

THE NAUTILUS

Live life!



PENANG
SWIMMING
CLUB

FOUNDED 1903



CHEERS TO A
Sparkling
Christmas
& A JOYOUS
NEW YEAR

OCT
DEC
2020

FOR MEMBERS ONLY

PENANG SWIMMING CLUB

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Tel: 04-890 7370 Fax: 04-890 3271
E-mail: info@penangswimmingclub.com
www.penangswimmingclub.com

ADMINISTRATION OFFICE

Operating Hours
Monday - Friday (9.00am - 6.00pm)
Saturday (9.00am - 1.00pm)
Sunday (Closed)

PATRON

T.Y.T. Yang Di-Pertua Negeri Pulau Pinang Tun Dato' Seri Utama
(Dr) Haji Abdul Rahman Bin Haji Abbas
DMK, SMN, DUPN, SPDK, DP, DMPN, DJN

TRUSTEES

Y. Bhg. Dato' Seri Nazir Ariff Bin Mushir Ariff
DGPN, DMPN, DSPN, PKT, PJM, JP

Y. Bhg. Dato' Mahinder Singh Dulku
DSPN, PKT

Loh Yeow Boo

CLUB MANAGEMENT

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

SECTIONS

ANGLING : Lawrence Low | SAILING : Terry Lim
SCUBA : Teh Chin Leong | SWIMMING : Francis Soo

GROUPS

AEROBICS : Mariam Harvey | DANCE SPORT : Stanley Fong
DARTS : Dato' Lawrence Cheah | KARAOKE : Eric Lew
SQUASH/RACQUETBALL : | TAEKWONDO : Dr. Eric De Smet
Iain Pickett
TAI CHI : Colin Yu | TENNIS : Victor Wong
YOGA : Clara Ooi | YOUTH : John Tan

MAIN COMMITTEE 2019 / 2020

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

ELECTION COMMITTEE

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

DISCIPLINARY COMMITTEE

Chairman : John Heah Wee Theng
Committee Members : Ramsun Ho Chii Huey Dato' Baldev Singh
Dato' Diljit Singh Dulku Tan Hooi Choo
D.S.P.N., DJN, PKT, PJM

DEVELOPMENT COMMITTEE

Chairman : Tan Choon Yee
Committee Members : Eric Chong San Dee Ong Chin Lee
Tho Lai Teng Scott Ong

LIBRARY COMMITTEE









Chairperson : Charles Tang Chin Hock
Library Committee Members : Michael Cheong Lim Cheng Suan
Dr. Yoon Chee Kin Neil Hamilton
Dr. Pamela Jean Sharpe Lee Chee Lin
Dr. Lim Shueh Lin *PJK, PJT*

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Ann Tan

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PRESIDENT'S MESSAGE



“My sincere appreciation to all Members for re-electing me as your President for a second term.”

First and foremost, I would like to thank all Penang Swimming Club members for attending the AGM on 20 September 2020. My sincere appreciation to all Members for re-electing me as your President for a second term. I am pleased to welcome a few new faces to the committee, and I believe these new additions will help us better serve Members over this coming term. Your Main Committee has a good mix of individuals from different professions who possess a variety of skills and experience, coupled with the common goal of making our Penang Swimming Club an enjoyable, family-oriented club as well as a preferred second home for all Members.

During my second term, there will be a few projects that I will make happen such as the Club's new Information Technology (IT) system. With the implementation of the new IT system, the Club will be exploring avenues to go "green", which will also help the Club reduce costs in the long term. The exciting part is that members will be able to take advantage of many convenient features such as viewing their Club spending details right on their smartphones as well as easily making reservations for dining. This will add value to the Club, and I feel strongly that Members will adapt to and embrace this change going forward.

The ongoing pandemic continues to pose many challenges for us all, which is why the Club has put necessary safety measures and Standard Operating Procedures (SOPs) in place in order to ensure the health and well-being of all Members and guests. It

is crucial that Members and guests always observe the SOPs and social distancing guidelines. The wearing of masks is necessary and encouraged to protect ourselves and others. When entering the Club, please also be sure to check in via MySejahtera to facilitate contact tracing. It is my duty and that of the Main Committee to ensure that the Club is safe for all Members and staff. We cannot afford to have the Club closed if any Members or guests are infected with Covid-19, so I call on all Members to do their part by strictly following all SOPs and social distancing guidelines. These will be strongly enforced, and stern action will be taken against anyone who is found to be in violation of the SOPs.

