

KELAB RENANG PULAU PINANG



PENANG
SWIMMING
CLUB

FOUNDED 1903

The Nautilus

Live Life!

CELEBRATE WITH

tidings of joy,

AND CHEERS
TO THE

New Year

NOV
DEC
2016

For Members Only

THE MARIN

AT FERRINGHI
PENANG, MALAYSIA

FREEHOLD Luxury Condominium	 Low density development comprising of 149 units in 2 towers	 Exclusive & Private - Only 4 units per floor	 Built up sizes: 1,750 sq.ft. - 1,850 sq.ft.
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PENANG SWIMMING CLUB

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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

CLUB MANAGEMENT

GENERAL MANAGER Johari Abdul Jalil
ADMIN & HR MANAGER Vacant
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
HOUSEKEEPER Vacant

SECTIONS & GROUPS

AEROBICS Mariam Harvey	SQUASH/RACQUETBALL Neil Hamilton
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

COMMITTEE MEMBERS

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

ELECTION COMMITTEE

Richard Chung	Valerie Chuah
Dato' Dr. M. Adel Zaatar	Elaine Tan
Dr. Tan Kim Hor	Low Mei Leng

DISCIPLINARY COMMITTEE

Chairman :	Charlie See Lam Aun	
Committee Members :	Pamela Ong	Diljit Singh Dulku
	See Liang Teik	<i>DJN, PKT, PJM</i>
	Lee Soo Ann	

DEVELOPMENT COMMITTEE

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

EDITORIAL BOARD

Editor :	Najieb Ariff	
Members :	Lim Shin Lid	Anthony David Morley
	Tan Tian Heng	
Advisor :	Kenny Koay Lee	
Management :	Ann Tan	Johari Abdul Jalil
	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.



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Plenitude Bayu Sdn Bhd (799140-W) (Next to Sri Sayang Apartment) Jalan Bayu, 11100 Batu Ferringhi, Malaysia. Tel: +604 881 888 Fax: +604 8812 331 E-mail: sales@themarin.com.my • DEVELOPER'S LICENCE NO.: 13646-1/08-2017/01983(L) • ADVERTISING PERMIT NO.: 13646-1/08-2017/01983(P) • VALIDITY PERIOD: 15/08/2016 - 14/08/2017 • AUTHORITY APPROVING BUILDING PLAN: MAJLIS PERBANDARAN PULAU PINANG • BUILDING PLAN APPROVAL NO.: MPPP/OSC/P916367/131L.BIL • ENCUMBRANCES: NIL • LAND TENURE: FREEHOLD • TOTAL NO. OF UNITS: 149 • DEVELOPMENT TYPE: CONDOMINIUM • EXPECTED DATE OF COMPLETION: 2018 • SELLING PRICE: RM1,866,930 (MINIMUM), RM4,416,100 (MAXIMUM) • BUMIPUTRA DISCOUNT: 3% • RESTRICTIONS: NIL

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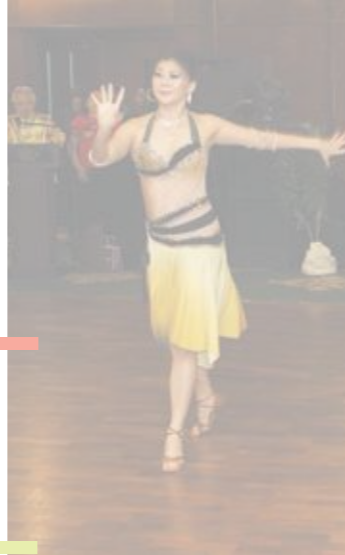
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“ I wish everyone a Happy Thanksgiving for 2016, as we look forward to another challenging year ahead within our Club. ”

- **Development Proposals for Level 13** – The Committee are currently preparing for the “Members Dialogue”, on this matter, in December 2016.

The Committee has decided to have our Members Dialogue Session in December 2016. All PSC members are invited to this meeting, the intention being, to update members on outstanding issues and also future plans. Hopefully, this will enhance PSC member’s awareness on Club matters, and, of equal importance, help strengthen the relationship between “management” and members and reinforce a “one team” mentality.

I am constantly proud at receiving “Well Done” comments from members, including past Committee members, relating to the work that our current Committee are doing. I can only reply that the Committee members, both individually and collectively, can only make progress and achieve objectives, due to the general members’ patience, tolerance and understanding of the Club situation, both past and present. In that respect, any barriers that existed between various Committees and Members are gradually being eroded, enabling us to become “One” as both a Club and family. Therefore, well wishers are actually saying “Good Job” to all PSC Members, as we learn to listen, respond to, and understand each other.

So, as we look forward to 2017, let us all believe in the prospect of no more misunderstandings, misinterpretation or miscommunication. Let’s all try to put behind us the problems of early 2016, always remembering that together we will achieve more.

I look forward, as we all should, to the day when I can say “BRAVO” PSC, we have reached real Peace and Harmony. For now, we must really enjoy the forthcoming Club Events and celebrations, and the S & G activities, all leading us towards the climactic New Year Countdown Party and 2017. At that point we should all maybe reflect on the lessons learned by Committees, members and employees, from what will have been a somewhat “roller-coaster” 2016.

For now, let me take this opportunity to wish all those associated with PSC, a very Merry Christmas and Happy New Year 2017.

Thank you.
 Very truly yours,

Koay Lee, Kenny
 President

President’s Message

“Believe you can, and you are half way there”

November always seems to go by so quickly with all the planning for the coming festive period, and then into December, anticipated as a joyful month, involving the final preparations for a **Merry Christmas and Happy New Year 2017**.

I wish everyone a Happy Thanksgiving for 2016, as we look forward to another challenging year ahead within our Club.

How different from 12 months prior, with the traumas and upheaval then enveloping our Club, and the uncertainty surrounding its future.

As usual some progress reports/updates for members on the following matters:

- **Rules Amendments** – several discussions have taken place. We are now in the process, in conjunction with our legal advisors, of drafting various Rules Amendments.

These will be ready for the forthcoming EGM (Quarter 1, 2017).

- **Renewal of Title for the Leasehold Land** – Preparation of the Proposal and relevant submissions for this are nearing completion.

We anticipate the submission of the Application for Renewal in the next Quarter.



Editor's Note

“ I would like to urge the Sections & Groups to submit more articles, including photos, for the Nautilus, before the deadline dates, so that members, and even non-members, are aware of the activities that have taken place and those that are forthcoming. ”

As we close in on the 2016 year end, we look forward to the upcoming Club Events, such as the Children's Christmas Party, the Christmas Buffet Dinner and New Year's Eve Countdown Party to name a few. I urge members to register for the events as soon as possible to avoid disappointment. With the new menu at the Captain's Restaurant, I believe members will continue to patronise the restaurant more frequently.

Highlighting another matter, I would like to urge the Sections & Groups to submit more articles, including photos, for the Nautilus, before the deadline dates, so that members, and even non-members, are aware of the activities that have taken place and those that are forthcoming. My thanks to those who have regularly contributed articles, and encourage other S & G to do the same. Even if your Section/Group has held no events over the previous two months, you can still use this as an opportunity to promote your Section/Group activities to the many uncommitted members within our Club.

Lastly, I would like to take this opportunity to wish everyone Merry Christmas and Happy New Year. I thank you all for being very supportive throughout the year, and my wish is for your continued support in 2017.

Najieb Ariff
Editor



GM's Message

“ I take this opportunity to wish all members a great “festive period” and best wishes for 2017. ”

Dear Members,

Warm greetings from the management and staff of PSC.

The Club successfully organised, and assisted in organising, several activities during September and October. The Mooncake Festival took place, with a special performance of “Face Mask Changing” (Bian Lian), the Annual Karaoke Competition, a special 8 course Chinese set dinner by the Georgetown Lion Club and our Club “Wine Tasting” evening.

As we approach the end of 2016, culminating in the festive period in late December, more events are in the planning or completion stages. The major events scheduled are, obviously, the “Lighting of the Club Christmas Tree”, the “Children's Christmas Party” and much anticipated “Christmas Buffet Dinner”, and finally, the ever popular “New Year Countdown Party”. Members wishing to attend any, or all, of the forthcoming events, are advised to “book early” to avoid disappointment.

(Information on these coming Events can be found in Nautilus “Calendar of Events”, and Registration Forms can be completed at PSC Reception)

Management, and the various organising committees, very much look forward to seeing members at these events, but also, truly appreciate members' support towards all events, throughout the year.

We still look to raise standards for the food served at the Captain Restaurant. The menu offered is currently under review, and it is anticipated that the menu revisions will improve members' satisfaction and dining experience, and thus encourage members to patronise our restaurant on a more regular basis. At members' request, we will also be introducing San Miguel beers at all the Club bars, with an initial “special promotion” price. Watch out for the “promotion” signage, or just enquire from the bar staff.

Last, but not least, I take this opportunity to wish all members a great “festive period” and best wishes for 2017.

Always looking forward to seeing you at the Club.

