PERSEKUTUAN HASH MALAYSIA

MALAYSIA HASH FEDERATION

MHF Newsletter

6TH EDITION

Sept 2026

KEEPING THE HASH SPIRIT ALIVE !

MERDEKA!

31 ST AUG

Independence Day





16 SEP

Malaysia Day

HARI MALAYSIA

Unity in Diversity,
Strength in
Togetherness



Mid-Autumn

FESTIVAL

- Reunion • Gratitude • Harmony
- Sharing Moments, Cherishing Traditions



Editors Note

Pushing for Progress



On On
Hashers.
Welcome to the 6° Edition of the MHF Newsletter.
"Keeping the Hash Spirit Alive"

As we continue to strengthen our association and support the growth of Malaysia's hospitality industry, this edition highlights the collective efforts and achievements of our members and partners. It has been another meaningful period filled with opportunities to connect, collaborate, and move our industry forward.

A key highlight was the recent 15th Malaysian Nash Hash (MNH) and 16th Biennial General Meeting (BGM) held in Malacca, which brought together members from across the country. The meeting provided an important platform to review our progress, discuss strategic priorities, and exchange valuable ideas that will help shape the future direction of MHF. Beyond the formal proceedings, the BGM also reinforced the strong relationships and shared commitment that define our association.

In this issue, you'll find updates from the MNH, BGM, industry news, member highlights, upcoming events, and initiatives designed to keep you informed and engaged. We hope these stories reflect the resilience, innovation, and collaboration that continue to drive our industry forward.

Thank you to everyone who participated in the BGM and to all our members for your continued trust, support, and dedication. Together, we will continue to build a stronger and more vibrant hospitality community.

We hope you enjoy this edition and encourage you to share your feedback, ideas, and stories for future newsletters.

Warm regards,

Editors | Nerin & Alec Lan KS

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President's Message

Fellow Hashers,

As we begin this new term, I would like to sincerely thank all our members, chapters, committee members and volunteers for your continued support and commitment to the Malaysian Hash Federation. Your passion and fellowship continue to strengthen our Hashing community.

A major highlight this quarter was our 16th Biennial General Meeting (BGM) held in Melaka, alongside the successful 15th Malaysian Nash Hash.

A special note of appreciation to the Organising Committee of the 15th Malaysian Nash Hash 2026 for delivering such a resounding success.

My sincere thanks and congratulations to Gary "Joystick", Au Kiat "Cocker", and the six chapters under the Melaka Hash Council, volunteers, sponsors and every individual who worked tirelessly to make both the MNH and our BGM a memorable success.
Your dedication truly exemplifies the Hash spirit.

I am deeply honoured by the confidence placed in me through my re-election as President for the 2026–2028 term. I also congratulate all newly elected and returning officers, and I look forward to working together over the next two years.

Our priorities will remain focused on unity, collaboration, safe and responsible Hashing, greater participation, good governance, and supporting both national and international events.

As the birthplace of Hashing, Malaysia has a special responsibility to preserve our heritage while ensuring that Hashing continues to grow and remain relevant for future generations.

Thank you once again for your friendship, trust and unwavering support. Together, let us build an even stronger Federation and keep the spirit of Hashing alive.

On! On!



Rajinder Agnihotri "Speedy"
President
Malaysian Hash Federation

Congratulations To The Newly Elected MHF Committee



Leading with Purpose, Serving with Integrity



Warmest congratulations to the newly elected MHF Committee and EXCO Members. Your election reflects the confidence and trust placed in you by the membership to lead our organisation into its next chapter.

As you assume your responsibilities, we wish you every success in fostering unity, promoting transparency, and advancing initiatives that will benefit all members. Strong leadership, teamwork, and a shared commitment to excellence will undoubtedly strengthen our organisation and inspire greater participation from our community.



We also extend our sincere appreciation to the outgoing Committee for their dedication, service, and contributions during their term of office. Their efforts have laid the foundation upon which the new Committee will continue to build.

May the new term be one of progress, collaboration, and lasting achievements. Congratulations and best wishes for a successful and rewarding term of office.



Preparations for the BGM by the MNH Organising Committee were carried out well by the Host
A Huge vote of Thanks to the 15th MNH Organising Committee.