Finally, it is with great pleasure that I would like to inform all Members that the lease on our leasehold land which comprises 2,678 square metres has been further extended by another 99 years. This is the news which everyone has been waiting for and I am very honoured to have been part of making this extension happen.

Stay Safe & Stay Well!

Najieb Ariff
President

EDITOR'S MESSAGE

“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.”
-Vivian Greene



2020 being a turbulent year is a sentiment most of us share. When I wrote this message, the Covid-19 infectivity rate in Penang was at an all-time high. It is up to us to decide how we want to respond to these challenges. We can bide our time waiting for this pandemic to pass, but risk achieving nothing. Or we can learn to embrace the challenges, to enjoy them even. We have a choice!

No matter what comes our way, no matter how difficult situations are, we will do more than simply survive, we will thrive despite it. With this in mind, activities in the Club have gone ahead, albeit with compliance of the standard operating procedures set by our government. I hope Members will not find it too cumbersome with all the “restrictions” but will continue to come to the Club and enjoy themselves with the facilities provided, and to join the activities planned.

Sticking together in these uncertain and daunting times is more important than ever. And I assure you that we will re-emerge from this pandemic stronger, and more connected as a community. Let us move forward together, let us stay positive, and this too will pass.

A handwritten signature in black ink, appearing to read 'Chew Saw Hoon'.

Chew Saw Hoon
Editor



GM'S MESSAGE

“ I am extremely thankful to all those who have been complying with our current safety management measures.”

OUR “NEW NORMAL” LIFE. Our shopping experience is no longer what it used to be. Some still go out to shop to escape their monotonous work-from-home lifestyle or to get away from being cooped up at home 24/7. It is a thing of the past to be able to just waltz into any place -- when you visit a retail mall these days, you have to check-in at the entrance using MySejahtera and get your temperature taken first.

This practice is the same at our club and Members need to do their part as well. The worst-case scenario that none of us want to see is the authorities shutting down the Club due to non-compliance with these Standard Operating Procedures. As such, I am extremely thankful to all those who have been complying with our current safety management measures.

I would like to welcome the new office bearers: Ms. Chew Saw Hoon, our Honorable Secretary, and Mr. Hardavinder Singh, our new Club Captain. We also have new faces in the Main Committee: Dato' Dr Vasan Sinnadurai and Ms. Chin Sze San. We wish them the best in their respective posts in the committee.

The financial impact brought about by the COVID-19 pandemic is felt deeply at the Club. In March, all F&B outlets and facilities were ordered to shut under the MCO nationwide. The Club saw a sharp dip in operating performance during the earlier stages of the MCO.

The Management Committee has prepared for this downturn and planned for its recovery to meet immediate and longer-term needs. The aim is to

persist with our recovery in the transition into the future with the “New Normal”.

To the same end, the new Club Management IT System (which integrates a few existing archaic standalone systems) will streamline complex work processes and automate certain manual tasks that are currently undertaken by staff. It will drive our efficiency across the business. This new system will require an initial capital outlay in its development, but this will pay off with benefits to operations, members and staff.

I would like to take this opportunity to wish everyone a Happy Deepavali and a Merry Christmas! As we approach the end of 2020, I also want to wish everyone a very Happy New Year 2021!

“Tough times never last, but tough people do.”

I like this inspiring quote. It reminds us that even these difficult times shall pass sooner or later.

Let us work together towards a new “normal” life!

I wish you all good health and that all may go well with you.