Best regards from the Management & Staff,

Johari Abdul Jalil
General Manager

Sept & Oct Election of New Members

8th Sept 2016



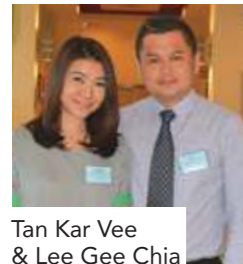
Wong Sue & Kershaw Graham Kenneth



Chanelle Lim Chia Shin



Chan Eu-Lene & Lee Kah Soon



Tan Kar Vee & Lee Gee Chia



Foong Siew Cheng & Ooi Inn Kee



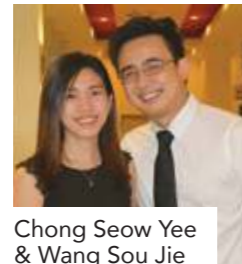
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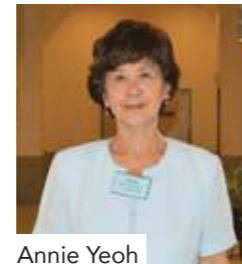
Teh Khay Kok



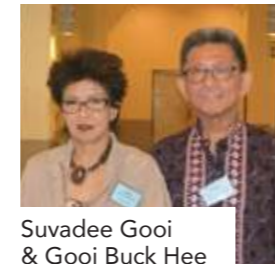
Tan Boon Cheang



Chong Seow Yee & Wang Sou Jie



Annie Yeoh



Suvadee Gooi & Gooi Buck Hee

13th Oct 2016



Yu Swee Pin & Ang Soo Fan



Daljit Kaur A/P Mal Singh



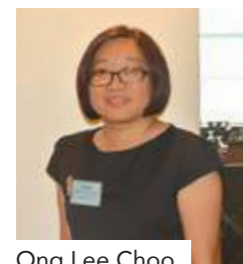
Lee Hock Soon



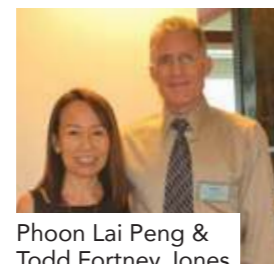
Liu Yuan & Wang Jun



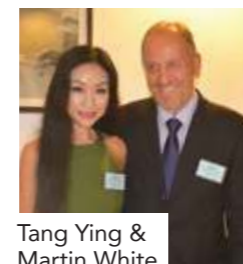
Datin Ng Wei San



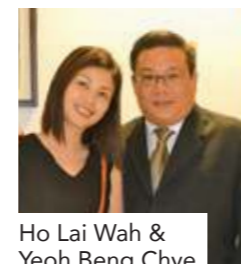
Ong Lee Choo



Phoon Lai Peng & Todd Fortney Jones



Tang Ying & Martin White



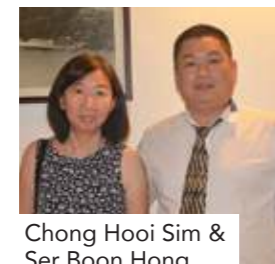
Ho Lai Wah & Yeoh Beng Chye



Goh Fion E Qing (J)



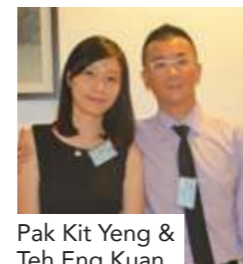
Yong Chee Yin & Chong Chao Chuan



Chong Hooi Sim & Ser Boon Hong



Dexter Quah Sen Wei (J)



Pak Kit Yeng & Teh Eng Kuan



Tricia Kan Wye Ze

Membership Statistics

Membership Figures as at 31 Sept 2016

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon Members	26	0	26
Ordinary Transferable Members - Pending for Election (Normal Transfer) - Pending for Election (JM Conversion)	4690 38 22	652	5402
Ordinary Members	4	3	7
Unattached Lady Members	2	0	2
Term Members - Pending for Election (JM Conversion)	12 3	0	15
Junior Members - Pending for Election	321 21	87	429
Associate Members - Pending for Election	1885 25	122	2032
TOTAL	7049	864	7913

Quarterly Income & Expenditure Statement

For the Period from 1 April 2016 to 30 September 2016

	APR-SEPT 16	APR-SEPT 15
	RM	RM
INCOME		
Subscriptions	1,946,044	1,959,060
Bar profit	97,733	44,347
Restaurant commission	212,949	254,311
Slot machine profit	716,209	616,362
Interest from fixed deposits	332,076	366,064
Transfer fees	300,400	335,600
Sundry revenue	83,630	81,378
TOTAL INCOME	3,689,041	3,657,122
Staff cost	1,779,865	1,710,125
Utilities & services	547,260	612,381
Repairs & maintenance	264,829	200,013
Entertainment	93,098	87,177
Promotion of water sports & recreational activities	176,017	93,381
Administration expenses	316,743	333,387
Rates, taxes & insurance	134,605	95,789
EXPENDITURE BEFORE DEPRECIATION	3,312,417	3,132,253
SURPLUS FOR THE PERIOD BEFORE DEPRECIATION	376,624	524,869
DEPRECIATION	596,322	657,511
SURPLUS / (DEFICIT) FOR THE PERIOD AFTER DEPRECIATION	(219,698)	(132,642)
FIXED DEPOSITS AS AT 30 SEPT 2016	21,241,058	
FIXED DEPOSITS AS AT 30 APR 2016	20,668,750	

Outstanding Staff Awards



NAME : Yew Pei Yi
DEPARTMENT : Admin
POSITION : Admin Assistant (Membership)
DATE JOINED : 1 May 2016



NAME : Sinjali Pritha Bahadur
DEPARTMENT : Security
POSITION : Security Guard
DATE JOINED : 15 April 2014



**LIGHTING UP
THE
PSC
CHRISTMAS TREE**

It's that time of the year again, a time for goodwill and giving. Make this Christmas season extra special and contribute in a meaningful way, to bring joy to those who need it. Join in the fun, applaud & cheer and sing along with our Christmas Choir. Or you can stroll with Santa Claus as he makes his rounds distributing sweets and candy canes. If the mood takes you, pop into MPH II, for a cocktail or glass of wine!

"Christmas does not come from a store. Maybe, perhaps, Christmas means a little bit more..."

Sponsor a bauble gift tag, at any time from the 1st - 25th December, for a minimum price of RM10.00, and leave a Christmas message for a family member or a friend within the Club.

**3rd December 2016 (Saturday)
Carolling at 7.30pm**

**@ the foyer of Captain's
Restaurant**

**Cocktails at Multi-Purpose Hall
II - Level 14**

The bauble gift tags are available in the Captain's Restaurant and at Level 6 Reception Counter.

All "gift tag" contributions will go to the Salvation Army, Penang Children's Home.

Don't forget to drop by and view the messages on the tree. There may be a surprise waiting for you!



**Children's
CHRISTMAS PARTY**

Date:
18th December 2016 (Sunday)

Time:
4.00p.m. to 6.00p.m.

Venue:
Multi Purpose Hall, Level 14

Let your children come and enjoy a pre-Christmas celebration this festive season.

Only 1 week before the "big day", and with children's excitement mounting, bring them to PSC.

**Come for fun, games & snacks/finger food.
See what surprises Santa has in store for the
good kids of PSC!**

Please register your children at the Reception (Level 6). Limited availability, so register early.

This event is open (FOC) to children aged 12 years and below.

Registration (and cancellation, if necessary), closes on Thursday 15th December 2016. This Event is FOC for children, but any member, with child(ren) registered at the close of business on 15th December, and fail to attend, will be charged @ RM15+ per child.

Christmas Buffet Dinner

**Sunday 25th December 2016 (7.00pm to 10.00pm)
@ Captain's Restaurant, Level 14
Per Adult: RM 52+ Per Child: RM 26+
Children (4 years & below): FOC**

Bring your family and friends for a fun-filled night. Satisfy your Christmas appetite with our sumptuous buffet.

For reservations/registration, please visit our Reception or call 04-8907370. Registration (or cancellation) closes on Thursday 22 December 2016. Those registered at close of business on 22 December will be charged in full.