On On

MHF 16th BGM & EXCO Meeting















MHF Exco Meeting





CONGRATULATIONS WFRH4!
HOSTS OF THE 16TH MALAYSIAN NASH HASH 2028 — LANGKAWI



16th MNH Bid Team Presentation of cheque to MHF, received by MHF President and MHF Members.



Congratulations to WFRH4 on being awarded the honour to Host the 16th Malaysian Nash Hash 2028 in Langkawi.

This prestigious appointment is a testament to your dedication, enthusiasm, and unwavering commitment to the spirit of Hashing. We are confident that the organising team will deliver an outstanding event that will showcase the very best of fellowship, adventure, and Malaysian hospitality.



Hosting a Nash Hash is both an honour and a tremendous responsibility. We have every confidence that WFR will rise to the occasion and create a memorable experience for Hashers from across the country and beyond.
We wish the Organising Committee every success in the planning and preparations of this landmark event.



May the 16th MNH 2028 be a resounding success, filled with great trails, lasting friendships, and unforgettable memories.

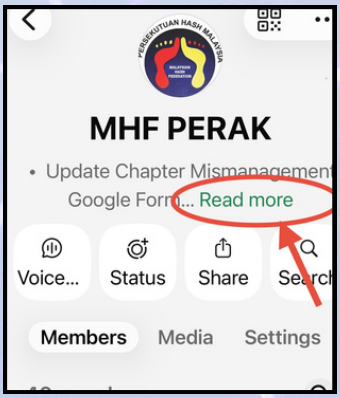


Here's to an epic 16th Malaysian Nash Hash 2028 filled with fun, friendship, laughter, and just the right amount of chaos.

Congratulations once again, WFRH4! We will see you in Langkawi 2028.

Community Updates

URGENT ATTENTION :
UPDATE CHAPTER'S LATEST INFORMATION
All Chapter GM, GH, On Sec
Please conduct housekeeping and Update your Chapter's latest info.
For assistance contact your State Rep for Google Forms Link or refer to respective MHF State Whatsapp Chat Group .



Updates since our 5th Newsletter and "What's To Come"

7th INTERBATANG 2026



Date : 11-13 /9/2026
Venue : Karimun, Indonesia

SHAH ALAM H3 PUB CRAWL RUN



Date : 15/9/2026
Venue : Gasing Hikers C/ P

MHF 1st SELANGOR STATE RUN & KH4 45th ANNIVERSARY



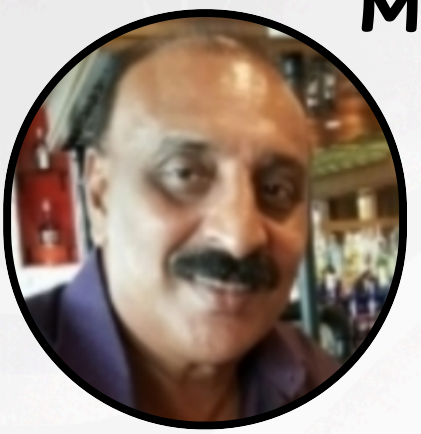
Date. : 19/9/2026
Venue. : Fairy Park, Setia Alam, Selangor.

KELAB HASH HOUSE MOUNT KIARA 26th ANNIVERSARY CHARITY RUN



Date : 26 /9/2026
Venue : Hash Heritage TTDI, Kuala Lumpur.

MHF EXCO 2026-2028



PRESIDENT
RAJINDER AGNIHOTRI “SPEEDY”



DEPUTY PRESIDENT
MK LIM “LEFT B##L”



HON. SECRETARY & CO-EDITOR
ALEC WONG “LAN KAW SENG”



TREASURER
“Donut”



ADVISOR
DARSHAN SINGH “BOL“



ASSISTANT SECRETARY
CHUAH C.T. "ELECTRO"

VACANT
ASST. TREASURER
TO BE APPOINTED



EDITOR
NERIN “BLOODY MARY”

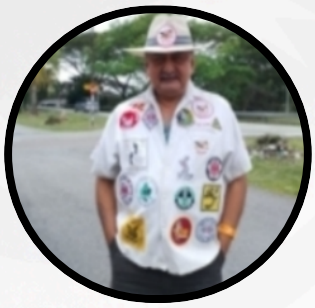


AUDITOR
MICHAEL THOMAS “ELVIS”