Ramis Chandran
General Manager



ELECTION OF NEW MEMBERS

OTM & AM

9 JULY 2020



Dr. Kokila Rajapathy &
Dr. Prahalad Ramanathan



Tan Poh Choo



Pottangadi Renil Singh



Lim Mah Hui &
Koay Siew Hong



Cecilia Leong His-Shi &
Albert Liao Kien Fie



Claude Gerard Richards &
Quah Kooi Lyn



Wong Hay Yin



Matthias Sabathil &
Brigitte Sabathil



Lim Poh Pao &
Teoh Kar Soo



Jacqueline Kwong Swee Leng
& Yeoh Choon Hock



Ong Kean Chai &
Lee Yip Huei

JM - OTM



Tan Zher Zhao



Goh Joey E- Ven



Ryne Chew Kai Wern



Etienne Kee Young Lee



Tan Eng Keat



Khoo Mae Ing



Khaw Shen Chuen



Amit Singh Atwal

OTM & AM

8 AUGUST 2020



Benedict Speed



Lau Poh Kheng, James



Kuek May Yi



Jan Kemeling & Shinta Ayu Trisna



Ng Goay Eng



Chow Siew Kuan & Ooi Boon Shin



Tan Kai Wen & Moi Wei Sern



Low Chiau Yee & Yeap Zheng Lik



Yeoh Ee Yang



Vishwanath & Vidhya Chandrasekharan

JM - OTM



Ahmed Muzammil Bin Malik Mumtaz Ahmed



Adithya Pandian



Darren Yeap Jun Yi



Heng Wei Yen

OTM & AM

8 SEPTEMBER 2020



Teh Chong Sing & Lee Hooi Joo



Christian Wittmann & Hiromi Wittmann



Teng Soo Teik



Zhao Tian Hou & Yi Lu



Jeremy Teoh Wei Jeen



Teh Yeong Tatt & Pantila KhamLue



Batailler Jean-Michel & Courage De Dieuleveut



Carl Quentin Smith & Mary Wanjarmy Smith



OTM & AM

6 OCTOBER 2020



Teh Vi Len & Ge Jia Ying



Lin Tzu Heng & Liu Yu Sha



Chung Wei Leng, Patricia



Wong Chooi Peng



Shirrene Lee Lian See



Yau Phui Yee



Lim Miao Yiong



Sibella Margaret Chew



Sarah Chew



Ch'ng Paik See & Lim Kok Swee

JM - OTM



Elisha Chan Chu Heng



Yap Ee Jeng



Ong Wand Yew

MEMBERSHIP STATISTICS

Membership Figures As At 30 September 2020

TYPE OF MEMBERSHIP	ACTIVE	ABSENT	TOTAL
Patron / Hon. Members	21	0	21
Ordinary Transferable Members	4704		
- Pending for Election (Normal Transfer)	63	667	5456
- Pending for Election (JM Conversion)	22		
Ordinary Members	3	2	5
Lady Members	1	1	2
Term Members	0	0	0
- Pending for Election (JM Conversion)			
Junior Members	277	53	373
- Pending for Election	43		
Associate Members	1940	122	2113
- Pending for Election	51		
TOTAL	7125	845	7970



INCOME & EXPENDITURE STATEMENT

For the Financial period 1 April to 30 September 2020

	30/9/2020	30/9/2019
	RM	RM
INCOME		
Subscriptions	1,741,383	1,916,397
Bar profits	35,380	105,620
Restaurant commission	80,714	201,017
Slot machine profits	80,026	559,328
Interest from fixed deposits	327,493	446,698
Transfer / registration fees	169,500	339,300
Sundry revenue	92,237	72,964
	2,526,733	3,641,324
EXPENDITURE EXCLUDING DEPRECIATION		
Staff cost	1,210,140	1,749,581
Utilities & services	347,892	608,381
Repairs & maintenance	334,430	399,641
Entertainment	9,743	117,700
Club events and functions	22,866	157,759
Sections and groups activities	5,604	102,502
Administration expenses	125,073	245,531
Rates, taxes & insurance	116,903	125,531
	2,172,651	3,506,626
SURPLUS FOR THE YEAR BEFORE DEPRECIATION	354,082	134,698
Depreciation of property, plant & equipment	207,598	560,016
DEFICIT FOR THE YEAR AFTER DEPRECIATION	146,484	(425,318)
Taxation	81,873	120,131
DEFICIT AFTER DEPRECIATION & TAXATION	(64,611)	(545,449)
FIXED DEPOSITS AT BANKS	22,351,853	21,313,134



REOPENING OF THE CAPTAIN'S RESTAURANT - 18 JULY 2020

As businesses across our country began to re-open as part of our country's Recovery Movement Control Order (RMCO), a lot of hard work was being carried out behind the scenes to prepare our Captain's Restaurant for reopening. Many operational changes had to be made in order to comply with new social distancing rules and Standard Operating Procedures (SOPs) to ensure the health and safety of Members. Thanks

to the efforts of everyone involved, we were able to re-open the restaurant on 18 July 2020, complete with brand-new air-conditioning.