BUFFET MENU

COLD CUT

Bologna | Salami | Chicken Ham
Smoked Duck and Orange with Spring Onion & Red Cabbage Slaw
Smoked Salmon with Capers, Chives, Onion & Sour Cream

SALAD COUNTER

Mixed Green | Romaine | Mushroom | Cherry Tomato Sunflower Seeds | Cucumber | Carrots | Assorted Nuts
Assorted Salad Dressing | Apple Tuna Salad | Coleslaw
Pasta Salad | Kerabu Mango with Crispy Prawns

HOT SOUP

Mushroom Soup with Garlic Bread
Nyonya Assam Pedas with Pineapple

CHEF ATTENDED CARVERY

(Served with Dinner Roll & Flavoured Butter)
Herb Roasted Beef with Beef Reduction or Black Pepper Sauce
Roasted Turkey Breast

ACTION STALL

Fried Grouper Fish Head served with Bee Hoon Soup
Crispy Noodles with Chicken

HOT DISHES

Mutton Curry | Grilled Salmon with Mustard Sauce
Slow Stewed Lamb Shoulder Cheese Baked Fish Fillet (Cauliflower, Carrot, Broccoli)
Breaded Prawn with Oatmeal | Buttered Trio Vegetables
Braised Crab Meat Tofu | Wild Mushroom & Butternut Lasagna
Western Butter Fried Rice with American Sultanas & Almond Flakes
Roasted New Potato with Garlic and Rosemary Herbs

DESSERT

Mini Pavlova with Tropical Fruit Cream | Christmas Cookies
Christmas Pudding | Fresh Fruits Platter | Ginger Bread Cookies
Bread Pudding | Millionaire Shortbread | Mini Red Velvet Cupcakes
Crème Brulee | Deep Fried Sweet Sesame Ball | Golden Egg Tarts

CHEESE STATION

(Served with Crackers, Baguette or Salad)
A selection of Brie, Cheddar & Camembert Cheese

Chinese New Year do'sure

**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

RM88+
for Members



RM128+
for Guests

NEW YEAR COUNTDOWN

Sat Dec 31 2016 From 7.00PM



Disco

Into The NEW YEAR with

DANIEL CHAN & FRIENDS

Pre- Dinner Cocktail and Finger Food

8 Course Chinese Dinner

Midnight Supper (Porridge)

2 Bottles of Wine Per Table

* No Corkage on other Liquor brought in
Lucky Draws / Party Packs



Scuba Section

In September we started our 2nd "Ocean Diver Course" of 2016, with 14 people taking part.

For the licensed divers, our Section has introduced a series of "Equipment Service Classes" which has received a great response. As we continue to provide ongoing "value" to our Club divers, we are conducting a "Navigation Class" during November.



Lessons from Competitive Swimming



3. Less Screen Time

Any parent will tell you that getting the kids out in the sun and exercising will leave them physically exhausted, with a clearer mind and less likely to be in front of a digital screen. After many hours of playing with an electronic device, most kids begin to misbehave and go crazy because they are filled with pent up energy. Swimming is the perfect reason to minimize screen time and encourage exercise.

4. Learning to be part of a Team

Swimming is a unique sport where we compete both as individuals and as part of a team. The swimmers learn that their performance counts and it matters to the rest. Every swim is needed for the team to do well, so no swimmer wants to slack off and let the team down. And being part of a relay team where a team member has not shown up, got disqualified or swam badly is not a nice feeling. No one wants to let their friends down.



5. Being Detail Oriented, but Still Able to See the Bigger Picture

Everything that a swimmer does in the pool contributes to a good swim – every single stroke. Swimmers spend years fine-tuning aspects of their stroke from the plunge, to the turn, the finish to the wall or the stroke recovery. Even the position of the head when breathing counts. Putting in all this fine details together results in a beautiful swim (which is the big picture) and knowing that all these small details are significant helps train a swimmer to focus in all aspects of life.

1. Time Management

A successful competitive swimmer needs to train a minimum of 4 times a week. Each session is usually 2 and a half hours long and most swimmers swim at least 5 sessions a week, to be competitive. One has to juggle school, swimming, leisure, tuition (if needed), recovery and sleep. That is a lot of time management and it forces a successful swimmer to be disciplined. Being penalized by being late to training or having the Coach call you up one too many times, will force anyone to learn to be punctual and manage their time well.

2. Concentration

Michael Phelps was diagnosed with Attention Deficit Disorder (ADD) and directed to try swimming to help him focus. It worked! Competitive swimmers have to break down splits and stroke counts. By constantly doing lap counting in the water, adding times and continuous focus on the correct strokes, it helps swimmers focus better in other aspects of life.

6. Swimming is a Long Term Investment

Swimming takes years before it pays off. It takes years of hard work and commitment before a swimmer sees results. Sounds a lot like real life, right? How often have we complained that today's young people lack staying power, that they want instant gratification? Well swimming trains the mind to accept that success does not happen overnight. It takes months of hard work, daily commitment during training just to shave off a second off the Personal Best (PB) time from the swim. A swimmer that has been slacking off during training consistently, even though has perfect attendance, will not do well. They lack the stamina and the anaerobic capacity to push the body.

7. A Swimmer Learns How to Fail

A swimmer cannot win all the time – competing in the Age Groups means that some years are an advantage and some years you are swimming against older and bigger swimmers. Also, the body plays a big part because growth, puberty and body changes can hamper or boost a swimmer. A swimmer needs to learn that and channel mental positivity through all the ups and downs. Learning how to fail at a young age teaches a person humility and that life has bumps, humps and deviations that are out of our control. Life is not a bed of roses.

8. Learning how to Compete

There will always be a better swimmer than you. There will always be someone better at work than you. Learning how to lose gracefully and then use it, as an impetus to train and work harder is a strong life lesson.

9. Learning to Take Care of Your Body

You are what you eat and even more so when you are a swimmer. Not having a balanced diet, not getting enough sleep and not drinking plenty of water leads to poor swimming results. Swimmers know. They can feel their body when it is at its optimum level and when they have not been treating it well, the swim is bad.

10. Learning How To Do Well Against All Odds

Anyone can win when they are at their best, when they are happy, when they are healthy and have no injuries. A true champion will push the boundaries when they have not slept well, when their shoulders hurt or they have just had a serious illness, such as dengue. They don't give up when the challenges are insurmountable. They just keep going.

(Written by Ms. Cindy Wong – Swimming Section)

“If you want to be the best, you have to do things that other people aren't willing to do.”
– Michael Phelps.



SWIM SAFE

Swim only when a Lifeguard is present. Be safe!

Swim only when the pool is open – (06.00 – 22.00) - Lifeguards will be on duty.

There were lifeguards stationed at the Olympics because, even Olympic swimmers can suffer unexpected debilitating cramp, heart attack or accidental collision with the wall during turns. Swim Safe, and lessen the risk of becoming an accident statistic!

Swim with a buddy - even the most experienced swimmers can get tired or have muscle cramp. Swimming with a buddy means that you are both able to keep an eye on each other's welfare.

Keep watch on children in the pool. Keep children within easy and immediate reach. Adults must be in the water at all times with children under the age of 8.

Learn proper swimming and safety skills.

Soap and shower before entering the pool - this should be an automatic procedure, as this will help reduce the germs and viruses entering the water and also lessen the amount of disinfectants required to keep the pool water hygienic and safe for all.



Angling Day Fishing Competition



Angling BBQ Night





Boating Excursion to Pulau Telur



On the 10th September, 4 boats were launched on an expedition to Pulau Telur (also known as Pulau Telor). The trip took about 1 – 1.5 hours from our Club, but with a blue sky and calm sea conditions, this was a perfect day for boating.

On arrival, a barbecue pit was set up on the beach, participants having brought their own specialties for a DIY lunch. A small party outing with drinks, sun, sand and sea made this a splendid weekend social event.



Merdeka Sail

To commemorate the National Month and Malaysia Day, Penang Swimming Club (PSC), in collaboration with Bagan Ajam Sailing Club, organised a cross channel sailing event on 4th September

The event started at eleven in the morning from PSC. Four windsurfers participated in the event, namely Fred, Lin, Jaslyn and Afiq. The windsurfers tied the national flag (Jalur Gemilang) to their sails to emphasize the meaning of Independence month. Initially it was a smooth sailing towards Bagan Ajam Sailing Club, with light winds of about 3 - 5 knots. Then the wind picked up and dark clouds began to appear overhead. It took the surfers about an hour before they landed safely on the beach, marginally beating an incoming storm. There, Bagan Ajam Sailing Club coach Roy was pleased to extend a warm welcome; this was then followed by a marvelous "meet and greet" session between the sailors from both Clubs.

After the storm abated, it was time to return to PSC before the wind totally died down. We departed from Bagan Ajam around 2.30 pm. The waves were still quite rough as we headed towards our "home" beaches, and, as we arrived back, our PSC surfers assisted each other out to the sea to prevent any damage to equipment. Our journey home had taken about 3 hours due to poor sailing conditions, especially going against the strong current, at the reclaimed land around Straits Quay.

It was a wonderful experience with team spirit of helping one another being clearly demonstrated throughout the event. We also felt much blessed that Malaysia is still a peaceful place to live. Happy Independence Day Malaysia.





Darts Match at Penang Sports Club Is Ultra-Friendly

After an "interval" of several years, and due to the hard work of the Darts Committee, our Club was able to re-ignite the atmosphere of a Darts "local derby" with Pg. Sports Club on Friday 2nd September.

In truth, this was more like re-acquainting ourselves with old friends when our darters arrived at Sports Club.

As some of our darters are also members at Sports Club, it was sometimes difficult to differentiate between teammates and opposition, until the Match Format & participating players listing was posted adjacent to the dartboards.

Alfresco light refreshments were served poolside, and plentiful bottles of iced beer for those of a more nervous disposition. In a packed bar area with dimmed lighting and spot-lit dart boards, the "A" and "B" Team matches began. It came as no surprise that all the Sports Club experienced match play darters were in Team "A" and that the "B" Team were "rookies".

