and try to squeeze out a victory at the “death”..... Not this time! Defeats of 0 - 2 for Michael/Piao (Doubles) and 1 - 2 Michael (Singles) resulted in a final losing score of 7 - 10.

Best Performances:-

A Team : Dennis & Tony

B Team : Hardev, Yeoh & Quah

Fortunately, our “B” Team managed to mitigate the “damage” on the day. Following up the Foursome win, Hardev (Singles) defeated TNC’s impressive, and surprise “B” Team inclusion, Sarat, 2 - 1. Yeoh (Singles) and then Yeoh/Quah (Doubles) both scored 2 - 1 wins, for our “B” Team to lead 7 - 3. In true PSC Darts fashion, we almost conceded that healthy lead with surprising 1 - 2 defeats for Michelle (Singles) and Michelle/May Ling (Doubles) to leave the match poised at 9 - 7. This left Devyn with the task of securing 1 point to ensure victory, which he did, despite him also going down to a 1 - 2 defeat. So, a 10 - 9 victory for our “B” Team.

So what happened in our “A” Team....? What happened to our recent Inter Club Match form? One can even question, what happened to our Tuesday League form?

Our darters have the ability, and sometimes the right attitude. But, can we marry these two together on a consistent basis? However, as it’s the New Year, let’s be generous and call it “just one of those days”! Let’s try to avoid days like that in the future !

Finally, congratulations to our guests from Taiping on a deserved A Team victory and a gutsy B Team fight back, and thanks to Darts Committee member, Victoria, for organizing our catering, by telephone, whilst she was in Johor!



The Penang Swimming Club offers the most affordable yoga facilities and the greatest choice in terms of teachers and styles. The monthly subscription is only RM20 (excl GST) per participant and they can join any or all the 8 classes which are open to both ladies and men.

Interested, and curious to find out more? If so, come and join us for the Yoga Sessions! Allow plenty of time for any food intake to be well digested before the scheduled Session start time, and dress in exercise attire.

Upon attending a Class/Session, please complete a Registration Form and submit it to reception.

You will also be required to sign the daily attendance list.

Yoga Time Table

1 YOGA PILATES on Sundays from 9.00 to 10.15a.m. (2 Month Trial Run Commencing January 2017) by Sabrina Chew. The session starts with Pilates (to tone up arms and legs and build up core muscles, with floor exercises concentrating on deep stretching and twisting exercises designed to relax the spine and also help relieve back pain, and is followed by Yoga.

2 POWER YOGA on Mondays from 7.00 to 8.15p.m. by Evelyn Ho - A form of Hatha Yoga with focus on poses and emphasis on strength, flexibility and endurance, as Evelyn takes the class through a smooth flow of poses.

3 YOGA CLASS on Tuesdays from 9.00 to 10.15a.m. by Angeline Teh - The class is about building strength while also finding flexibility. Awakening the muscles, front and back, in both the upper and lower body. Back bend poses will be introduced. Option will be given for beginners, and props, such as blocks and straps, will be used.

4 ANANDA MARGA YOGA on Tuesdays from 7.00 to 8.30p.m. by Mrs. Lim. - Traditional Yoga and, at the end of class, Mrs. Lim teaches participants self massage. Suitable for beginners.

5 YOGA CLASS on Wednesdays from 7.00 - 8.15p.m. by Sze Ming - Multi-level Hatha Yoga. Suitable for all beginners & intermediate participants. A very effective class to understand & explore your own limits by utilizing practicable poses, accompanied by clear step by step instructions & guidance. The Class is carefully structured to start off in Yoga & constantly bring improvement to balance and flexibility,

6 INTEGRAL YOGA on Thursdays from 9.00 to 10.30a.m. - Simple Tai Ji incorporated in Hatha Yoga flow - increase knowledge in yoga, Kriya yoga - breathing & cleansing techniques. Designed to improve flexibility, strength, balance, breathing & awareness. Suitable for all levels. 90% Basic. 10% intermediate asana.

