



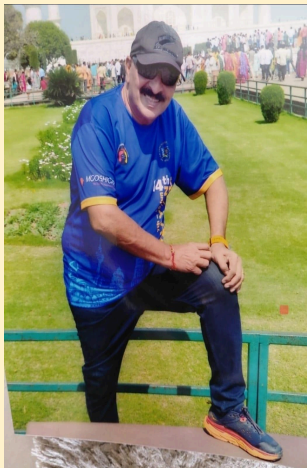
# MALAYSIAN HASH FEDERATION NEWSLETTER JULY 2025 Edition 1.

[www.malaysianhashfederation.com](http://www.malaysianhashfederation.com)  
[www.facebook.com/malaysianhashfederation](https://www.facebook.com/malaysianhashfederation)  
[www.instagram.com/malaysian\\_hash\\_federation](https://www.instagram.com/malaysian_hash_federation)



**MHF KEEPING THE HASH SPIRIT ALIVE**  
"For circulation to affiliated members only"

## PRESIDENT'S MESSAGE



I am pleased to announce the publication of the 1st edition of the MHF newsletter.

This newsletter provides updates, in the hashing scene i.e. upcoming list of celebration / anniversary runs, snippets of memories of recent hash celebrations, hash humour, health articles, etc for your reading enjoyment.

To reminisce about our hashing legends, we feature a column to create and capture our "Malaysian Hash Legends", the first being, our charismatic 1st MHC Chairman, Alex "The Bear" Thomas.

To keep both local and international hashers updated we have a live link to our MHF website: [www.malaysianhashfederation.com](http://www.malaysianhashfederation.com) and in keeping up with trends with social media, the team is working on a MHF Facebook & Instagram account.

We have created a column for "Letters to the Editor" where hashers are encouraged to forward updates and constructive feedback. If selected, it would feature in the forthcoming edition.

We thank Audrey "Footsteps" and Nerin "Bloody Mary" for their time, effort and patience in making this newsletter a reality and Dash for his legal advice.

Till the next newsletter, I wish all of you "Happy Hashing". On! On! Speedy.

*Congratulations*

MHF congratulates and conveys our best wishes to our Deputy President, Ybhg. Datuk Nadaraja on his conferment of a datukship, Panglima Mahkota Wilayah by his Majesty, Yang Maha Mulia Seri Paduka Baginda Yang Di-Pertuan Agong XVII, Sultan Ibrahim ibni Almarhum Sultan Iskandar



## NEW APPOINTMENTS



**ASSISTANT SECRETARY**  
**Audrey Phuah "Footsteps"**  
Tel : +6016-5916228  
email : audreyphuah@gmail.com



**ASSISTANT TREASURER**  
**Lim Mei Fong "Mei Fong"**  
Tel : +6012-6811165  
email : mf\_lim@yahoo.com

## STATE REPRESENTATIVES

### NEGERI SEMBILAN



**Kunalan**  
**"Bas Kuna"**  
Tel : +6019-6608411

email : sinaranholidays@gmail.com  
GM : Port Dickson H4. Since 2013  
Hashing since 2005

### PENANG ISLAND



**Gurdial Singh**  
**"Goodyear"**  
Tel : +6016-4435888

email : grudial2k@gmail.com  
GM : Pg Tuesday Hash Kakis 2014 - 2016  
Hon.Sec : PH3 Yr 2022  
Hashing since 1986

### PENANG MAINLAND



**Lim Ping Kok**  
**"Lawyer"**  
Tel : +6012-4746138

email : egonlim@yahoo.com  
GM : Butterworth H3 (present)  
Hon.Sec : Butterworth H3 (18 years)

### JOHORE



**Guru Das**  
**"Tok Guru"**  
Tel : +6012-7725457

email : dguru57@gmail.com  
JCSC : GM 1988  
JBH3 : Hon.Sec 1977  
TPH3 : JM 1980  
Hashing since 1977

*Welcome!*

## NEW AFFILIATION



GASING RANGERS H4  
wef: 27/04/2025

GM: Velkumar  
Hash Name: "Maharaja"  
Tel: +6012-3931825  
Email: velkumar28@gmail.com

Hon.Sec: Vivavalar  
Hash Name: "Chuti"  
Tel: +6016-5551575  
Email: vivvalar@gmail.com

*Welcome!*

## MHF 1st JUNIOR TRAIL CHALLENGE 20/12/2025



The 1st MHF Junior Trail Challenge is an inaugural fun event open to juniors. It is an initiative to encourage juniors to explore mother nature in an outdoor activity in cross country running and hiking. It is a fun Saturday activity accompanied with parents, guardians and / or teachers in the green foothills of Chemor, Ipoh.