In quick time our "A" Team trailed 0-5, having lost the opening Foursome (no surprise!), Singles and Doubles. Michael, with a 2-1 Singles win, and Michael & Tony winning 2-0 in the Doubles raised hope that we could still force a draw. Now trailing by 4-6, a final Singles 2-0 victory would give us draw and force a playoff. It was not to be. In a close final Singles, which could have gone either way, we lost 0-2, and hence the Match by 4-8.

The "B" Team Match was the total reverse. Having "got off to a flier", that is, a rare victory in the opening Foursome, the 1-0 lead was further enhanced by a 2-0 Singles win for Dennis. May Ling & Dennis then lost the 1st Doubles 1-2, but this was countered by a 2-1 Singles win for Lee Cheng Tee. So our "B" Team lead by 3 points (6-3), with only 4 points left to play for. The last Doubles.....we lose 1-2, and now our advantage is only 2 points (7-5), with still 2 points to play for. A draw looked a real possibility, until Yeoh, in the final Singles, fought off a strong challenge from Jimmy of Sports Club, and recorded a 2-1 win and a 9-6 "B" Team Match victory.

Well done "B" Team – Best performances – Dennis, Lee Cheng Tee & Yeoh.

Work on a stronger start, with focus and concentration "A" Team – Best performances – Michael & Tony.

Finally, our sincere thanks to the respective Darts Captains of the two Clubs, Jude & Piao, for organising the event, and the Sports Club darters and staff for making this a great night, with hopefully many more encounters to come.



Penang Club Provides Our Darters With Stern Test

The adage "win as a team, lose as a team", proved highly appropriate as Penang Club visited our Club on the evening of Friday 7th October. Bringing with them supporting spectators, and the fact that our own registration was extended to meet demand, gave rise to an overall attendance of 48, and a packed Darts Room and adjacent seating area.

After the formalities of greetings, memento exchanges, brief speeches and photographs, the two Darts Captains reached agreement on a lengthened Match Format of 1 x Foursome, 4 x Singles and 2 x Doubles, for both the "A" and "B" Team Matches. Meanwhile, attendees were enjoying the buffet dinner and keeping the SeaFront Bar very busy.

As the two matches began, it quickly became obvious that there would be no "easy points" tonight, which was further enhanced by the usual Foursome defeats for both our "A" and "B" Teams. "Foursomes", a format we really cannot master!

Our "A" Team managed to obtain, what would eventually prove to be a vital foothold in the match, with 1-2 defeats in the first two Singles. These were two hard earned points, and, although now trailing 2 – 5, these initial 2 points would form the basis for a recovery.

Meanwhile, the "0" scores under PSC "B" Team started to accumulate.

With our "A" Team now back in the match, the determination became evident, with 2-0 wins in the 1st Doubles (Michelle/Piao) followed by a 2-0 win in the 3rd Singles (Piao), and suddenly we were leading by 6 - 5.

Michael & Tony in the 2nd Doubles, under a barrage of heavy scoring from Pg. Club darters, managed a point in a 1-2 defeat, that made the match score level at 7-7, but another vital point.

Over at the "B" Team, we finally got on the board. Not surprising that the reliable and resolute Doubles pairing of Dennis & Loh May Ling were the ones to stem the "pain" with a 2-1 win.

Back, to the "A" Team. Prior to the match, our Captain had decided to put Michael as the "anchorman". With the scores tied at 7-7, this decision was to prove justified, as Michael, despite being under severe pressure in "leg" 2, produced a fine 2-0 win and an overall victorious match score of 9 - 7.

Over at the "B" Team, the glimmer of light, from the Doubles win by Dennis & Loh May Ling, was quickly extinguished by subsequent 0-2 defeats in the final Doubles and two remaining Singles matchups.

So, an emphatic 2 – 12 defeat for our "B" Team, which does not warrant further comment. The result speaks for itself.

As for the "A" Team. Well, we started with "win as a team, lose as a team", and that is exactly what this performance and result encapsulated. Every player fighting for every hard earned point, no "throwing in the towel", an inspired performance from Darts Captain Piao, and a "holding your nerve" display from "anchor" Michael. Very well done to them, and the other "A" Team players (Choo, Michelle & Tony).

Now, if we can only get to grips with how to win a "Foursome".

Finally, many thanks to our Penang Club visitors, our catering and bar staff, Ann Tan for photography, and not forgetting Club Hon. Sec. Najieb Ariff, who interrupted his busy schedule to pay us an, albeit brief visit, to wish us luck.





Malaysia Day Fun Tennis

As a lengthy period had elapsed since the last Club Fun Tennis event, on 17th September 2016 the Tennis Group organised a "Malaysia Day Fun Tennis" competition in conjunction with the celebrations of the previous day. The event started with registered players being divided into 4 teams, (Red, Yellow, Blue and White – our Malaysia flag colours). Once the teams had been determined the matches began.

Round 1 resulted in each team achieving 1 point, however in the 2nd Round, both the White and Blue teams scored 2 points, to jointly lead the overall standings.

Following two Rounds of tennis, the players were definitely looking forward to dinner, to re-energise themselves prior to the "Mental Agility" – Round 3 – still to come.

Round 3 – And the players were tested on their' knowledge by a series of tennis related crossword and word search puzzlers. Initially this proved challenging, but then the 4 teams gradually they "hit their stride", and the answers began to flow.

At the conclusion, it was the Yellow team, with quick mind and eye coordination, who had come from behind, to rise to 1st place and emerge as overall winners.

Well done Yellow team, and all those who took part in this "fun" event.



Competition Results:



KBS-PLTA Tennis Tournament

Held on 8th October 2016 in conjunction with the National Sports Day celebration. A total of five teams participated with our Club represented by Heng, Alvin Lee, Lim Wei Kah, Jeffrey Peh, Sunny Ng, Charles Ang, Bertil and Sylvine. The competition was played on a round-robin basis with our team managing to defeat Nibong Tebal Recreation Club to clinch fourth place overall.



Dato' Freddie Choong Cup

Held on 15th & 16th October 2016 at the Penang Sports Club with a total of eight teams participating. Luck was definitely not on our side, as, due to unforeseen circumstances, only six of our players were available on the tournament days (Jeffrey Peh, Sunny Ng, Alvin Lee, Khoon Seng, Bertil and Sylvine). The team was then hit by a further misfortune when one of our key players was injured in the 1st round tie, which meant we had to concede one of the matches in the 2nd round tie. At the conclusion, it was determined that the team will be looking to strengthen the players both mentally and physically for the 2017 tournament





KENSINGTON GARDENS
JESSELTON

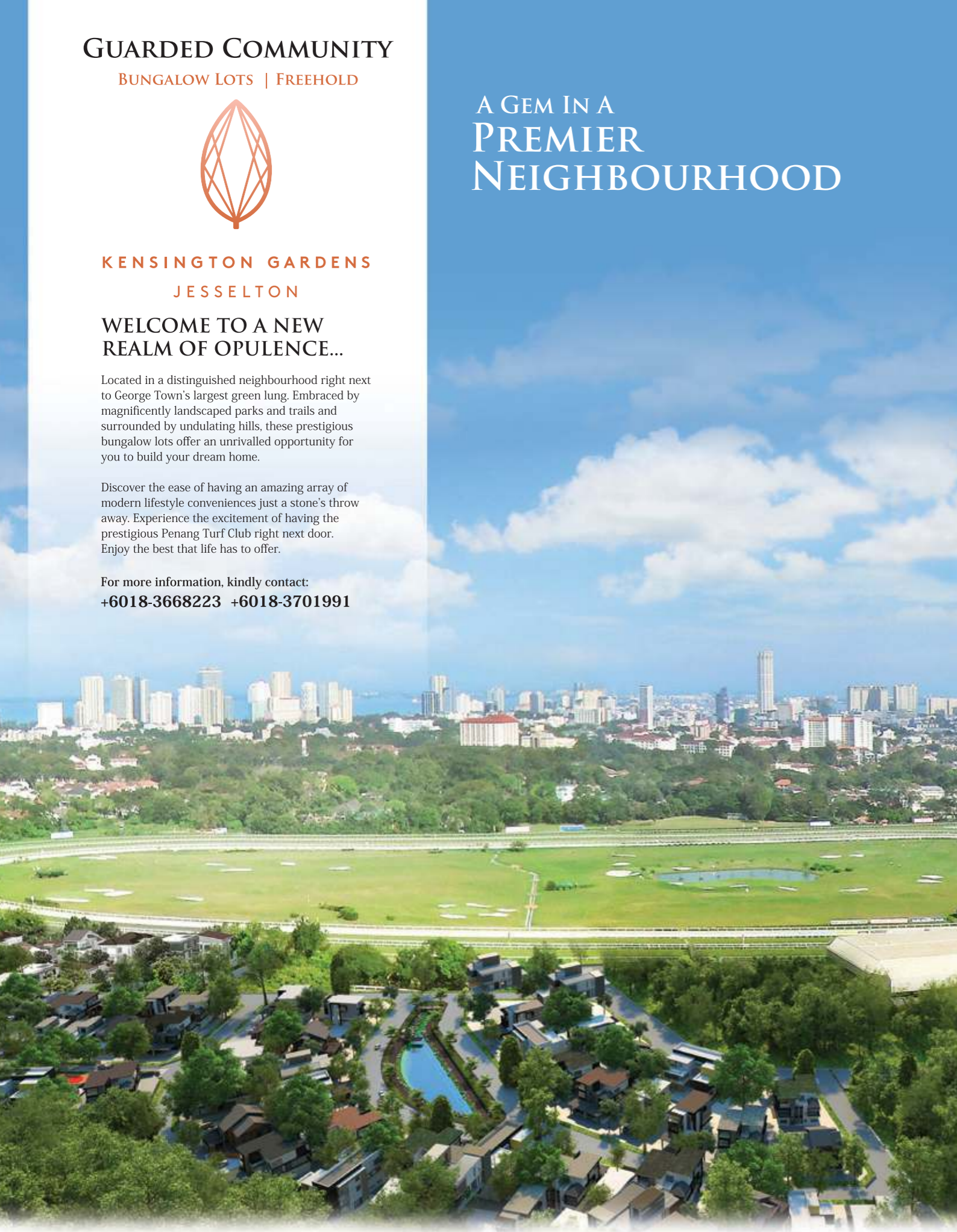
WELCOME TO A NEW
REALM OF OPULENCE...