7 YIN YOGA on Fridays from 7.00 to 8.25p.m. by Anna Yeoh - It is a quiet practice emphasizes on holding longer time in each pose while encouraging the entire body to be relax. It is a practice that brings deep relaxation to the body and mind.

8 POWER YOGA on Saturdays from 9.00 to 10.15a.m. by Sam Cheng - Emphasis on strength, flexibility and endurance. Participants are advised to bring their dumb bells and longer stretch band for this class.

Congratulations to the following Yoga members who took part in the "Let's Dance Dance" friendly contest, organised by the PSC Dance Sports Group, on 26th November 2016 at MPH 1:-

**Irene Foo
Karen Thong
Pamela Teh**

Over 40 club members participated in the Introductory Yoga Workshop on Sunday 6th November 2016 at MPH 1.

It started with
Yoga Pilates, led by Sabrina Chew
and the second session was
traditional Yoga led by Cheah Moey Yin

Yoga Open Day & Carnival

This Club Event was held on Saturday 10th December 2016. Over 50 Club members joined Sam Cheng for Yoga dance and stretching, which was then followed by Bi Bi with Kung Fu and Tai Ji Yoga and breathing exercises. 40 Club members joined Cheah Moey Yin for the Cooking Demo on Vegetarian Pork Rib, Treasure Bag and Yee Sang at 2.00p.m. at Marina Deck.



Christmas Get Together



Held on Saturday 17th December 2016 at MPH 2, attracted 50 Yoga members and their children. After dinner Santa Claus arrived on a bicycle with Christmas goodies for all those who were present.



Forthcoming Events:

Club Event: The Yoga Gym and Fitness Workshop will be held on Saturday 7th January 2017.

Programme

7.30 - 8.45am	Tutorial on familiarisation of the gym equipment at the Lower Ground of the Gym.
9am - 10.15am	Stretching exercises with Sam Cheng at MPH 1
10.30am - 12pm	Practising Yoga using rattan rod (with Anna Yeoh)
12.30pm - 1.30pm	Lunch
2pm - 4pm	Vegetarian Cooking Demo by Cheah Moey Yin (Pork Ribs, Treasure Bag & Yee Sang)

Come in exercise attire to join the fun. Bring big towels and stretch bands if you have them.

Please register at Level 6 reception ASAP. Closing date 2.1.2017. FOC for all PSC Club members, however if you register and do not attend you will be charged RM10. Cancellation before 5.1.2017.

Maximum 40 pax. Concludes with lunch.

Sand Detox For Healthy Body

(Reduces static electricity and normalizes blood pressure. Helps to eliminate toxins from the body.)

On: Sunday, 19th March 2017 at the beach (in front of OASIS).

Programme

6.45am - 7.45am	Arrival of participants and preparation by digging holes in the sand. Before laying down, the covering of the whole body, except the face with the sand, (bring your "face mask" application if you wish). Wear a shower or swim cap and use a hat or towel to cover your face if you wish.
8.00 - 9.15 a.m.	Yoga session, breathing exercise (pranayama) and inner yoga.
9.20a.m. (Approx.)	Breakfast porridge. (On that day Sabrina Chew's Yoga class will be cancelled.)



Aerobics “Year End Bash” 2016



The Marina Deck was given a real workout on 25th November, when the Aerobics Group had their Year End Party. As in previous years, approximately 50 members attended, suitably dressed to.....Dance and Zumba the night away. There was much swaying, jumping and clapping to the upbeat Latin Music tempo. How such performances can be achieved after a grand buffet meal leaves me amazed!

Our buffet spread was “super yummy”, with the main dishes being succulent Lamb Shank and Lemak Be Ko Moy as dessert. These, and all the dishes in between, were cleared before the evening was over. Exercise keeps you fit, but it also makes you hungry!

In the midst of the dancing we were entertained by our very own “Karaoke Girls”, Yvonne Lee, Betsy Koe and Karen Fong Fong, who had recently achieved a deserved second place in the PSC Karaoke Inter-Section Competition.