For details, please contact our OC, "Footsteps" at Tel: +6016-5916228.

## CLOSURE OF AFFILIATE



**HARAPAN BARU H4**  
wef: 04/05/2025

## RESIGNATION OF STATE REP



**Penang State Representative**  
Ballan Sathu Nai "Toddy King"  
wef: 19/05/2025

## Hash Humour

I Love this Japanese Doctor 🤔😊

\*Q\*: Should I reduce my alcohol intake?

\*A\*: Oh no. Wine made from fruit. Fruit is very good. Brandy distilled wine, that means they take water out of the fruity bit so you get even more goodness that way. Beer is also made of grain. Grain is good too. Bottoms up 🍷!

\*Q\*: Is swimming good for your figure?

\*A\*: If swimming is good for figure, explain whale to me.

The Japanese Doctor summed up: Look mister. Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other-body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!! 😄



Sometimes, the most powerful hikes are the ones where we don't seek to reach the summit, but to heal our souls.

@hikingaesthetics

Not every journey is about reaching the top. Sometimes, it's just about feeling okay again.

The trail becomes a place to let go. To feel what you've been holding. To heal, slowly and honestly, in your own time ✨🏔️

Picture Source from Instagram (@hiking\_aesthetics)


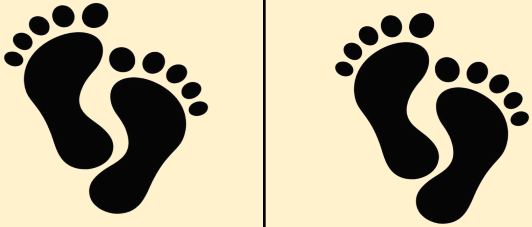
If it doesn't challenge you,  
it won't change you.

There is only one thing  
in life you can control:  
Your own effort.

## UPCOMING CELEBRATIONS / ANNIVERSARY EVENTS

<p style="text-align: center;"><b>BALING H3 - 50th ANNIVERSARY RUN</b> Event Date: 05/07/2025</p>	<p style="text-align: center;"><b>HHH IPOH - 60th ANNIVERSARY CELEBRATION</b> Event Date: 19/07/25</p>
	
<p>GM: GOVIND "Gili 2" Tel : +6012-4302160 HON SEC: BASKARAN "Anak Dara" Tel: +6013-4304009</p> <p>Fee: FOC for H3 Chapters Others : RM130.00</p>	<p>Host HHH IPOH GM : STIFF C*** Tel. : +6012-5222399 JM 1: KAN CHIN HO Tel. : +6016-5507378 JM 2: 2 CENTS HON SEC: BONEY Tel. : +6012-5203626</p> <p style="text-align: center;"><b>Registration Closed Strictly for H3 Chapters</b></p>
<p style="text-align: center;"><b>20th BORNEO NASH HASH</b> Host Api Api H4 Event Date: 08 &amp; 09/08/2025</p>	<p style="text-align: center;"><b>PERSATUAN H3 DAERAH KULIM</b> 29th ANNIVERSARY Event Date: 16/08/2025</p>
	
<p>GM : CHOW KAM PING Tel : +6012-8286488 HON SEC: PETER CHIN Tel : +6016-8370058</p> <p>Fee: RM500.00 till 30/6/25</p>	<p>GM : BOILERMAN Tel : +6018-7744495 HON SEC: TAKILAH Tel : +6012-5596378</p> <p>Fee: RM 120.00 till 31/05/25</p>
<p style="text-align: center;"><b>MHF-11th PERAK STATE HASH RUN</b> HOST MANJUNG H3 Event Date: 06/09/2025</p>	<p style="text-align: center;"><b>MOUNT KIARA H4 - 25th ANNIVERSARY</b> Event Date: 24/09/2025</p>
	