AUDITOR
“KAWASAKI”

MHF STATE REPS 2026-2028



JOHORE
GURUDAS “TOK GURU”



KEDAH / PERLIS.
M. SIVALINGAM “IRONMAN”



KUALA LUMPUR
SANTHRAKASAN “PUDUKU”



MALACCA
DR. S. SELVA KUMARAN “ROCK””



PAHANG / TERENGGANU / KELANTAN.
CHAN PAK CHIEW
“LIGHTING”



PERAK
M MOGARANAJAN “JACKPOT“



SELANGOR
CHARLES “COOL”

VACANT
PENANG MAINLAND
To be Appointed

VACANT
NEGERI SEMBILAN
To be Appointed

VACANT
SABAH
To be Appointed

VACANT
SARAWAK
To be Appointed

MALAYSIAN HASH FEDERATION (MHF)

CONGRATULATIONS TO ALL CHAPTERS CELEBRATING YOUR ANNIVERSARIES

The Malaysian Hash Federation proudly extends our heartfelt congratulations to every chapter marking another milestone year of hashing excellence!

Your anniversary is more than just a number —
It represents years of friendship, fellowship, dedication, and unforgettable trails.

It reflects the strength of your committee, the loyalty of your members, and the passion that keeps your chapter thriving year after year.

Through rain or shine, hills or highways, laughter or lepak sessions — you have continued to uphold the true meaning of Hashing.

Your commitment inspires the wider Hash community and strengthens the bond that unites us all under one spirit.

As you celebrate this special occasion, may your chapter continue to grow, prosper, and blaze many more successful trails ahead.

KEEPING OUR HASH SPIRIT ALIVE
ON ON!

Tamil Yael

UPCOMING EVENTS

	Event	Website / Contact	Chapter	Where	When	Cost
1	Borneo Nature Hash #3	www.borneonaturehash.com email: borneonaturehash@gmail.com	BNH3	Bintulu, Sarawak	11-13 /9/ 2026	RM480 till 1/6 RM530 thereafter Includes Red Dress Hangover Run 13/9
2	7th Interbatang 2026. Host SICO Hash	OC C'fusing 012-7080 358 GM Sleepy Prick 019 2212 182	SICO	Karimun Island Indonesia	11-13 /9/ 2026	RM480 limited to 1st 200 pax
3	Temerloh H4. 31st Anniversary	Facebook	TH4	Temerloh	14/9/26	RM250
4	Shah Alam H3 Pub Crawl	GM Charles Cool 012 3811 411	SAH3	Gasing Hikers Car Park	15/9/2026	RM150
5	**MHF 1ST S'gor State Run & KH4 45th Anniv.**	GM MK Lim "Left B***" 012 2010 627	Klang H4	Fairy Park Setia Alam	19/9/2026	RM180
6	MKH4 26th Anniv. Charity Run 2026	OC Lan Kaw Seng 019 3320 621	MKH4	Hash House Heritage TTDI	26/9/2026	RM120 Closing 8/9/26
7	Khanom H3 3rd Anniversary	https://docs.google.com/forms/d/e	Khanom H3	Khanom Thailand	25 -27 / 9/ 2026	THB 2,950 until 31/7 Goodies not g'teed after 31/7 THB3950 until 19/9
8	RSCH4 35th Anniversary Run	GM Amarjit Vomit 016 2133 983 OnSec - Kuljit One Shot 012 2267 171	RSCH4	RSC Kiara Sports Annex	17 /10/2026	RM150
9	26th All China Nash Hash & SHH3 40th Anniversary	https://shahghaih3.com/acnh-2026shanghai/	ShanghaiH3	Shanghai	23-25 /10/ 2026	Early bird RMB588 up to 1/5 RMB638 until 31/8 RMB688 until 4/10
10	Skudai H3 Halloween Run	OC – Xian Tao – 013 7215 196 Co-OC – Minisize – 0197483029 OnSec – Zhu Long - 0167632641	Skudai H3 Johor	Cathay Restaurant, Eco Spring, Ekoflora, JB	31/10/ 2026	RM190 Closing date 15/9/26 PBB ac 3150684406
11	Indochina Mekong Hash 2026	Host Cambodia Hash	Cambodia H4	Siem Reap, Cambodia	13-15 /11/2026	USD180
12	45th Malacca Hash Joint Run & MIA 15th Anniversary 2026	GM Kutty Dragon 019 330 9447 OC OMG	Malacca H4	MIA Building Malaca	21/11/26	RM100 Closing 31/10/26
13	Mantin H4 20th Anniversary	GM Bandaraya 012 2544353	Mantin H4	Lakeview Farm Campsite	19/12/26	RM120 up to 30/9 RM150 up to 1/10 Close 15/11.
2027						
1	India - Nash Hash Mulshi 2027	Pune, H3 https://share.google/IBv VsJtjP1zyAwigC	Pune H3	Mulshi , Pune, India	8- 10 /1/ 2027	Early bird till 15 June 2026
2	Kepong H4 20th Anniversary Run #999	OC Wrong No 012 2269 267 GM Abg John 012 3468 909 On Sec CP 012 3758 089	Kepong H4	Kerling Farm Selangor	9/1/2027	RM150 Early Bird RM180 -1/10 30/11 After 30/11 Freeby no g'tee