The programme for the evening kicked off at 7.30pm with an official ribbon-cutting ceremony by Trustee Dato' Mahinder Singh Dulku and Club President Mr. Najieb Ariff, which was followed by a lion dance performance.

Everyone had a merry time enjoying the tasty Chinese and Western dishes from our caterer James Foo. It was a full house as Members came out to show their support for the restaurant and the Club. We're really happy that everyone who came had a great time and are thankful for their support in making the reopening a great success.

Club Happenings





TYT'S COURTESY VISIT - 29 SEPTEMBER 2020

On 29 September 2020, The Club was honoured to receive our Governor, Tuan Yang Terutama Tun Dato' Seri Utama (Dr.) Haji Abdul Rahman bin Haji Abbas and his consort YABhg. Toh Puan Dato' Seri Utama Hajah Majimor binti Shariff, as they paid us a courtesy visit. His Excellency was welcomed by Club President, Mr. Najieb Ariff, two of our Trustees, Dato' Mahinder Singh Dulku and Mr. Loh Yeow Boo, and our Committee Members at the Captain's Restaurant.

Toh Puan was presented with a bouquet of flowers by our Honorary Secretary, Ms. Chew Saw Hoon. The evening began at 9pm with a special Western set dinner for His Excellency and Toh Puan and all of the VIPs.

At the end of dinner, our President thanked His Excellency and Toh Puan for their visit, and also presented His Excellency with a gift as a token of appreciation. His Excellency and Toh Puan took their leave at 10.35pm, bringing a close to a delightful visit.



LEASEHOLD RENEWAL

The Club is pleased to announce that we've secured the renewal of the leaseholds for our two plots of land which were due to expire in the next few years. The two affected plots (indicated in the accompanying images) are Plot 3587 (swimming pool frontage and the wooden deck) and Plot 3588 (the Main Club House).

We were very happy to receive the approval for the lease renewals, especially since the leases will be renewed for a 99 year period rather than the standard 30 years. This 99 year renewal is indeed great news for the long-term stability and future of the Club.





CM'S COURTESY VISIT - 22 AUGUST 2020

Our Club was proud to welcome our Chief Minister, YAB Tuan Chow Kon Yeow and YB Soon Lip Chee, Penang State Executive Councillor for Youth and Sports for a tour of the Club at noon on 22 August 2020.

Our respective Section and Group Chairmen made individual briefings to the Chief Minister on the steps that the Club has taken to ensure that our health and safety measures comply with strict Standard Operating Procedures (SOPs) for Members while on, entering and exiting Club premises.

The Chief Minister thanked and congratulated The Penang Swimming Club and stated that our Club has taken the SOPs seriously in order to ensure the health and safety of Club Members and guests. YAB Tuan Chow also stated that it is important for the Club to instil confidence amongst its members that all necessary SOPs are being observed.





PSC AGM - 20 SEPTEMBER 2020

The Club held its Annual General Meeting on 20 September 2020 with 286 members attending. The Club AGM is normally held in June, but was postponed this year due to the COVID-19 pandemic. To abide by the Standard Operating Procedures during the Recovery Movement Control Order (RMCO), the AGM was held in Multi Purpose Hall 1 & 2 with strict social distancing of 1m between each individual seat. Additionally, the Captain's Restaurant was also used to host Associate Members who observed the AGM via live video streaming.

The meeting started punctually at 2.30pm with the Club President announcing the good news that the soon-to-expire lease for our swimming pool land has been renewed for a further 99 years. After the Committee answered questions from Members regarding the Club's proposed budget and various other matters, the elections for the Election Committee, Disciplinary Committee and Main Committee were held. The AGM concluded at 7.10pm.

The Club wishes to thank the outgoing Committee members and also welcomes the new Committee members for the 2020/2021 period.





SCUBA SECTION

Contributed by: *Kathryn Tan Suan See*

We are back! NEW normal, NEW Committee. The second quarter was erased. NO activities, NO Nautilus.

Payback time. July passed with a burst of pent-up energy. The batch of Ocean Divers who enrolled way back in December 2019, underwent a forced layoff and were quick to return to the pool to get back in shape. Their Open Water Assessment finally came in August at Pulau Payar.