<p>GM : RAMAN "LOVE BOAT" Tel. : +6012-5123205 HON SEC: PERUMAL "RUGGED BABY"</p> <p>FEE: RM 150.00 till 30/6/25</p>	<p>GM : DATUK NADARAJA Tel : +6012-3982323 HON SEC: LAN KAW SENG Tel : +6019-3320621</p> <p>FEE: 160.00 till 27/8/25</p>
<p style="text-align: center;"><b>NEW CITY SERDANG H3 - 15th ANNIVERSARY</b> Event Date: 04/10/2025</p>	<p style="text-align: center;"><b>BUKIT MERTA JAM H4 - 20th ANNIVERSARY</b> Event Date: 11/10/2025</p>
	
<p>GM : SALVAKUMAR "OSAMA" Tel : +6012-4205353 OC : STONE CRAB Tel : +60124-280471</p> <p>FEE: RM120/pax</p>	<p>OC : BENNY BEH Tel : +6010-3798848 HON SEC: KCM Tel : +6012-3952567 Coordinator: UMBRELLA Tel : +6012-4306841</p> <p style="text-align: center;"><b>Registration Closed</b></p>
<p style="text-align: center;"><b>17th PAHANG STATE RUN</b> Event Date: 25/10/2025</p>	<p style="text-align: center;"><b>18th BORNEO BALL BREAKER, MIRI</b> Event Date: 25 - 27/10/2025</p>
	
<p>GM: PC CHAN "LIGHTING" Tel : +6019-9862185 HON SEC: SHOPPING QUEEN Tel : +6012-9508661</p> <p>Fee: RM180.00/pax</p>	<p>Includes MH3 Halloween Pub Crawl www.borneoballbreaker.com</p> <p>Closing Date: 31/8/25</p> <p>Fee: RM300.00/pax</p>

## UPCOMING CELEBRATIONS / ANNIVERSARY EVENTS

<b>PAN ASIA HASH 2025, TAO YUEN, TAIWAN.</b> Event Date: 21 - 23/11/2025	<b>PENDING NEW EVENT UPDATES</b>
 <p><b>HOST: TAIWAN UNITED H3</b>                  Website: pah2025.com                  Email: panasiahash2025taiwan@gmail.com</p> <p><b>Fee:</b>                  USD180.00 till 30/6/25                  USD250.00 till 30/9/25</p>	

 <b>MHF - 1st JUNIOR TRAIL CHALLENGE 2025</b> Event Date: 20/12/2025		
		<p><b>OC : FOOTSTEPS</b>      Tel: +6016-5916228  <b>AOC: BLOODY MARY</b>      Tel: +6012-2090547</p> <p>Trails: 4Km / 6Km /8Km</p> <p>Age Group : 16-20 years old and Open Category</p> <ul style="list-style-type: none"> <li>- Junior Fun Run (4KM)</li> <li>- Open Category Fun Run - Adults -</li> <li>- Individual 6KM and 8KM Junior</li> <li>- Team event Mixed (4 x 4) - Open Student/ Teacher /Adult</li> </ul> <p>Details will be updated at our MHF Facebook and Instagram</p>



@kneepainlife







**STUDY REVEALS THAT TRIPS TO FORESTS ACTUALLY SUPERCHARGE IMMUNE SYSTEM TO FIGHT CANCER**

### Forest Therapy

Spending time in the forests-through the practice of shinrin-yoku or forest bathing-has been shown to significantly enhance anti-cancer immunity. Multiple studies reveal that a multi-day forest trip can boost the number and activity of natural killer (NK) cells-critical components in targeting tumor cells-by roughly 50 percent, with elevated levels of anti-cancer proteins like perforin, granzyme, and granulysin. These immune enhancements endure for at least a week and in some cases up to 30 days post-trip, suggesting a monthly forest visit may sustain strengthened NK function. The underlying mechanism appears to involve inhalation of tree-emitted phytoncides (e.g. a-pinene, limonene), which reduce stress hormones like cortisol and simultaneously amplify NK cells responses.