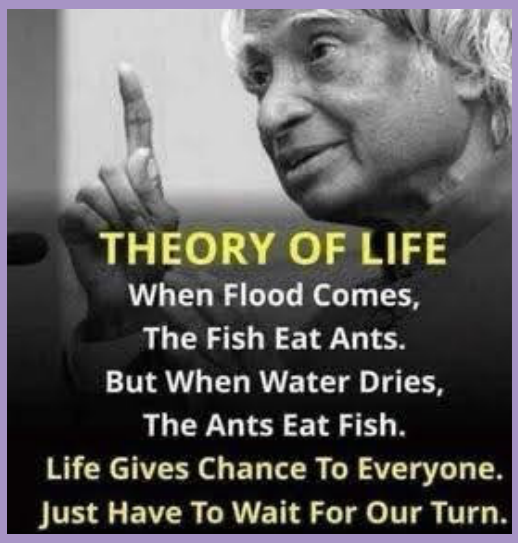
UPCOMING EVENTS

	Event	Website / Contact	Chapter	Where	When	Cost
3	Hash House Harriets Penang 55th Anniversary	OC Cocktail 012 4891 978 Amazing Grace 012 5831 593	Penang HHH	Che Hoon Khor Moral Uplifting	27/2/2027	RM155 before 31/8 RM180 1/9 - 30/11 RM200 up to 31/12
4	Kelab 020 Kedah Tengah H4 20th Anniversary	GM Chin Ah Lek 012 4984 887 OC Tai Tong Big Sound 012 4946503 020hhhh@gmail.com	Kelab 020 Kedah Tengah	Sg Petani Kedah	24/4/2027	RM160 up to 30/9 RM180 1/10-31/12 RM200 - 1/1/27 onwards 28/2/27 Close
5	16th Batang Nash Hash	GM Cool 012 3811 411 JM Playboy 016 2203 911	SAH3	Broga	12/6/2027	RM230
6	Kulim Hazards	GH Watchman 017 4039 062 OC Pink Lady 018 2240 645	Kulim H3	Pink Village S Lembu	19/6/2027	RM150 Closing 7/4/27
7	SPH3 50th Anniversary	GM Tosai -012 48 8640 OC Parker 019 474 7082	SPH3	SJKC Tai Tong, SP Kedah	4/9/2027	RM160
8	21st Pan Asia Hash	https://pah2027.com info@pah2027.com Pusher +91 92463 09565	Hyderabad H3	Hyderabad, Talangana, India	5 -7 /11/ 2027	USD222
9	Borneo Nash Hash 2027	Leny.ana2@gmail.com +62 0821 22 88887 Glen Mario +62 812 4462 2522 https://share.google/TUJWfxp DOBIARQHLp	Samarindah H4	GOR Kadrie Oening East Kalimantan	23 -24/ 10/2027	RM380

Additional details for hashing around the world can be found at www.GoToTheHash.net

Nash Hash Events
- Australia (Apr 2027)
- Borneo (Oct 2027)
- China (Oct 2026)
- India (Jan 2027)
- Japan (Oct 2026)
- New Zealand (Feb 2027)
- Philippines (Feb 2027)
- Swiss (Aug 2026)
- Thailand (Nov 2026)