As the dancing resumed, even I, with my “two left feet”, just wanted to jump up and dance when Yvonne Lee and Layean took centre stage, to give a preview of their’ dance routine for the following day’s PSC DanceSport Competition – a Competition in which they subsequently won 1st Prize!

We have a talented group of ladies, and, I’m sure, there are many more unpolished diamonds out there!

Written by – Mariam Harvey



Aerobics Group participated in Dance Sport Theme Night on 26-11-16



“Bollywood” Line Dance Jam

The Dance Sport Group hosted the Second Inter Asia Line Dance Jam on 29th October at the Multi Purpose Hall of the Club. This year, the theme was “Bollywood”, and the event was very well supported by line dancers from Singapore, Indonesia plus local groups from Bukit Mertajam, Butterworth and Pulau Tikus. About 170 people took part, many in costumes of bright vibrant colours and saris. Dancers from “Let’s Dance-Binjal”, Indonesia, gave two performances which greatly added to the mood for the evening. A fun time for all, with over 60 dance performances during the event.

“Dance to the music.....”

Four weeks after the Inter Asia Line Dance Jam, on 26th November another theme event was held. “Let’s Dance...Dance...Dance...” was an Inter Section Club event, with non-stop disco, Latin & ballroom and line dance music to cater for all tastes, styles and abilities. Unlike the past theme nights, this was designed to also attract lighthearted competition from other Sections & Groups, with Aerobics, Karaoke, Scuba, Darts and Yoga participating. The highlight of the evening was undoubtedly the “friendly competition” whereby representatives from each Section / Group performed in 2 categories of dance – “Disco” and then “Rock ‘n’ Roll/Twist”. Participants for the 2 categories danced together to songs selected by the Dance Sport Committee. The evening was full of energy and everyone was in high spirits, even guests from the Main Committee joined in the Disco session. Truly, a “happening” event for all, and like the saying goes – “Now Everyone Can Dance.....”

Lastly, Dance Sport members would like to take this opportunity to thank the Aerobic, Karaoke, Scuba, Darts and Yoga S&G for their’ support and participation in making the evening a night to remember.





Inter-Sections / Groups Karaoke Competition



The Inter Section Karaoke Competition, on the 19th November, witnessed the 10 Sections/Groups who had entered, vying for the top three prizes. Each group sent 3 representatives as is the now customary format. The organizers special appreciation goes to Mr. Lim Khoon Seng, Mr. Cheah Chin Teong & Ms. Wanglin for representing a "Main Committee" entry. The "Most Outstanding Entertainer Award", if we had one, would surely have gone to Mr. Cheah, who "brought the house down" with his explosive showmanship.

Congratulations to:

- Champion Team : The Swimming Section - (Mr. Tan Hock Hin, Mr. Tan Vae Lun & Mrs. Tetty Von Wairden)
- 1st runner up : The Aerobics Group - (Quah Fong Fong, Yvonne Lee & Betsy Ong)
- 2nd runner up : The Library Group - (Cecilia Chew, Josephine Loo & Sharon Lay)



Karaoke Group's bi-monthly get-together

The Karaoke Group's bi-monthly get-together, on 9th December, was celebrated with a little extra excitement this time. There was no themed party, however two enthusiastic young members wanted to give the veterans a chance to show their talents, and so a "Talentine" (Nostalgic! A word not heard since my schooldays) Event was organized for the evening. Past Champions were excluded, and the costs were borne by Ms. Seah Hooi Yee & Ms. Quah Fong Fong.

20 veteran members participated and the winners (in no particular category order) were:

Gold : Alex Chan, John Yeoh, Chan Kok Kiong, Betsy Ong & Yeoh Chee Teong

Consolation : Lew Woo Sang, Koay E-Fong, Lee Aun Tiang, Richard Lee & Teh Gaik Hoay.

Congratulations to all!

We're now looking forward to a Chinese New Year Get Together, the Annual Karaoke Dinner in February followed by the Karaoke Group AGM in April 2017!