Source and pictures from Instagram @endbackpain


**PURPLE ENTERS THE BRAIN.**

 Grapes	 Plums
 Cabbage	 Blueberries
 Sweet Potato	 Blackberries

**YELLOW ENTERS THE KIDNEY.**

 Bananas	 Lemons
 Pineapple	 Mango
 Papaya	 Yellow Pears

**RED ENTERS THE HEART.**

 Watermelon	 Strawberries
 Beetroot	 Raspberries
 Tomatoes	 Cherries

**GREEN ENTERS THE LIVER.**

 Kiwi	 Cucumber
 Celery	 Green Apple
 Kale	 Parsley

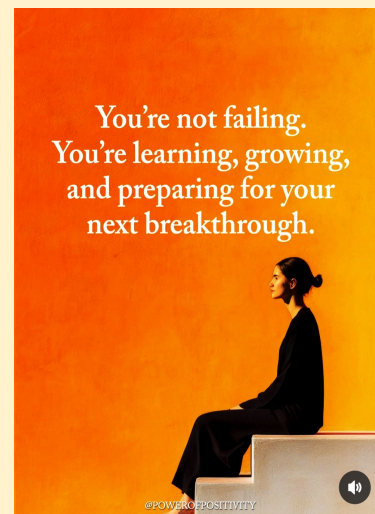
## UPCOMING CELEBRATIONS / ANNIVERSARY EVENTS for 2026

<b>POS SLIM, IPOH-CAMERON HIGHLAND CLIMBATHON</b> Event Date: 14/03/2026	<b>PAN SONGKRUN HASH, SONGKHLA</b> Event Date: 17th -19th April 2026
 <p><b>Host HHH IPOH</b>                  GM : STIFF C****                  Tel : +6012-5222399                  JM1 : KAN CHIN HO                  Tel : +6016-5507378                  JM2 : 2 CENTS                  HON SEC: BONEY                  Tel : +6012-5203626</p> <p>For more info:                  AOS: Panjang                  Contact: +6012-5253956                  Fee:                  Early Bird RM288 until 30/9/2025                  RM318 from 1/10-31/12/25                  Non-Climber RM250 till 31/12/25</p>	 <p>A 2 &amp; 1/2 day international event in Songkhla, run by hashers. It integrates Songkran's joy and tradition with hashing's vibrant global culture.</p> <p>OC : THANABAL                  "CAMERAMAN"                  Tel : +6012-2295474                  JOC : LICxxR                  "KAVIRAJ"                  Tel : +6012-2169419                  Fee:                  Early bird USD130/pax (RM580)                  thereafter USD150/pax</p>

<b>INTERHASH 2026 PRAMBANAN</b> Event Date: 8-10/05/2026	<b>VALDOR H3 - 5th ANNIVERSARY</b> Event Date: 23/05/2026
 <p>WEB SITE:                  interhash2026.com                  Email:                  interhash2026prambanan@gmail.com</p> <p>Fee: USD350 till 10/5/26</p>	 <p>GM : JUNGLE KING                  Tel : +6012-4098300                  HON SEC: TIGER                  Tel : +6016-4104245                  Interhash: JAGUAR                  Tel : +6012-4941819</p> <p>Fee: RM140.00/pax</p>

 <b>MHF-15th MALAYSIA NASH HASH 2026, MALACCA</b> Event Date: 12th -14th JUNE 2026	<b>KINTA RAINFOREST 4H - 10<sup>th</sup> ANNIVERSARY &amp; 2nd HASH CHALLENGE 2026 (BBR)</b> Event Date: 18/07/2026
 <p>MELAKA HASH COUNCIL                  MELAKA JOINT CHAPTERS</p> <p>OC : LADY GAGA                  Tel : +6012-977 1912                  AOC: TORA                  Tel : +6012-926 7875</p> <p>Fee:                  RM300 till 31st Aug25                  RM350 fr 01/09 onwards till 31/12/2025)                  RM400/= (01/01/26 till 12/06/2026)</p>	 <p>GM : POISON KING                  Tel : +6016-3351383                  DOC: MABUK JOHN                  Tel : +6016-5584808                  HON SEC : FOOTSTEPS                  Tel : +6016-5916228</p> <p>(Early Bird)                  Normal Run                  RM200/pax till 28/02/26                  From 01/03 onwards                  RM250/pax (date TBA)                  BALL BREAKER RUN                  Fee: TBA</p>