Located in a distinguished neighbourhood right next to George Town's largest green lung. Embraced by magnificently landscaped parks and trails and surrounded by undulating hills, these prestigious bungalow lots offer an unrivalled opportunity for you to build your dream home.

Discover the ease of having an amazing array of modern lifestyle conveniences just a stone's throw away. Experience the excitement of having the prestigious Penang Turf Club right next door. Enjoy the best that life has to offer.

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A GEM IN A
PREMIER
NEIGHBOURHOOD



Tai Chi Group Merdeka Celebration

On 28 August 2016, the Tai Chi Group held its first function of the 2016-17 year, being a Merdeka celebration with a buffet dinner, at the Multi-Purpose Hall.

On 28 August 2016, the Tai Chi Group held its first function of the 2016-17 year, being a Merdeka celebration with a buffet dinner, at the Multi-Purpose Hall.

Convenor, Mr. Tan Eng Hean, welcomed members and thanked them for participating in this event.

The attendance took up 3 tables, representing 30% of the Tai Chi membership. In an effort to try and improve participation for future events, Mr. Tan decided to form a "Whatsapp" chat group with the assistance of Mr. Wang Chee Seng. Accordingly, all Tai Chi members who wish to be included in this chat group are requested to forward their handphone numbers to PSC reception.

For entertainment, the Group had arranged for use of the Club's karaoke equipment which was well utilised by the members. Members also took to the floor to dance to the songs performed by the karaoke singers.



FOOTNOTE:

The Tai Chi Group is extremely saddened by the passing away of our Convenor, Mr Tan Eng Hean. We wish to convey our deepest condolences and sympathy to his wife, Rosy Ch'ng Phaik Heoh and family. May God bless his soul and may he rest in peace.

Aerobics Timetable 2016

Mondays

10:00am - 11:00am Aero-Tone by Amy
This class offers you the perfect balance of fun cardio moves incorporated with toning exercises such as squats and lunges.

7:00pm - 8:00pm Zumba/Tae Bo by Janice
Zumba/Tae Bo is a combination of Zumba fitness and martial art techniques such as kicks and punches to help you get your body into shape.

Tuesdays

6:00pm - 7:00pm Mixed Dance by Sam
Come and dance to a fantastic blend of old and new music to keep you upbeat and motivated.

7:10pm - 8:10pm Pole/Magic Ring/Ball Pilates by Kitty
This class uses various tools and apparatus to help you boost your flexibility and joint mobility.

Wednesdays

6:30pm - 7:30pm Fusion Flow by Ben Wismen
This workout is an integration of gentle core movements and postures. The controlled breathing, concentration and a carefully structured series of stretches will leave you feeling centred and calm.

Thursdays

10:00am - 11:00am Intermediate Pilates by Kitty
Suitable for beginners as well, this class uses resistance bands, making every exercise more challenging and increasing the effectiveness of your workout.

6:30pm - 7:30pm Massage Ball/Foam Roller Pilates by Kitty
The spiky massage ball and the roller foam targets the trigger points to reduce muscle tension and improve blood flow.

Fridays

10:15am - 11:30am Zumba by Lisa
The Zumba programme is a fitness party with a contagious blend of Latin and international rhythms. You burn a ton of calories without even realising it!

7:00pm - 8:00pm Cardio Dance by Dexter
Dexter has just joined our panel of instructors. Her dance moves are Cuban inspired and absolutely awesome!

Saturdays

4:00pm - 5:00pm Zumba Fitness by Lisa
As the motto of Zumba goes, "Ditch the workout and join the party!!"

All classes are held at Level One. Our instructors are qualified and certified for your safety.



Aerobics Group

The Aerobic Group fitness classes are a motivating and integral part of our Club membership. We offer a huge variety of classes and we encourage members to cross train by trying as many different classes as possible.

We offer 10 classes per week at RM18/- per month.



Dance Tripartite 2016

Entering its 7th year, this year's Tripartite, (Penang Swimming Club [PSC], Royal Selangor Club [RSC] & Singapore Recreation Club [SRC]), was held in Kuala Lumpur on Saturday, 24th September, and organised by RSC.

RSC has a grand colonial ballroom with a magnificent view of Dataran Merdeka. The theme was "Asian Delights" and true to this, participants came in Chinese, Vietnamese, Thai, Indian costumes and, of course, Malaysian batiks. It was a full house with scrumptious Chinese course dinner and wine.

The 3 Clubs contributed various dance performances. Our Club was fortunate to be represented by two talented and beautiful dancers, (Layean Cheah & Serene Kang). Together they performed "Latin Medley" and "Contemporary Belly Dance" routines, to the vociferous cheering spectators. They did the DSGroup and our Club proud, with their striking costumes and creative synchronization. The enthralled crowd requested, and have been promised, a repeat performance in 2017, when it is our (PSC) privilege to host this Tripartite.

Throughout the evening, the band was hot, fellowship congenial, and the dancing continued unabated until well past midnight..... Oh!.....What a night!





Karaoke Individual Finals

Winning the "Best Dressed Female" award for the 3rd consecutive year, Ms. Yvonne Lee was a picture of poise and elegance in her glittering outfit. Meanwhile, a suave Tony Chuah walked away with the "Best Dressed Male" award. Both members were two of the 24 finalists in the PSC Closed Karaoke Competition on 15th October. Crowd favourite, and first time contestant, Miss Seah Hooi Yee did not disappoint her friends and 'fans', and obviously impressed the judges as she took one of the "Champion" prizes.

Difficult work for the three judges in determining the top 5 positions in each of the 2 categories. However, after deliberation, the decision on the Category Champions and Runners-Up, was:-

English Category

- Champion : Mr. Chuah Cheng Leong
- 1st runner up : Mr. Lim Hoon Seng
- 2nd runner up : Mr. Kevin Lowe
- 3rd runner up : Mr. Jason Wong
- 4th runner up : Ms. Quah Fong Fong

Chinese Category

- Champion : Miss Seah Hooi Yee
- 1st runner up : Mr. Tan Vae Lun
- 2nd runner up : Mr. Tan Hock Hin
- 3rd runner up : Ms. Quah Fong Fong
- 4th runner up : Mr. Yap Tong Seong

We would like to thank our Club President Mr. Kenny Koay, V.P. Mr. Lim Shin Lid, Hon. Treasurer Mr. Lim Khoon Seng, Mr. Cheah Chin Teong and their spouses, and also Trustee Dato' Mahinder Singh Dulku for attending the event.

To all members, guests and guest singers who helped to make the event a success, thank you very much.

Finally, good job and well done to Valerie and John Heah, for acting as joint emcees, not forgetting the man behind the video camera, Mr. Jeff Tan.

Next up is the Inter Section/Group Karaoke Competition on 19th November 2016. See you again!





Karaoke Individual Finals



Swimming Pool Change of Opening Hours

The operating hours, manning and use of the Swimming Pool has been reviewed and the main points endorsed by the Main Committee.

New and impending Health and Safety Regulations, advice from the Life-Saving Society of Malaysia (LSSM) and the Club Insurers indicate that it is imperative that during opening of any pool of the PSC's size and depth, qualified Lifeguards are on duty at ALL TIMES, undertake patrols or remain on watch.

Simply to place signs indicating swimmers swim at their own risk (at any time) is no longer sufficient, nor to permit the lifeguard to simply sit at a counter distributing towels.

There are currently four (4) qualified lifeguards and two (2) pool attendants which provides basic coverage on a 2 x 8hr shift (0600hrs - 1400hrs & 1400hrs - 2200hrs) with a supplementary shift from 1100hrs - 1900hrs, manpower permitting. However, there are times during the day when no certified lifeguard is on duty, when taking into account meal breaks, holidays, MC, etc.

Initiatives are underway which include the installation of a viewing platform, engagement of more life guards, upgrading of attendants, testing via the LSSM and regular training. But even with these measures, staff will at times be pressed, so

it is impractical to extend the hours beyond those at present. This announces that, initially, **the pool will be CLOSED between 2200hrs and 0600.**

Signs will reflect this with the pool surrounds being fenced off, and access to/use of the pool designated as **"Out of Hours"**.

