

HapPENNings is a newsletter published by The Penn Club of New York

# HapPENNings

CUTTING EDGE SERIES: "people & issues in the news today"

## Increase Your Potential and Master Your Skills Through "The Focus Method"

**B**ob Litwin, one of the most respected and sought after athletic coaches and motivational speakers, will be your host for this awe-inspiring motivational seminar. Mr. Litwin, who is a two-time National Tennis Champion, will share his program that will help lead you to the levels of success that you always knew you were capable of achieving. Focus is the secret skill to success. Those who learn it change from being people who could, to winners who can. Focus allows you to access your full potential and makes you a master of your innate skills in business, sports and life. After attending this seminar, you will:

- experience increased levels of confidence
- feel more certain about the choices which you make
- respond to situations in a calmer, more relaxed manner

We guarantee that you will leave this seminar with a different outlook and a new focused way of leading your life.

Members are encouraged to enjoy an early or late dinner in either the Dining Room or Grill Room.

Wednesday, January 17th, 6:30 p.m.

Free of charge

Reservations are necessary, (212) 403-6620

Please cancel reservations by 5 p.m. on Mon., Jan. 15th to allow space for your fellow interested members

## Reserve Your Spot at Our First In-House Cigar and Single-Malt Scotch Tasting Learn the Martial Art of Karate

During the evening, you will sample four different cigars—Partagas, Macanudo, Temple Hall and Canaria' doro. A cigar expert will explain and show you the proper way to snip and light a cigar. You will also have the opportunity to taste a variety of single-malt Scotches. From the light Lowland malts to the more robust malts of the Skye and Islay Isles, each classic malt reflects the distinctive taste and character of its region. A single-malt expert from Schieffelin & Somerset, one of the major importers of single-malt scotch, will speak on the similarities and differences of single-malts and how each one is characteristic of its region. Some of the Scotches to be sampled are Cragganmore (12 yr), Oban (14 yr) and Talisker (10 yr).

Tuesday, January 23rd, 6:30 p.m.

\$20 per person

You must RSVP by 12 noon on Fri., Jan. 19th, (212) 403-6620

Reservations must be cancelled by 5 p.m. on Fri., Jan. 19th to avoid being charged

The karate method of unarmed combat is one of the oldest fighting arts in existence. When one studies this art form, it is important to learn not only the physical training aspects, but also the meditation and philosophies of traditional Karate. The Penn Club is pleased to welcome Sensei John Mirrione who will lead a series of five 1-hour sessions (on consecutive Wednesdays) at the Club.

Sensei John Mirrione is the Director of "Harmony by Karate" program which is designed to foster strong technical knowledge of both karatedo and physical conditioning while instilling in each student a strong character, will, courtesy, courage and drive for self-perfection. Sensei Mirrione is a third degree black belt in Shorinjiryu Kenkokai Karatedo and a second degree black belt Koshiki Karatedo.

All levels of students are welcomed. Please inform us of your level when you sign-up. Be sure to wear loose clothing to the classes.

Wednesday, January 17th, 7:00 p.m.

\$60 per person for the series

Reservations are necessary, (212) 403-6620

Reservations for this series are non-refundable



THE PENN CLUB  
OF NEW YORK

30 WEST 44TH STREET  
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### New Winter Menus in the Dining Room



Come sample our recently unveiled lunch and dinner menus in the Main Dining Room. Enjoy such club favorites as Dover Sole Meuniere and London Broil with Creamy Mashed Potatoes. How about completing your meal with some warm Apple Cobbler? Call (212) 403-6628 and make your reservations today!