<b>SP ADVENTURE H3 - 5th ANNIVERSARY</b> EVENT DATE: 28/03/2026	<b>GM: PATTAS</b> Tel : +6012-5851402 OC : ANDY EON Tel : +6019-464 1738 HON SEC: PRINTER Tel : +6012-5144996 <p>Fee: TBA</p>
	



## **MHF KEDAH/PERLIS DIALOGUE HELD ON 24TH JUNE 2025 AT SP CLUB, SUNGAI PETANI**

The dialogue session was organized by our Kedah/Perlis Rep, Ironman. It was attended by 40 members from 21 hash chapters in Kedah. The MHF were represented by the President, Speedy, Advisor, Darshan, Kedah/Perlis Rep, Ironman, Penang Mainland Rep, "Lawyer Lim" and Penang Island Rep, Gurdial "Goodyear".

It was a fruitful meeting which covered the following topics:

1. Basic Rules/ Do'S & Don't's on Hash Runs
2. MHF State Charter
3. MHF Advisory on the following:
  - a. Chapters Annual General Meeting (AGM)
  - b. Celebration/Anniversary Runs
4. AED/CPR – proposal to install an AED in Kulim area
5. Question & Answer session

The session was healthy and informative with Q&A from the chapter reps and how to move forward. Chapters were reminded of the importance of holding timely AGMs and compliance with their respective constitutions. Equal emphasis was also placed on their compliance with the Registrar of Societies regulations and audited accounts are a must for anniversary/celebration runs.

The MHF thanks our State Rep, Ironman for organizing this dialogue session and special thanks also to GM MLA, SP Club Captain, Long One and Nikki for making arrangements for the meeting room and F&B. We also thank all the GM's, GH's, JM's, Hon. Sec's, Treasurers & Committee Members who attended and supported the Dialogue Session. A word of thanks also to the GH Watchmen for sponsoring the beers and minute taker, Nerin.

On! On! And Happy Hashing



# MEMORIES - HASHING FUN

## MALACCA H3 - 50<sup>TH</sup> ANNIVERSARY 10<sup>TH</sup> MAY 2025



Sinners On Ice



MH3 Committee in their nines



Full House

## BUTTERWORTH H3 - 45<sup>TH</sup> ANNIVERSARY 31<sup>ST</sup> MAY 2025



GM-Lawyer Lim n MHF Exco



Foam Party



Yam Seng

## CELFON'S BIRTHDAY BASH IN BETONG 17<sup>TH</sup> MAY 2025



Power Banner



Flag-off by VIP's



Injun?

## 15<sup>TH</sup> BATANG NASH HASH IN GOLD COAST MORIB RESORT, BANTING 21<sup>ST</sup> JUNE 2025



Banner



Flag Off by VIP



Participants



## Tribute to Alex Thomas "The Bear"

MHC Chairman Yr 1996

Alex started hashing in Penang in the early 70's when Nick the Turd was the Grandmaster of Penang Hash House Harriers. He was a guest but that first experience got him hooked, line and sinker on Hash.



He then moved to Kuala Lumpur and since KL Hash House Harriers was not taking new membership, he joined Seremban Hash House Harriers. Seremban H3 was then at its best under the GMship of Mike Smith. After a couple of years, he became less regular.

In 1977, together with Toda and Allan Chee B\*\*\* founded PJ Hash House Harriers @ Anemales. Bear came into full bloom where he shone as its first and long serving GM. He was a star on the box with his wit. His life then centred around hash. To Bear, Hash was his life. However, when the Anemales runs got tougher and longer, Bear's attendance at runs became less regular.

In 1991, he again became a reborn hashman when he founded PJ Hash House Hazards. He was the first Grand Hazard and today the Hazard movement has become international, having expanded to 13 chapters in Malaysia, Indonesia and China.