Wishing all members a happy, safe and prosperous 2017.



Tennis Friendly PSC v Kulim Club, Kedah

Our PSC member, Mr. Lim Choon Choon, in communication with Kulim Club, Kedah, initiated thoughts of a Tennis Friendly Match between our two Clubs. In July, Kulim Club wrote to PSC requesting consideration of a tennis match. Finding a mutually convenient date at first proved difficult, but eventually 1st October 2016 was agreed, with the venue being PSC.

Kulim Club informed us that they would be bringing the majority of their players, presenting to us the initial problem of ensuring we had sufficient players to "match them up". Our Tennis Group met the challenge, and we had in excess of 20 Group members available for match day.

On the due match date, our team got off to a great start by winning 5 of the 7 Men's Doubles matches being contested. A very healthy lead, but not unassailable, and we still needed results in the remaining 2 x Mixed Doubles and 2 x Ladies Doubles.

Although we lost the 2 Mixed Doubles matches, we managed to get over the winning line by winning 1 of the 2 Ladies Doubles matches, giving PSC winning margin of 6 - 5. A close final score, and congratulations to all who took part, in an exciting match.

Once all the matches completed, all the players then moved from the tennis courts to Marina Deck for dinner, and an opportunity for the players to get re-acquainted and discuss the match.



Tennis Friendly PSC v CRC, Penang

This annual Tennis fixture, between PSC and CRC, Penang, began in 2011, and this year it was our turn to host the match on 12th November 2016. Although our two tennis courts will never match the splendour of their 6 courts and associated facilities, we nevertheless always try to ensure that, as hosts, we provide stern opposition to their more experienced regular players. This was to again prove the case, and even though we were without a couple of our key players, we went into the match determined to put up a strong fight.

The match format, as usual, 10 matches using our two courts, starting with a series of Men's Doubles, followed by 1 x Ladies Doubles and ending with 2 x Mixed Doubles.

Luck deserted us somewhat in the opening 3 Men's Doubles, with us losing all 3, despite taking 2 of the matches into tie breaks.

The next 2 matches definitely gave our team some relief and optimism, as our Doubles pairings comfortably defeated their CRC opponents to pull the deficit back to 2 - 3. But the renewed hope was soon deflated as we lost the next 2 matches and trailed 2 - 5. At the end we needed to thank our ladies, who didn't disappoint us, as first they won the Ladies Doubles, and then played a major part in us winning the next two Mixed Doubles matches, enabling us to tie the final overall score at 5 - 5.

It was a great, closely fought match, and gave us much satisfaction to come back from, what had appeared, almost certain defeat. This will be remembered when, next year, we travel over to CRC to face the challenge of the reverse fixture.



COCKTAIL & MOCKTAIL PROMOTION FOR MONTH OF JAN / FEB 2017



WHITE COFFEE PROMO



CHEERS & CELEBRATE!

Come and join us
Last Sunday Buffet on
26 February 2017
at
**Captain's Restaurant,
Level 14**

Per Adult: RM32.00+
Per Child: RM16.00+

Calendar of Events

* Up to Mar 2017 only

JANUARY

JAN

20

FRI **ANGLING & TAI CHI**

Pre Chinese New Year Party
Venue: MPH II
Time: 7:30pm - 11:30pm

JAN

21

SAT **SAILING**

Open Carnival & Potluck
Venue: Sailing Area/Seafront
Time: 4pm - 11:30pm

JAN

22

SUN **DARTS**

High Tea & 4th Quarterly Competition
Venue: Darts Room, SFC
Time: 1:30pm - 5:30pm