August came and went. AGM time. The present Committee, led by CL Teh, wishes to thank the previous Committee for their dedication and hard work. CL pledges to move forward and continuously improve the Section. A chemical engineer by training, he is a BSAC Sports Diver and has also ventured into side mount diving and free diving. His vision is more diving, more training, more qualified BSAC instructors, and more for the Section.

Sekali air bah sekali pantai berubah. The youthful Committee immediately swung into action. There were talks on Wednesdays, three in a row. Then the BSAC Sports Diver Course kicked off in mid September with nightly lectures. Pool sessions followed. Another BSAC course is in the pipeline. Stay tuned.

Behind the scenes, the Scuba inventory was meticulously updated. Maintenance of equipment is crucial. Phase I just began. A dive trip to Lang Tengah at the end of October is planned. Members were quick to respond and the bookings were soon confirmed. As good and responsible stewards of every members' monthly subscription fees, the Committee is on an austerity drive. To begin with, no food and drinks are to be charged to the Scuba Section Fund unless it is a Section function.

We thank all Section members for their support and welcome all to join us in our activities. Last but not least, a big thank you to our own Senior BSAC instructors who volunteer, with no strings attached, to train our large team of budding younger, dedicated, keen and teachable BSAC instructors-to-be. There is hope for a strong and thriving Scuba Section (a BSAC 225 branch) for years to come.

Scuba Section Committee Members 2020/2021:

- | | |
|--|---|
| Chairman:
Teh Chin Leong | Equipment Officer:
Tan Wei Han |
| Secretary:
Lee Li Na | Asst Equipment Officer:
Geh Cheow Chien |
| Treasurer:
Eric De Smet | Expedition Officer:
Eow Sulin |
| Diving Officer:
Tan Jo Han | Information Officer:
Tan Suan See |
| Training Officer:
Tan Chee Keong | Social Officer:
Annie Lim |
| Asst Training Officer:
Ivan Yong | Membership Secretary:
Karen Thong |





ANNUAL GENERAL MEETING

Contributed by: *Chanelle Lim*

On 8 August 2020, members of the sailing section came together for the first time after the MCO to meet & greet other fellow members during the AGM dinner.

As per tradition, the night began with a short speech by the Commodore — Manfred Wiedenmaier and the adoption of the previous AGM minutes.

The 11 committee members were elected by nominations from former committee members and by a majority of members who were present and entitled to vote.

The section committee for the year of 2020 / 2021 is :

Commodore: Terry Lim	Publicity Officer: Chanelle Lim
Vice Commodore: Scott Ong	Sail Rep: Jaslyn Yeoh
Hon. Secretary: Charlie Tho	Powerboat Rep: Sebastian Lee
Treasurer: Lee Kar Jin	Paddle Rep: Tan Wei Han
Bosun: Scott Ong	Water Ski Rep: Vacant
F&B: Jeannie Han	



INTRODUCING WATER SKIING

Contributed by: *Chanelle Lim*

Calling out to **ALL CLUB MEMBERS!**

This activity takes place almost every weekend when weather permits. Our goal is to welcome more water skiers to join the fun! Do not hesitate to contact the sailing section through email at psscailing@gmail.com if you are interested to get more details about it.

Don't be shy! Sometimes all you need to do is to make waves!

This activity is open to everyone in the club so bring your kids and have a fun-filled weekend out in the blues!





OPTI / LASER COURSE

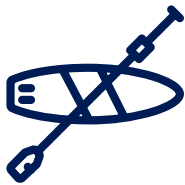
Contributed by: **Chanelle Lim**

Looking for a new hobby? Here at Penang Swimming Club, members have the opportunity to learn how to sail. There will be a few courses for beginners throughout the year which are conducted by experienced sailing section members who volunteer their time to share the skills & joy of sailing with anyone who would like to learn.

“I wanted freedom, open air, adventure. I found it on the sea.”

Alain Gerbault, Sailor

We often forget to take advantage of the club and make use of the facilities & activities. Now that we are reminded, we are just steps from the ocean.



PADDLE TRIP

Contributed by: **Chanelle Lim**

On 29 August 2020, some of the members of the sailing section went on a paddle trip to celebrate National Day. They gathered in the morning for a basic introduction on how to kayak as well as how to get back on board from the water after capsizing.

The water was calm that Saturday morning and the group effortlessly kayaked their way to Pulau Tikus. It was a fun and family-friendly activity so bring your kids with you and join our next trip to Straits Quay in November! Stay tuned and be sure to be in the loop so that you will not miss any more fun!