In 1996, he was instrumental in forming the Malaysian Hash Council and was elected the Chairman. The Malaysian Hash Council initiated the Malaysian Nash Hash as a fundraiser for the Interhash '98 Bid. The bid at Cyprus in 1996 was successful and the '98 Interhash made history when it had the largest attendance of 5,800 paying hashers from all over the world to celebrate 60 years of hashing. In fact, the attendance at the '98 Interhash surpassed the Commonwealth Games which was held a week earlier, having 5,000 officials and athletes.

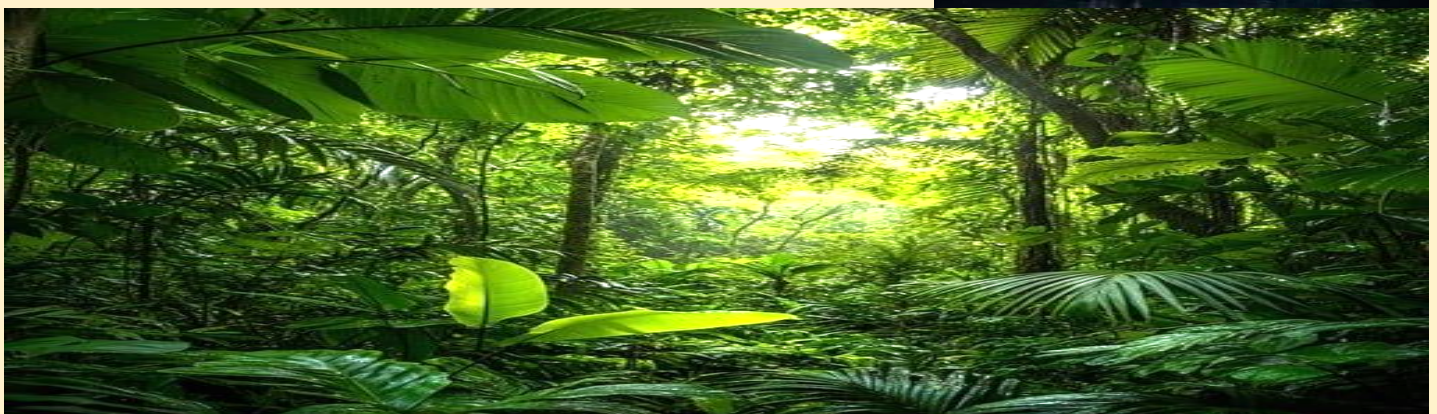
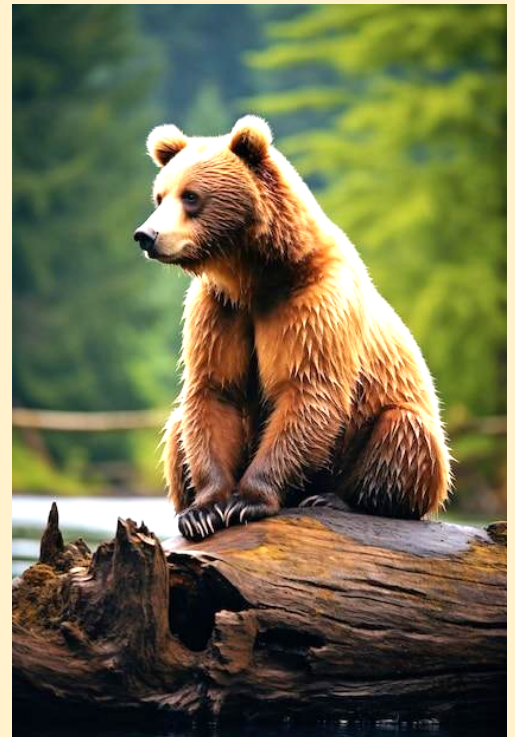
To Bear, Hash was a religion, all hashers are brothers. He has no qualms in borrowing money when broke to help out a friend who was in need of funds. Of course, time and again, his kind and generous nature was taken advantage of to his detriment. Bear innovated hash circle rituals, created many hilarious punishments. Famously, he would introduce himself on the box " I THE BEAR LORD OF THE DAMANSARA JUNGLE, CHIEF CARRIER OF AIDS, LIGHT IN THE JAMBAN FROM THE ROYAL LEANAGE OF PUDUKU....HEREBY COMMAND YOU TO SILENCE"

He was a master in hash circles and truly a born Grand Master. His early demise robbed the Hashing world of a 'true blue' hasher.