FEBRUARY

FEB

03

FRI **SCUBA**

Chinese New Year Gathering
Venue: Captain's Restaurant
Time: 7.30pm - 11pm

FEB

07

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8.30pm - 11.30pm

MAR

11

SAT **SAILING**

Boat Handling Course
Venue: Seafront
Time: 8am - 5pm

MAR

11

SAT **ANGLING**

Annual Prize Presentation / Dinner
Venue: MPH I
Time: 7.30pm - 11:30pm

MAR

14

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

MAR

17

FRI **CLUB**

Patron's Night
Venue: MPH I & II
Time: 7:30pm - 11:30pm

MAR

18

SAT **YOGA**

Cooking Demo
Venue: Marina Deck
Time: 11am - 3pm

MAR

18

SAT **KARAOKE**

Annual Karaoke Dinner
Venue: MPH
Time: 7.30pm - 11:30pm

FEBRUARY

FEB

10

FRI **KARAOKE**

Bi-Monthly Get Together
Venue: Pacific Lounge
Time: 7pm - 11:30pm

FEB

11

SAT **CLUB**

Chap Goh Meh Celebration
Venue: Seafront
Time: 7pm - 10pm

FEB

10-12

FRI - SUN **PASA**

Penang Amateur Swimming Association (PASA) Swimming Competition
Venue: Chinese Swimming Club
Time: 8am - 6pm

FEB

14

TUE **CLUB**

Valentine's Day Dinner
Venue: Captain's Restaurant
Time: 7pm - 10pm

FEB

14

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

MAR

19

SUN **YOGA**

Yoga Detox
Venue: Beach / Marina Deck
Time: 6.45am - 8:30am

MAR

19

SUN **DARTS**

Members' Annual Competition
Venue: Darts Room, SFC
Time: 2pm - 5:30pm

MAR

21

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

MAR

24

FRI **AEROBICS**

Annual General Meeting & Dinner
Venue: MPH II
Time: 7:30pm - 11pm

MAR

25

SAT **DARTS**

2017 Darts Group Members - 18th AGM, Annual Dinner & Awards
Venue: MPH II
Time: 7.30pm - 11pm

MAR

26

SUN **SAILING**

Sailors' Night
Venue: Seafront
Time: 5pm

FEB

17

FRI **SWIMMING**

Annual Dinner
Venue: MPH I
Time: 7:30pm - 11pm

FEB

18-19

SAT & SUN **SAILING**

Learn To Sail Course (Advanced)
Venue: Sailing Area / Seafront
Time: 2pm - 5pm

FEB

19

SUN **YOGA**

Yoga Wall Sequence
Venue: MPH I
Time: 9am - 12pm

FEB

21

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

FEB

26

SUN **SAILING**

Sailors' Night
Venue: Sailing Area / Seafront
Time: 5pm - 11pm

MARCH

FEB

28

TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

MAR

03-05

FRI - SUN **SAILING**

KFC/Penang International Regatta 2017
Venue: Sailing Area / Seafront
Time: 8:30am - 6pm

MAR

04

SAT **DANCE**

Group Theme Night
Venue: MPH I & II
Time: 7pm - 12noon

MAR

05

SUN **ANGLING**

Annual Fishing Competition
Venue: Behind Snake Temple Beach Area
Time: 9am - 12pm