SWIMMING SECTION REPORT

Contributed by: **Moira Toh**

The Covid 19 virus changed the lives of everyone in this world and in this small corner of the world, everyone's lives were also changed. Malaysia imposed a full lock down from 18 March 2020 to 4 May 2020 under the Movement Control Order ("MCO"). Thereafter from May 2020 onwards, certain sectors of the economy were slowly allowed to open up sector by sector with Standard Operating Procedures ("SOP"). The "new norm", "stay at home", "SOPs" and "social distancing" etc became the new buzz words.

Something which we never thought would ever happen – really happened!! There was no more swim training – all pools were closed (except home/private pools). The club was closed. Everyone was lost for words.

Thankfully, our dear Coach Heng quickly got a grip of things and decided to start land based training sessions via ZOOM (another new buzzword!) to ensure that all the swimmers in training remained fit and motivated. The daily training sessions incorporated High Intensity Interval Training ("HIIT") – initially for the state and Sukma swimmers and thereafter opened to all swimmers of the club. Coach Dickson also conducted several sessions with the swimmers! It was a tiring but fun experience for these "water babies" to get used to land exercises!!

ZOOM was a life saver in many ways because all of us could still be connected in these unprecedented and uncertain times and it motivated many to remain strong in mind, spirit and body. Coach Heng himself did almost all the exercises which highly motivated all the swimmers (young and old alike!).

Finally in late June 2020, the Ministry of Health allowed the opening of public pools (with conditions and SOPs) and our first batch of swimmers returned to the pool for training on 25 June 2020 (all wearing face masks and adhering to SOPs for the pool swim). All other swimmers returned to training in early July 2020. Club members were also allowed back to swim in the pool subject to SOPs for pools. Although it took a bit of time to get used to the feel of the water again, all I can say is that being able to jump into the PSC pool and meeting up with all the other swimmers, friends and coaches again filled us with a sense of unbridled joy and happiness!

The Swimming Section Annual General Meeting finally took place on 26 July 2020 after a postponement due to the MCO and the following are the elected office bearers for 2020/2021:-

Chairman:
Mr Francis Soo

Vice Chairman:
Ms Goh Sui Sim

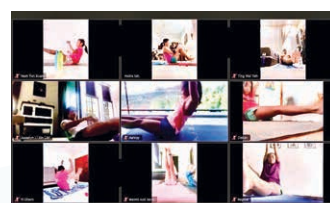
Hon. Secretary:
Dr Lim Shueh Lin

Hon. Treasurer:
Ms Tan Lean See

Committee members:
Dato' Dr Yong Chow Yen, Lee Chye Seng, Tan Hui Fang, Moira Toh Siew Ling, Beh Kwan Joo and Poh Chong Boon.

For the time being until our Malaysian government makes new rules and until the Covid 19 virus is contained, everyone — swimmers and non swimmers alike — will have to adhere to the new norm. We must remain thankful that at least some activities are allowed and resumed subject to SOPs and we must remain vigilant with our health and safety precautions so that we do not take a step back and have one form of MCO or another imposed on us again.

Stay safe everyone!!





AEROBICS GROUP AGM/ ANNUAL DINNER 2020

Contributed by: *Mariam Harvey*

The Aerobics Group AGM/Annual Dinner was held on Saturday 22 February at MPH 2, Level 14. The meeting went smoothly and the same team from last year was voted back in.

The following members were elected into office for the new term 2020/2021.

- | | |
|--------------------------|--|
| Chairman | : Mariam Harvey |
| Secretary | : Tan Swee Nee |
| Treasurer | : Alison Lim |
| Committee Members | : Chin Le Na, Dolly Lim, Juliana Lim and Chng Kee Hiang. |

After the election, an 8-course Chinese dinner was served with an assortment of specially selected dishes from James Foo's kitchen. Everyone agreed that it was simply scrumptious compared to the standard restaurant menu. The night went on with entertainment by all our instructors. The highlight of the evening was 3 Acro Pilates performances à la 'Cirque du Soleil' by our very own Pilates instructor, Kitty Ng and her friends. It is definitely worth mentioning that Kitty has won many awards for her performances.

For the most part, it was an evening of laughter, food and bonding with our fellow exercisers. A good time was had by all.