By Alan Chee B\*\*  
PJ Anemales. PJ Hazard



ALEX THOMAS "THE BEAR" (on the left)



# MALYSIAN HASH FEDERATION EXCO (2024-2026)

## PRESIDENT



**Rajinder Agnihotri "Speedy"**  
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## DEPUTY PRESIDENT



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Instagram:

[www.instagram.com/malysian\\_hash\\_federation](http://www.instagram.com/malysian_hash_federation)



## MHF STATE REPRESENTATIVES

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<p><b>Pahang/Terengganu/ Kelantan</b></p>  <p><b>Chan Pak Chiew "Lighting"</b> Tel : +6019-9862185 chktech22@gmail.com</p>	<p><b>Malacca</b></p>  <p><b>Peiarelal "Cocky"</b> Tel : +6019-7842773 peiarelal@gmail.com</p>	<p><b>Penang Island</b></p>  <p><b>Gurdial Singh "Goodyear"</b> Tel : +6016-4435888 gurdial2k@gmail.com</p>	<p><b>Penang Mainland</b></p>  <p><b>Lim Ping Kok "Lawyer"</b> Tel : -6012-4746138 egonlim@yahoo.com</p>
<p><b>Johore</b></p>  <p><b>Guru Das "Tok Guru"</b> Tel : +6012-7725457 dguru57@gmail.com</p>	<p><b>Negeri Sembilan</b></p>  <p><b>Kunalan "Bas Kuna"</b> Tel : +6019-6608411 sinaranholidays@gmail.com</p>	<p><b>Sabah</b></p>  <p><b>Oscar Chai</b> TEL : +6016-8214893 oscarchai.1@gmail.com</p>	<p><b>Sarawak</b></p> <p><b>TO BE APPOINTED</b></p> 

## MHF KEEPING THE HASH SPIRIT ALIVE



# INAUGURAL BALL BREAKER RUN 2024, IPOH



TOP 20 BALL BREAKER WINNERS - MEN & LADIES.

HANDOVER TO 2025 HOST, MANJUNG H3

## HASH HUMOUR

I can't stop laughing.....  
Aussie Humour...

An Aussie phones an ambulance because his mate's been just hit by a car....

Aussie: 'Get an ambulance here quick, he's bleeding from his nose and ears and I think both his legs are broken.'

Operator: 'What is your location sir?'

Aussie: 'On Eucalyptus Street.'

Operator: 'How do you spell that sir?'

Silence.... (heavy breathing) and after a minute.....

Operator: 'Are you there sir?'

More heavy breathing and another minute later....

Operator: 'Sir, can you hear me?'

This goes on for another few minutes until....

Operator: 'Sir, please answer me. Can you still hear me?'

Aussie: 'Yes, sorry bout dat.... I couldn't spell eucalyptus, so I just dragged him around to Oak Street.'

There was an English Language competition. 2000 persons participated...  
The competition was To write in one sentence about Peace, Calm & Happiness....

The Award Winner wrote.....,

"My wife is sleeping."



mak cik tu nak beli road tax..pegawai lelaki tu tanya apa no plate..dia kata biji you dua dua nam pak...terus itu pegawai tu tersipu2 malu dan cek zip seluar dia .

08:41



### **Constructive Views and Suggestions**

We look forward to members constructive feedback and updates in order to make our newsletter an interesting two-way communication. Please whatsapp your feedback to include Name, Chapter, Hash Name, Position, Topic and details to: **Footsteps : +6016-591 6228/Nerin : +6012-2090-547**



#### **Disclaimer :**

The MHF shall not be held responsible for any errors or omissions in the information provided herein. Links to external web sites that accompany the texts are for information only and do not in any way imply endorsement.