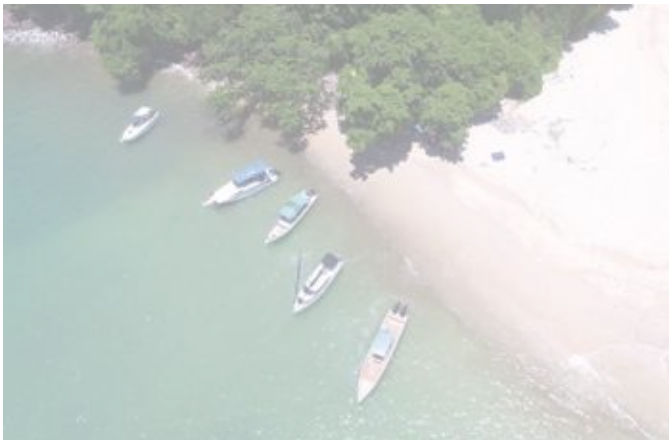
MAR

07

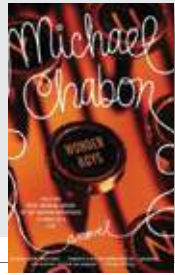
TUE **DARTS**

Tuesday League Night
Venue: Darts Room, SFC
Time: 8:30pm - 11:30pm

Club Events are open to all Club Members. Sections and Groups Events are only open to members of that particular Section or Group, although the Event "Notice" may allow for application by or invitation to Guests. Information is accurate at the time of press. **However, Events may be subject to information changes, and, we advise all members to refer to the postings on the Notice Boards and Digital Signage for the latest/final updates.** Sections and Groups are responsible for posting any information regarding any changes in Sections and Groups Events. All Club events will be subject to approval and endorsement by the Management Committee.



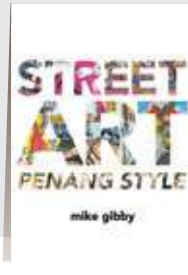
The world is just a book away



Wonder Boys
by Michael Chabon



Popo: Stories from an Extraordinary Generation
by Edmond Ang



Street Art Penang Style
by Mike Gibby



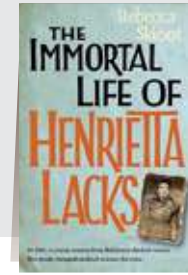
My Name is Hasmah
by Dr. Siti Hasmah Mohd Ali



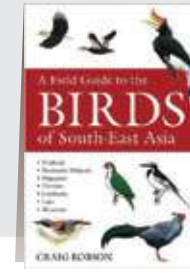
Under the Skin
by Michael Faber



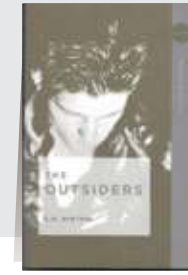
The Seventh Tower Series : Book 3 (Aenir)
by Garth Nix



The Immortal Life of Henrietta Lacks
by Rebecca Skloot



A Field Guide to the Birds of Southeast Asia
by Craig Robson



The Outsiders
by S. E. Hinton



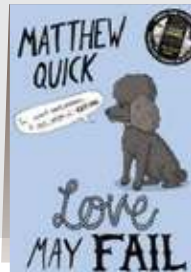
The Panama Papers
by Bastian Obermayer & Frederik Obermaier



The Long Way Home
by Andrew Klavan



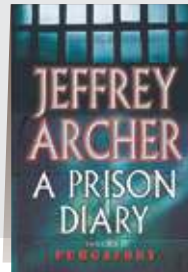
More Happy Than Not
by Adam Silvera



Love May Fail
by Matthew Quick



The Princess Bride
by William Goldman



A Prison Diary
by Jeffrey Archer



Can I Let You Go?
by Cathy Glass



Dangerous Girls
by Abigail Haas



The Barefoot Lawyer
by Chen Guangcheng



Finally
by Wendy Mass



From the Mixed-Up Files of Mrs. Basil E. Frankweiler
by E.L. Konigsburg



Girl Heart Boy: No Such Thing as Forever
by Ali Cronin



Little Darlings
by Jacqueline Wilson



We Are the Ants
by Shaun David Hutchinson



50 Tricks to Teach Your Dog
by Sophie Collins



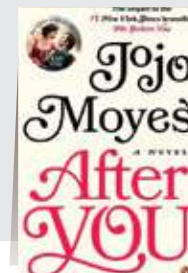
Sully
by Chesley-B Sullenberger



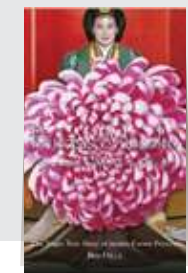
Confessions of a New York Taxi Driver
by Eugene Salomon



My Husband's Wife
by Jane Corry



After You
by Jojo Moyes



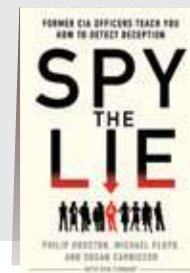
Princess Masako: Prisoner of the Chrysanthemum Throne
by Ben Hills