In the case of the Scuba Section. The use of the pool by this Section is usually after 2200 hours and they have a qualified **Diving Officer** on duty. This person will be responsible for the safety cover of divers.

Any inconvenience to members is regretted. But after taking due consideration of safety issues and possible liability to the Club, there is no alternative. However, once allowed to settle in, a review will be undertaken after 3 months to determine the efficacy of the scheme and consider possible changes.

We thank you for your consideration and cooperation in this matter.

LIFEGUARD	DUTY SHIFT	SHIFT TYPE
Lifeguards 1 & 2 with 1 Pool Attendant	0600hrs - 1400hrs	Basic
Lifeguards 3 & 4 with 1 Pool Attendant	1400hrs - 2200hrs	Basic
Lifeguard 5 (Optional)	1100hrs - 1900hrs	Supplementary Shift



Vangohh Seafarer provide : Morning & Evening Cruise • Island Hopping • Private Events • Corporate Event

Departure Venue : Penang Straits Quay Marina

For more information , Kindly contact us :

Michelle Sim @ 011 - 24090188 or Samantha Low @ 012 - 4147449

GTM GROUP



SCAN US

WHITE COFFEE PROMO



COCKTAIL & MOCKTAIL PROMOTION FOR MONTH OF NOV / DEC 2016

GREEN HORNET



STAR BABY

RM7+

Wine Tasting Margaret River, Australian Wines

Date of Promotion : 16th December 2016 (Friday)

Time : 7.00pm

Venue : Multi Purpose Hall II

Price : RM60.00+ For Member
RM75.00+ For Guest
(1 bottle of wine complimentary given away for paying members & guests)

Evans & Tate
Classic



Kindly register at Reception @ Level 6*
Closing Date : 9th December 2016

*Limited to 50 persons, subject to first-come first-served basis. Kindly register at the Front Desk.

Calendar of Events

* Up to Jan 2017 only

DECEMBER

DEC
03
SAT CLUB

Christmas Charity Drive
"Light Up The Christmas Tree"
Venue:
Foyer of Captain's Restaurant,
Level 14
Time: 7.30pm

DEC
03 & 04
SAT & SUN ANGLING

Fishing Expedition to Lumut

DEC
09
FRI KARAOKE

Bi-Monthly Get Together
Venue:
Pacific Lounge
Time: 7.30pm

DEC
09
FRI SWIMMING

Time Trials
Venue:
PSC Pool
Time: 7.30pm

DEC
10
SAT YOGA

Yoga Open Day & Carnival
Venue:
MPH 1
Time: 9am - 1pm

DECEMBER

DEC
10
SAT YOGA

Cooking Demo
Venue:
Marina Deck
Time: 2pm - 5pm

DEC
10
SAT SAILING

Commodore's Cup
Venue:
Seafront
Time: 2pm - 5pm

DEC
10
SAT SAILING

Christmas Party
Venue:
Seafront
Time: 6pm

DEC
11
SUN ANGLING

Inter Team Fishing Competition
Venue:
Behind Snake Temple / Beach Front
Time: 9am - 12noon

DEC
11
SUN DARTS

Christmas Party
Venue:
Seating Area of Darts Room at Seafront Cafe
Time: 5pm - 11pm

DEC
16
FRI SWIMMING

Christmas Dinner
Venue:
Sailing Section (SFC)
Time: 7.30pm

DECEMBER

DEC
17
SAT SCUBA

Christmas Party
Venue:
Marina Deck
Time: 7.30 pm

DEC
18
SUN CLUB

Children's Christmas Party
Venue:
Multi-Purpose Hall, Level 14
Time: 4pm - 6pm

DEC
18
SUN DARTS

Darts Friendly - PSC & TNC
Venue:
Darts Room
Time: 2pm

DEC
25
SUN CLUB

Christmas Buffet Dinner
Venue:
Captain's Restaurant, Level 14
Time: 7pm - 10pm

DEC
25
SUN SAILING

Sailors' Night
Venue:
Cabana/Seafront
Time: 5pm

DEC
31
SAT CLUB

New Year Countdown Party
Venue:
Multi-Purpose Hall, Level 14
Time: 7pm

JANUARY 2017

JAN
07
SAT YOGA

Yoga & Fitness Workshop & Health Talk
Venue:
MPH 1
Time: 9am - 2pm

JAN
21
SAT ANGLING & TAI CHI

Pre Chinese New Year
Venue:
MPH Level 14
Time: 7.30pm

JAN
22
SUN DARTS

High Tea & Darts Group 4th Quarterly Competition
Venue:
Darts Room
Time: 2pm

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



13 Days of Midnight
by Leo Hunt



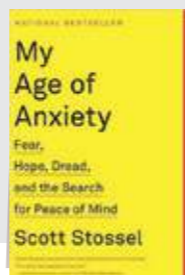
The School for Good & Evil: A world without Princes
by Soman Chainani



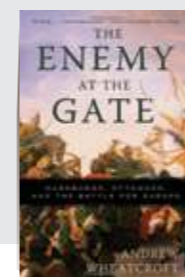
Scarlet
by Marissa Meyer



The School for Good & Evil: The Last Ever After
by Soman Chainani



My Age of Anxiety
by Scott Stossel



Enemy At The Gates
by Andrew Wheatcroft



Musicophilia
by Oliver Sacks



Go Set A Watchman
by Harper Lee



You And Me Always
by Jill Mansell



Arrow of God
by Chinua Achebe



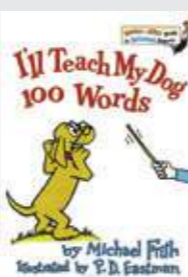
The School for Good & Evil
by Soman Chainani



Making the Modern World: Materials & Dematerialization
by Vaclav Smil



This Hotel is Haunted
by Elisabetta Dami



I'll Teach My Dog 100 Words
by Michael Frith



All Because of A Cup of Coffee
by Elisabetta Dami



What We Saw
by Aaron Hartzler



The Adventure of English: The Biography of A Language
by Melvyn Bragg



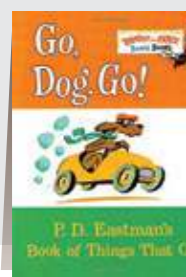
The Bully Pulpit
by Doris Kearns Goodwin



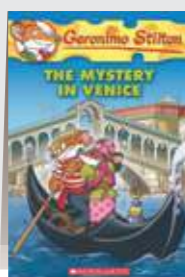
The Man Who Fed The World
by Leon Hesser



Cress The Lunar Chronicles
by Marissa Meyer



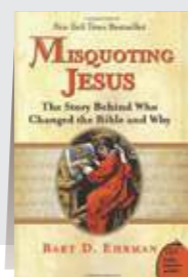
Go, Dog, Go!
by P.D. Eastman



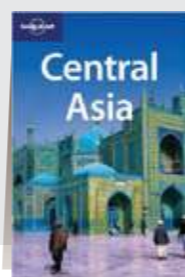
The Mystery in Venice
by Elisabetta Dami



The Soul of An Octopus
by Sy Montgomery



Misquoting Jesus
by Bart D. Ehrman



Central Asia
by Bradley Mayhew, Michael Kohn & Paul Clammer

DVDs



Allegiant



Daddy's Home



Deadpool



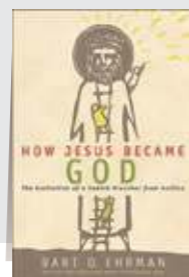
Eye In The Sky



Forged
by Bart D. Ehrman



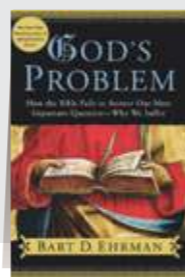
E²
by Pam Grout



How Jesus Became God
by Bart D. Ehrman



Comfort & Joy
by Kristin Hannah



God's Problem
by Bart D. Ehrman



How To Be Single



In The Heart of The Sea



Joy



Lost In The Pacific



Pan 3D



Between Sisters
by Kristin Hannah



The Love Season
by Elin Hilderbrand



China Rich Girlfriend
by Kevin Kwan



Bound to You
by Christopher Pike



Harry Potter and the Sorcerer's Stone
by J.K. Rowling



Sofia The First: The Secret Library



The Good Dinosaur



The Lego Movie



The Revenant



Zootopia

Affiliated Clubs – The Pacific Club

This issue we feature “The Pacific Club”, Honolulu, Hawaii. Yet again, this is a Club that a member of the Editorial Board, has previously had the pleasure of visiting.

Relax & Recharge

The Pacific Club offers the perfect respite from the busyness of everyday.

Recharge at our state-of-the-art fitness center, in one of our group athletics classes, with a dip in the 1200 square foot saline pool or on the paddle tennis courts. Relax your mind in our well-stocked library or through quiet contemplation on the extensive art collection. Enjoy the art of conversation in the accommodating lobby or cocktail lanai.



Dining

The Pacific Club offers a variety of dining options guaranteed to exceed your expectations.