FITNESS RING AKA MAGIC CIRCLE

Contributed by: *Mariam Harvey*

The members have been asking for workouts that help to strengthen and tone arm, shoulder, chest, inner and outer thigh muscles. The fitness ring is the ultimate all in one fitness tool for this purpose as it challenges the user's strength, balance and coordination, helping to build a better posture. No matter what your age and condition, this magic circle will work for you and our instructor has created and incorporated a routine specifically to target core strength. Do join us on Thursday mornings at 10am at Level One for a workout with the exercise ring as well as the usual retro fitness dance session. If you have your own ring, please bring it because there are a limited number of rings.





"ALL THAT GLITTERS" ON 7 MARCH, 2020

Contributed by: **Catherine Choong**

This was our last event for the term 2019/2020, with a very healthy turnout of approximately 200 people dressed in glittering outfits. Fortunately, it was held before the Covid-19 lockdown! The event was graced by our Club Hon. Secretary, Mr. Lim Khoon Seng and Club Captain, Mr. Yeoh Sung Shen and their respective spouses.

Members and guests were entertained by Mr. & Mrs. Ewe Siew Joo and our PSC Junior member, Ms. Qianne Ooi and her partner, Ms Adelyn Lee. Mr. Ewe and Mrs. Ewe gracefully and effortlessly waltzed around the floor to "A Perfect Night for Dreaming". Ms. Ooi and her partner, who are both gold medallists, gave an energetic medley of samba/rhumba/chacha called "The Dazzling Divas" and their award winning performance "Annie DanceWorld Airline" which is a rhumba/jive/chacha. Everyone was left in awe of all the performances.

Being a dance event, a wide range of dance music from Rock n Roll and Disco to Ballroom dances and Latin dances was played throughout the night. Of course, there were also Line Dances for the novices to the experts. It was no surprise that the dance floor was packed the whole night with enthusiastic members and guests partying the night away!



DANCE SPORT GROUP AGM

Contributed by: **Catherine Choong**

After many months of lockdown, our Group's AGM was finally held on 8 August with full compliance to the SOP. All the previous committee members successfully retained their positions. Congratulations! On a sad note, Dr. Tan decided that he needed a long awaited rest after many years serving on the committee. Thus, Mr. Leang Soon Huat graciously accepted the vacated position. Upon adjournment of the AGM, our Dance Sport members were given their food vouchers and most were seen enjoying their lunch at the Captain's Restaurant.

Last but not least, we would like to thank Dr. Tan for his many years of contribution and we hope to see him return to the Committee next year!

Elected Committee for 2020/2021:

Convenor
Stanley Fong King Hun

Hon. Secretary
Catherine Choong Siew Yin

Hon. Treasurer
Ewe Siew Joo

Committee Members
Josephine Cheang Lai Wan
Susie Cheah Suan See
Ivee Lee Lai Hiang
Chin Le Na
Chuah Li Sim
Leang Soon Huat





ANGLING SECTION

Angling Section Committee Members 2020/2021:

Chairman	: Lawrence Low
Honorary Secretary	: Eddie Wooi
Honorary Treasurer	: Simon Ch'ng Earn Leng
Equipment Officer	: Lim Ewe Chai
Expedition Officer	: Loo Joo Aun
Competition Officer	: Ann Ch'ng
Membership Officer	: Tho Yau Cheong
Committee Members	: Helen Low Tan Fung Liang



DARTS NEWS

Darts Group Committee Members 2020/2021:

Convenor	: Dato' Lawrence Cheah Seong Paik
Honorary Secretary	: Judy Tan Beng Choo
Honorary Treasurer	: Devyn Khoo
Captain	: Lionel Lim
Advisor(s)	: Tony Morley Blunden Butt



KARAOKE NEWS

Karaoke Group Committee Members 2020/2021:

Convenor	: Eric Lew Woo Sang
Honorary Secretary	: Low Mei Leng
Honorary Treasurer	: Ang Peng Nam
Committee Members	: Ismail Baba Kung Chew Soon Frances Low Rachael Tan Bee Den



YOGA NEWS



Yoga Group Committee Members 2020/2021:

Convenor	: Clara Ooi
Honorary Secretary	: Dominic Boudville
Honorary Treasurer	: Lim Hooi Siang
Committee Members	: Boey Taik Hin Pamela Teh Alice Boudville