Freedom
by Jaycee Dugard



Top 8
by Morgan Matson



SPY THE LIE
by Don Tennant, Michael Floyd, Philip Houston & Susan Carnicero



Baby Proof
by Emily Giffin



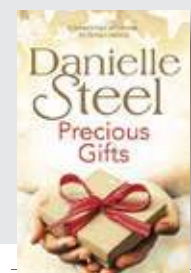
The Invincible Iron Man: Demon in a bottle
by David Michelinie



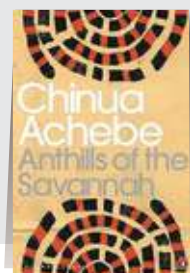
Chocolate Wishes
by Trisha Ashley



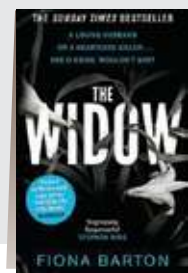
How to Keep a Boy as a Pet
by Diane Messidoro



Precious Gifts
by Danielle Steel



Anthills of the Savannah
by Chinua Achebe



The Widow
by Fiona Barton



ISIS: Inside the Army of Terror
by Hassan Hassan & Michael Weiss



Ben-Hur
by Lew Wallace



The Ship of Brides
by Jojo Moyes



A Boy Called Hope
by Lara Williamson



The Girl with All the Gifts
by M.R. Carey



Dangerous Boys
by Abigail Haas



My Daughter, Her Suicide, and God: A Memoir of Hope
by Marjorie Antus



Where She Went
by Gayle Forman



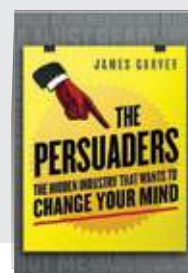
Days of Blood & Starlight
by Laini Taylor



Taidor
by Khoo Kheng-Hor



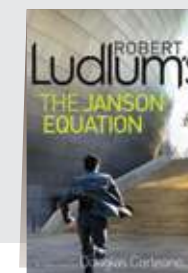
Once Upon a Time in Russia
by Ben Mezrich



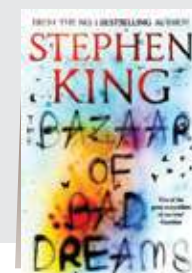
The Persuaders
by James Garvey



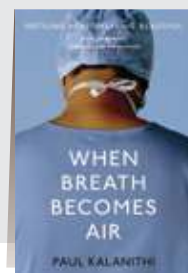
We Are Not Such Things
by Justine van der Leun



Robert Ludlum's The Janson Equation
by Douglas Corleone



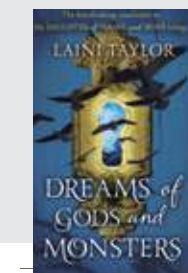
The Bazaar of Bad Dreams
by Stephen King



When Breath Becomes Air
by Paul Kalanithi



Rockoholic
by C. J. Skuse



Dreams of Gods and Monsters
by Laini Taylor

DVDs



X-Men: Apocalypse



The Sound of Music



The Jungle Book



The Faith of Anna Waters



The Conjuring 2



Mike and Dave
Need Wedding Dates



Midnight Special



Kung Fu Panda 3



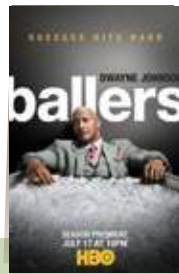
Keanu



Captain America:
Civil War



Barbershop: The Next Cut



Ballers



13 Hours



The Girl with All the Gifts

CDs



Caterina Valente: Amor II



Connie Francis: Amor IV



Doris Day: Amor V



Classical Barbara



South Pacific
Songs and Rhythms



Classic Chilled 2



Stand by Your Man:
The Best of Tammy Wynette



Children's Story Writing Competition

This Competition was held on Saturday, 17th December, from 10.00am until 12 noon, in the Activities Room of the Library. A total of twenty-four children, with ages ranging from four to fourteen years, participated. Each received a welcome gift upon arrival, and coupons for ice-cream and snacks were also available on completion of the stories.