Whether you choose to dine at the Main Dining Room, Mangos, the Tiare Terrace or the Card Room Bar, you will receive a one of a kind culinary experience. Our award winning chefs create selections from fresh and local ingredients with daily specials that highlight our culinary variety.

Our Main Dining Room offers breakfast, lunch and dinner in a formal setting. For a more casual dining venue, visit Mangos or the Card Room Bar. If you are looking for a relaxed lunch where you can enjoy the fresh air, visit the Tiare Terrace by the pool.

The Club is an excellent location to bring your coworkers for lunch, treat a business prospect to dinner or catch up with your family.



Celebrate & Entertain

The Pacific Club offers the perfect downtown location for celebrating and entertaining.

From informal business meetings and professional seminars, to extravagant cocktail receptions and weddings, The Pacific Club promises a first class experience. With over eight banquet venues located within the Club, we offer an accommodating variety. Whether it's a modest party of ten or a reception for 600, our Catering team offers expert knowledge in the selection of menus, entertainment, and decor.

The Club is the perfect location for:

- Meetings, Seminars, and Presentations
- Cocktail Receptions
- Anniversary Parties
- Special Events, Holiday, and Theme Parties
- Wedding Ceremonies, Receptions, and Rehearsal Dinners
- BBQ Cookouts and Pool Parties

The combination of our Catering staff, Culinary experts and prime location makes The Pacific Club the ideal venue.



The Pacific Club, located in downtown Honolulu, Hawaii, is the premier private club in Hawaii for business and social events. We proudly feature an exceptional dining experience – including the most extensive California and European wine list on Oahu, versatile meeting rooms, and a warm and attentive staff. Coupled with our proximity to Honolulu's business center and our free and convenient parking, we offer the perfect location and facilities for meetings, functions and entertaining.

The Pacific Club also features four paddle tennis courts, a swimming pool, and a well-equipped athletic facility along with a full schedule of athletic classes Monday-Saturday. Members also enjoy golf through our Pacific Club Golf Club, playing every third Friday at select courses throughout Oahu. And, what better way to end the day than with cocktails and pupus at our ever-popular Mangos Bar. The Pacific Club is also very “family friendly” with many social and family-oriented events and activities, including theme parties, swimming and paddle tennis lessons, and much more.

Not only is The Pacific Club an oasis in the heart of Honolulu, we are the only club on the island with a Library where members can enjoy current periodicals and newspapers as well as lending privileges for books, audio books and DVDs. We feature one of Hawaii's finest private art collections at the Club, and our members also enjoy affiliations with over 150 national and international Reciprocal Clubs when traveling for business or pleasure.

1451 Queen Emma Street, Honolulu, Hawaii 96813 | (808)-536-0836 | www.thepacificclub.org

AFFILIATED CLUBS

The Penang Swimming Club has reciprocal arrangements with the following clubs:

STATE	ADDRESS	TEL NO.	FAX NO.	E-MAIL / WEBSITE	
MALAYSIA	KEDAH Royal Kedah Golf Club Pum Pong, 05250 Alor Setar, Kedah	04-7319405	04-7318288	royalkedahclub@gmail.com	
	KELANTAN Kelantan Golf & Country Club 5488, Jalan Hospital, 15200 Kota Bharu, Kelantan	09-7482102	09-7472918	linkgcc@yahoo.com / kelatangcc.html	
	KUALA LUMPUR	Royal Selangor Club Jalan Raja, P.O.Box 10137, 50704 Kuala Lumpur	03-26927166	03-26927793	rscmail@rscweb.org.my / http://rsc.org.my/
		Royal Commonwealth Society 4, Jalan Birah, Bukit Damansara, 50490 Kuala Lumpur	03-20944089	03-20933722	info@thercs.org / http://www.rcs.org.my
		Royal Lake Club KL Peti Surat 10642, 50720 Kuala Lumpur	03-26987878	03-26989889	quest@royallakeclub.org.my / www.royallakeclub.org.my
	The Raintree of Kuala Lumpur Jalan Desa Pandan, Adj. to Jalan Ampang Hilir, 55000 Kuala Lumpur	03-42579066	03-42578880	admin@raintree.com.my / www.raintree.com.my	
	MALACCA The Malacca Club No. 18, 5th Floor, Jalan Syed Abdul Aziz, 75000 Melaka	06-2824940	06-2848303	tmclub@malaccaclub.com.my / www.malaccaclub.com.my	
	NEGERI SEMBILAN	Royal Sungai Ujong Club 2A, Jalan Dato' Kelana Ma'amor, Negeri Sembilan, 70700 Seremban, Malaysia	06-7623058 / 06-7630104	06-7621915	royalsuc@gmail.com / info@rsuc.my / www.rsuc.my
		Royal Port Dickson Yacht Club Batu 41/2, Jalan Pantai, 71050 Sirusa, Negeri Sembilan	06-6471635	06-6474470	info@rpdyc.com.my / yachtclubpd@gmail.com / www.rpdyc.com.my
	PERAK	Ippoh Swimming Club 144, Jalan Kelab Renang, Off Jalan Raja Dr. Nazrin Shah, 31350, Perak	05-2544176	05-2416519	ipswcl@gmail.com
Royal Ippoh Club Jalan Panglima Bukit Gantang Wahab, 30000 Ippoh, Perak Darul Ridzuan, Malaysia		05-2542212	05-2558610	ipohclub@streamyx.com / www.royalipohclub.org.my	
The New Club/Taipung New Club No. 1, Jalan Kelab Baru, 34000 Taiping, Perak (P O Box 42)		05-8073935	05-8070287	nct1885@gmail.com	
SABAH	The Kinabalu Club 1, Jalan Padang, Peti Surat No. 10318, 88803 Kota Kinabalu, Sabah	088-239409	088-225075	thekinabaluclub@gmail.com / www.thekinabaluclub.com	
	Kelab Yacht Sandakan Jalan Buli Sim Sim, P O Box No. 476, 90705 Sandakan, Sabah	089-212518	089-215542	yachtclubsandakan@yahoo.com / www.syc.org.my	
	Kinabalu Yacht Club 3A, Jalan Aru, Tanjung Aru, P.O.Box 10392, 88804 Kota Kinabalu, Sabah	088-240070	088-243007	kyctaru1@streamyx.com / www.kinabaluyachtclub.com	
SARAWAK The Sarawak Club Jalan Taman Budaya, 93000 Kuching, Sarawak, Malaysia	082-242299	082-245654	info@thesarawakclub.com / www.thesarawakclub.com		
SELANGOR Royal Klang Club 7, Jalan Istana, 41000 Klang, Selangor, Darul Ehsan	03-33714625	03-33715422	info@royalklangclub.com.my / www.royalklangclub.com.my		
OVERSEAS	AUSTRALIA Royal Automobile Club of Australia 89, Macquarie Street, Sydney, NSW, 2000 Australia	612 82732300	612 82732301	raca@raca.com.au / reception@raca.com.au www.raca.com.au	
	Royal Automobile Club of Victoria 501, Bourke Street, Melbourne, Victoria, 3000, Australia	061(0)3-99448888	0061(0)3-99448844	clubmembership@racv.com.au / https://www.racv.com.au	
	BRUNEI	Panaga Club E5, Simpang 464, Jalan Utara, Seria KB3534, Negeri Brunei, Darussalam	673 3372265	673 3333607	info@panagaclub.com / www.panagaclub.com
		Royal Brunei Yacht Club Spg 664, Km 7, Kpg. Sg. Matan, Jalan Kota Batu BSB BD1917	02-786267	02-786139	admin@therbyc.com / www.royalbruneiyachtclub.com
	CANADA The University Club of Toronto 380 University Avenue, Toronto, Ontario, M5G 1R6 Canada	416 5971336	416 5972994	rsvp@universitycluboftoronto.com / www.universitycluboftoronto.com	
	CHINA	Kowloon Cricket Club 10, Cox's Road, Kowloon, Hong Kong	852 34737000	852 23111432	adm@kcc.org.hk / www.kcc.org.hk
		Ladies' Recreation Club 10, Old Peak Road, Mid-Levels, Hong Kong	852 31993500	852 28401478	inquiries@lrc.com.hk / www.lrc.com.hk
		Hong Kong Football Club 3, Sports Road, Happy Valley, Hong Kong	852 28309500	852 28825040	https://www.hkfc.co.hk/contact-us / frontdesk@hkfc.com.hk / www.hkfc.com.hk
	INDIA	Jodhpur Gymkhana Shikargarh, Jodhpur 342011, Rajasthan India	(00) 91 291 2511390	(00) 91 291 2511489	jodhpurgymkhana@rediffmail.com / www.jodhpurgymkhanaclub.com
		Royal Bombay Yacht Club Chhatrapati Shivaji Maharaj Marg, Apollo Bunder, Mumbai, 400 001 India	(00) 91 22 22021880	(00) 91 22 22021014	rbycmail@vsnl.net / http://rbyc.co.in
	JAPAN Kobe Club 4-15-1, Kitano-cho, Chuo-ku, Kobe 650-0002, Japan	078 2412588	078 2918054	kobeclub@office.email.ne.jp / www.kobeclub.org	
	SINGAPORE	SIA Group Sports Club 726, Upper Changi Road, East Singapore 486046	0065-62148168	0065-62140650	enquiries@siasportsclub.sg / www.siasportsclub.sg
		Singapore Swimming Club 45, Tanjong Rhu Road, Singapore 436899	0065-63423600	0065-63444476	enquiry@sswimclub.org.sg / www.sswimclub.org.sg
		Singapore Cricket Club Connaught Drive, Singapore, 179681	0065-63389271	0065-63370119	scc@scc.org.sg / http://scc.org.sg
		The Tanglin Club 5, Stevens Road, Singapore 257814	0065-66220555	0065-67332391	reservations@tanglin-club.org.sg / www.tanglinclub.org.sg
		Hollandse Club 22, Camden Park, Singapore 299814	0065-64645225	0065-64686272	reception@hollandseclub.org.sg / www.hollandseclub.org.sg
	Singapore Recreation Club B Connaught Drive, Singapore 179682	0065-63389367	0065-63396563	recep.mship@src.org.sg / www.src.org.sg	
	SRI LANKA Colombo Club Taj, Samudra, Colombo, Sri Lanka	0094 (0) 112-324218	0094 (0) 112-324219	colomboclub@sltnet.lk / www.colomboclub.lk	
THAILAND (Bangkok)	The British Club (Bangkok) 189, Suriwongse Road, Bangrak, Bangkok 10500 Thailand	66-0-2234 0247	66-0-22351560	info@britishclubbangkok.org / www.britishclubbangkok.org	
	Chiang Mai Gymkhana Club 349, Chiang Mai-Lamphun Road, Chang Mai, 50000 Thailand	0066 053 241035	0066 053 247352	gymkhanagolfclub@gmail.com / www.chiangmaigymkhana.com	
UNITED KINGDOM	The Royal Northern & University Club 9, Albyn Place, Aberdeen, AB10 1YE, Scotland	01224 593292	01224 571082	secretary@rnuc.org.uk / www.rnuc.org.uk	
	Carlton Club 69, St. James's Street, London, SW1A, 1PJ	0044 (0)20 74931164	0044 (0)20 74954090	reservations@carltonclub.co.uk / www.carltonclub.co.uk	
	The Royal Scots Club 29-31, Abercromby Place, Edinburgh, EH3 6QE, Scotland	0044 (0)131 5564270	0044 (0)131 5583769	info@royalscotclub.com / www.royalscotclub.com	
	City University Club 50 Cornhill, London EC3V, 3PD	0044 (0)20 76268571	0044 (0)20 76268572	secretary@cityuniversityclub.co.uk / www.cityuniversityclub.co.uk	
USA	The Columbia Club 121, Monument Circle, Indianapolis, IN 46204, USA	317 7671361	317 2258710	frontdeskres@columbia-club.org / www.columbia-club.org	
	The Pacific Club 1451 Queen Emma Street, Honolulu, HI 96813, Hawaii	808 5360836	808 5336710	front-desk@thepacificclub.org / www.thepacificclub.org	
	India House Club One Hanover Square, New York, NY 10004, USA	212 269 2323	212 269 2369	reservations@indiahouse.nyc / www.indiahouse.nyc	