CALENDAR OF EVENTS

November, December 2020 & January 2021

NOVEMBER

NOV 1 SUNDAY	Sailing Section - Commodore Cup 📍 Sailing Area 🕒 8.00am - 5.00pm	NOV 8 SUNDAY	Sailing Section - Commodore Cup 📍 Sailing Area 🕒 8.00am - 5.00pm	NOV 10 TUESDAY	Election Meeting 📍 Level 14, MPH 🕒 6.00pm	NOV 14 SATURDAY	Sailing Section - Windsurfing Course 📍 Sailing Area 🕒 8.00am - 5.00pm
NOV 15 SUNDAY	Sailing Section - Windsurfing Course 📍 Sailing Area 🕒 8.00am - 5.00pm	NOV 18 WEDNESDAY	Scuba Section - Navigation Talk 📍 Scuba Room 🕒 8.00pm	NOV 20 FRIDAY	Karaoke Group - Diwali Dinner 📍 MPH 🕒 6.30pm - 10.30pm	NOV 21 SATURDAY	Sailing Section - Windsurfing Course 📍 Sailing Area 🕒 8.00am - 5.00pm
NOV 22 SUNDAY	Sailing Section - Windsurfing Course 📍 Sailing Area 🕒 8.00am - 5.00pm	NOV 22 SUNDAY	Scuba Section - Song Song Exploration 🕒 8.00am	NOV 25 WEDNESDAY	Scuba Section - Ocean Divers Course 📍 Pool 🕒 8.00pm	NOV 28 SATURDAY	Sailing Section - Water Safety No 1 📍 Sailing Area 🕒 8.00am - 5.00pm
NOV 28 SATURDAY	Scuba Section - Dive Leader Course 📍 Pool 🕒 8.00pm						

DECEMBER

DEC 4 FRIDAY	Swimming Section - Time Trial 📍 Pool 🕒 7.00pm - 10.00pm	DEC 5 SATURDAY	Sailing Section - Reef Clean Up 📍 To Be Advised 🕒 9.00am - 5.00pm	DEC 5 SATURDAY	Scuba Section - Reef Clean Up 📍 To Be Advised 🕒 9.00am - 5.00pm	DEC 6 SUNDAY	Sailing Section - Inter Club Race 📍 To Be Advised 🕒 8.00am - 5.00pm
DEC 8 TUESDAY	Election Meeting 📍 Level 14, MPH 🕒 6.00pm	DEC 11 FRIDAY	Swimming Section - Time Trial 📍 Pool 🕒 7.00pm - 10.00pm	DEC 12 SATURDAY	Sailing Section - Christmas Party 📍 MPH 🕒 7.30pm	DEC 18 FRIDAY	Swimming Section - Annual Dinner and Christmas Party 📍 14th Floor, MPH 🕒 7.00pm - 10.00pm
DEC 20 SUNDAY	Karaoke Group - "You Got Talent" and Christmas Celebration 📍 Captain's Restaurant 🕒 6.30pm - 10.30pm	DEC 24 THURSDAY	Scuba Section - Scuba Christmas Party 📍 Marina Deck 🕒 7.30pm				

JANUARY

JAN 2 SATURDAY	Scuba Section - Water Survival 📍 To Be Advised 🕒 9.00am	JAN 9 SATURDAY	Sailing Section - Optimist/Laser Course 📍 Sailing Area 🕒 8.00am - 5.00pm	JAN 10 SUNDAY	Sailing Section - Optimist/Laser Course 📍 Sailing Area 🕒 8.00am - 5.00pm	JAN 13 WEDNESDAY	Scuba Section - Equipment Talk 📍 Scuba Room 🕒 8.00pm
JAN 16 SATURDAY	Sailing Section - Optimist/Laser Course 📍 Sailing Area 🕒 8.00am - 5.00pm	JAN 17 SUNDAY	Sailing Section - Optimist/Laser Course 📍 Sailing Area 🕒 8.00am - 5.00pm	JAN 23 SATURDAY	Sailing Section - Power Boat Trip 📍 To Be Advised 🕒 8.00am - 5.00pm	JAN 30 SATURDAY	Scuba Section - Club Dive Trip 📍 Pulau Payar 🕒 8.00am
JAN 31 SUNDAY	Sailing Section - Skiing Carnival 📍 Sailing Area 🕒 8.00am - 5.00pm						

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