The twenty-four children were grouped according to age ranges.

Group 1: 4 – 6 Years - (7 Children)

Group 2: 7 – 9 Years - (8 Children)

Group 3: 10 – 11 Years - (4 Children)

Group 4: 12 Years plus - (5 Children)

All participants received a set of guidelines which included advice on possible story topics, how to engage the reader by making the characters stand out, the use of unusual words or vocabulary, using pictures and/or illustrations and having exciting or unexpected story endings.

Overall the standard of the story writing was judged to be excellent, with even Group 1, the youngest children, using some innovative ideas.

The overall results were:

Group 1: 4 – 6 Years

Juan Ho	Joint first
Lai Wen Yee	Joint first
Thoon Jing Wen	Third

Group 2: 7 – 9 Years

Megan Fei Atkins	First
Alycel Yeap	Second
Joel Ho Han Tzen	Joint third
Khoo Yun Jin	Joint third

Group 3: 10 – 11 Years

Susan Kang	First
Annalise McKinney	Second
Cloe Tan	Joint third

Group 4: 12 Years plus

Cassandra Khoo	Joint first
Leisl Yap	Joint first
Lim Shien Yang	Third

All participants were congratulated on the high standard of their stories.



OPERATION HOURS OF ALL PSC OUTLETS

The Captain's Restaurant

This cosy restaurant with a panoramic seaview offers a wide selection of Western cuisine and Chinese dishes. Capacity: 300 pax.

Level 14 Multi-Storey Building

12:00 noon - 2:30pm

6:00pm - 10:00pm

**(12 noon - 10:00pm on Sundays & PHs)*

Club House

Enjoy true colonial ambience with a fantastic seaview, lapping waves and sea-breeze. Offers a selection of liquor, wine, beer and aperitifs.

Breakfast 7:00am - 10:00am

Main Club House

7:00am - 11:00pm daily

**Till midnight on Wed*

**Till 12:30am on Sat*

(Live Bands on Wed/Sat)

Snake Temple

Literally sited on a rocky promontory into sea, enjoy your meal amidst an exquisite view of the sea & shoreline. Japanese set menus for lunch/dinner available. Open for small functions.

Near Swimming Pool

Lunch 12:00 noon - 2:30pm

Dinner 6:00pm - 11:00pm

**Closed on Mondays*

Captain's Deck

Offers a selection of ice-cream, yoghurt, cakes and snacks.

Level 2 @ Tower Block (outside Library)

12:00 noon - Midnight

**10:00am - Midnight (on Sat/Sun & PHs)*

Fun Pub

Contemporary Pub offering live band music on:-

Friday/Saturday 9:00pm - 1:00am

Sundays 5:00pm - 9:00pm

Opening Hours

5:00pm - 1:00am (Sun-Fri)

5:00pm - 2:00am (Sat & PH Eves)

Pacific Lounge

Be a Star and sing to a wide selection of Karaoke favourites in various languages. Private rooms available for bookings.

Entrance Level @ Tower Block

7:00pm - 12 midnight (Mon - Thu)

7:00pm - 1:00am (Fri)

5:00pm - 2:00am (Sat & PH Eves)

5:00pm - 12:00 midnight (Sun, PHs)

Seafront Café

Enjoy a drink alfresco-style in this outdoor setting with a view of the sea. Perfect venue to enjoy a beer, fruit juice or hot beverage with friends/guests.

Level B3 at Multi-Storey Building

5:00pm - Midnight (Mon - Fri)

Noon - Midnight (Sat/Sun/PHs)

For Private Functions @ Multi-Purpose Hall, Marina's Deck, SeaFront / Boatyard & Snake Temple, kindly contact Mr Mahmuda (Ext 228) or Ann Tan (Ext 240)