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

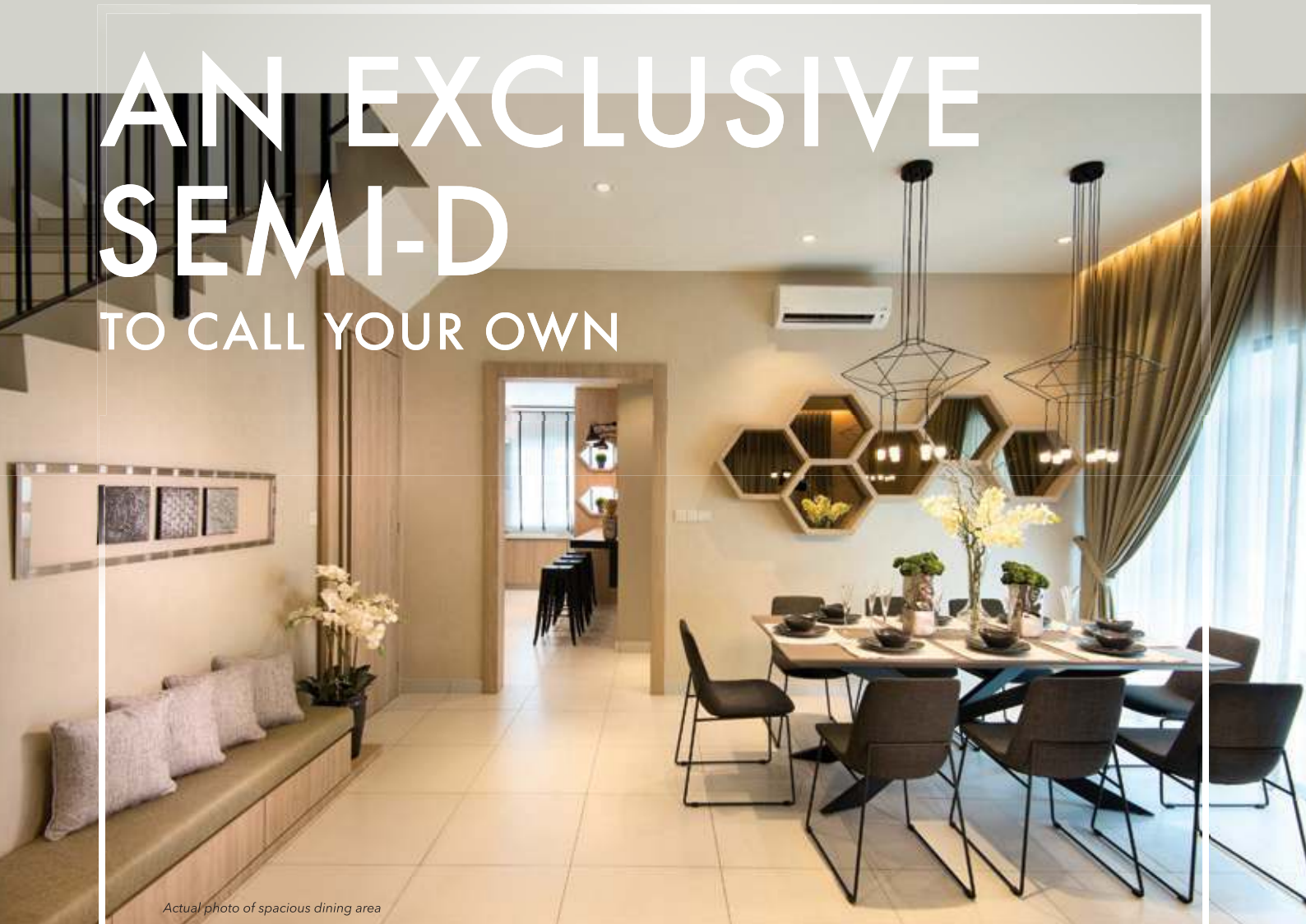
Enjoy a drink alfresco-style in this outdoor setting with a view of the sea. Perfect venue to enjoy a beer, fruit juice or hot beverage with friends/guests.

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)

AN EXCLUSIVE SEMI-D TO CALL YOUR OWN



Actual photo of spacious dining area

cydonia
classic

Not too big.
Not too small.
Just right.

cydonia
extra

Extra long car porch.
Wide built-up.
Big garden.

cydonia
vista

Elevated homes.
Exceptional view.
Excellent value.

Your home is where you and your loved ones bond and create quality moments together. We believe that it should reflect your distinctive way of life, which is how each Sunway Cassia 2-Storey Semi-D Home is built. These exclusive homes are thoughtfully architected to meet your needs, so you are able to enjoy life on a wider spectrum.

Limited units available.

- Strategically near the Second Penang Bridge
- Equipped with Smart Home System for maximum security
- Impressive built-ups from 3,196 sq ft

Call us now to find out more.
Show House ready for viewing.
Schedule an appointment with us today!

SUNWAY GRAND SDN BHD 66715-X

No. 1, Persiaran Mahsuri 1/3, Sunway Tunas
11900 Bayan Lepas, Penang

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• Approving Authority: Majlis Perbandaran Pulau Pinang • Building Plan No.: MPPP/OSC/PB(6558)/14(LB)-SRT10(47) • Product: 2-Storey Semi-Detached • No. of Units: 48 • Land Tenure: Freehold • Land Encumbrances: Public Bank Berhad • Expected Date of Completion: July 2017 • Min Price: RM1,705,000.00 • Max Price: RM2,508,000.00 • 5% discount for bumiputera.
The information contained herein is subject to change without notification as may be required by relevant authorities or the developer's consultants and cannot form part of an offer or contract. The name of this development is subject to approval by relevant authorities. Whilst every care is taken in providing this information, the owner, developer and managers cannot be held liable for variations. All illustrations and pictures are artist impressions only and all measurements are approximate. The items are subject to variations, modifications and substitutions as may be recommended by the Company's consultants and / or relevant Approving Authorities.

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