IntraContinental Events
- Euro Hash 2027
- Inter Americas Hash
- Inter Gulf 2026
- Inter Scandi 2026
- Mekong IndoChina Hash
- Pan Africa Hash 2027
- Pan Asia Hash
- Pan South America









Upcoming Events Posters

















Upcoming Events Posters

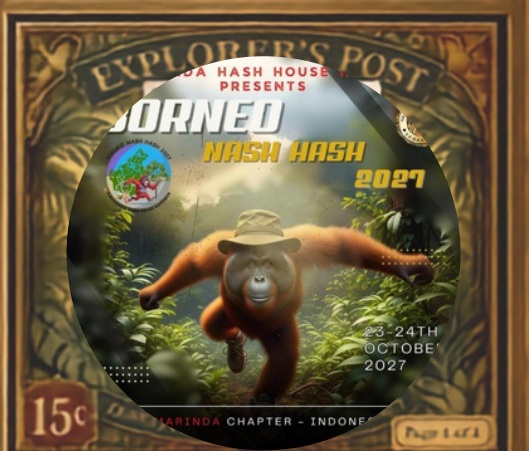
















Upcoming Events Posters

















Hashers in Action: Caring Beyond the Trail

Kedah & Perlis State Run Committee Brings Smiles to Schoolchildren. Building stronger communities through kindness









Sharing Smiles, Building Futures
Kedah & Perlis 5th State Run Charity Outreach
Living up to the Hash House Harriers' tradition of giving back to the community, the Kedah / Perlis 5th State Run Committee recently embarked on a meaningful charity initiative to support schoolchildren through contributions that promote both health and education.

Fesh Milk, generously sponsored by Datuk Leong, was donated to primary schools, providing pupils with nutritious refreshments while bringing smiles to their faces. The milk distribution was warmly received, with committee members spending time interacting with the children and reinforcing the values of kindness, care and community spirit.
In addition, the Committee presented RM4,000 to selected schools in support of their educational programmes.

The Malaysian Hash Federation extends its sincere appreciation to Datuk Leong and the Committee for their dedication in organising this commendable community outreach.

These initiatives exemplify the true spirit of hashing—fellowship, compassion, and service beyond the trail.
Through simple yet meaningful acts of kindness, the Hash community continues to make a positive difference in the lives of others.
On On to more meaningful community initiatives!





15th MNH 12-14 June 2026 Malacca.... Awesome

Message from the MHF President
15th Malaysian Nash Hash 2026 — Awesome!

Kudos, thanks and a very big ON-ON! to the amazing Organising Committee of the 15th Malaysian Nash Hash 2026.
A special shout-out to Gary "Joystik", Aku Kiat "Cocker", the six chapters under the Melaka Hash Council, our wonderful volunteers, sponsors, and everyone who worked tirelessly behind the scenes.

You planned it, you sweated it, you solved the problems, and somehow you still managed to smile! 😂
Your dedication, teamwork and countless hours of hard work truly showed what the Hash spirit is all about — friendship, camaraderie, fun and getting the job done together. **And what a Hash it was!**

From the trails and activities to the fantastic Hash Act, the laughter, the creativity and the sheer madness, everyone played their part in making this Nash Hash one to remember.
The Hash Act was simply unbelievable! A fantastic display of creativity, camaraderie and the true spirit of Hashing. It was certainly Hashers entertaining Hashers — and loving every minute of it!
To everyone who made the 15th Malaysian Nash Hash happen:
THANK YOU! WELL DONE!
You made us proud and, most importantly, you reminded us why we Hash.
Awesome! It's Back to Basics!
ON-ON!
Rajinder Agnihotri "Speedy"
President
Malaysian Hash Federation



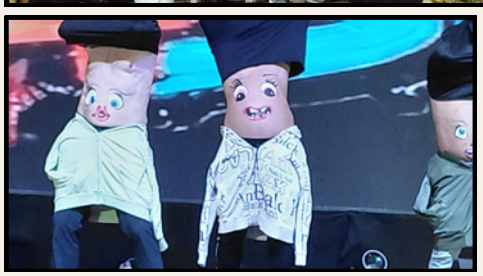





Hah Act presented by the Hasers for the Hashers.....
Awesome It's Back to Basics








15th MNH 2026 Kudos to the Organising Committee























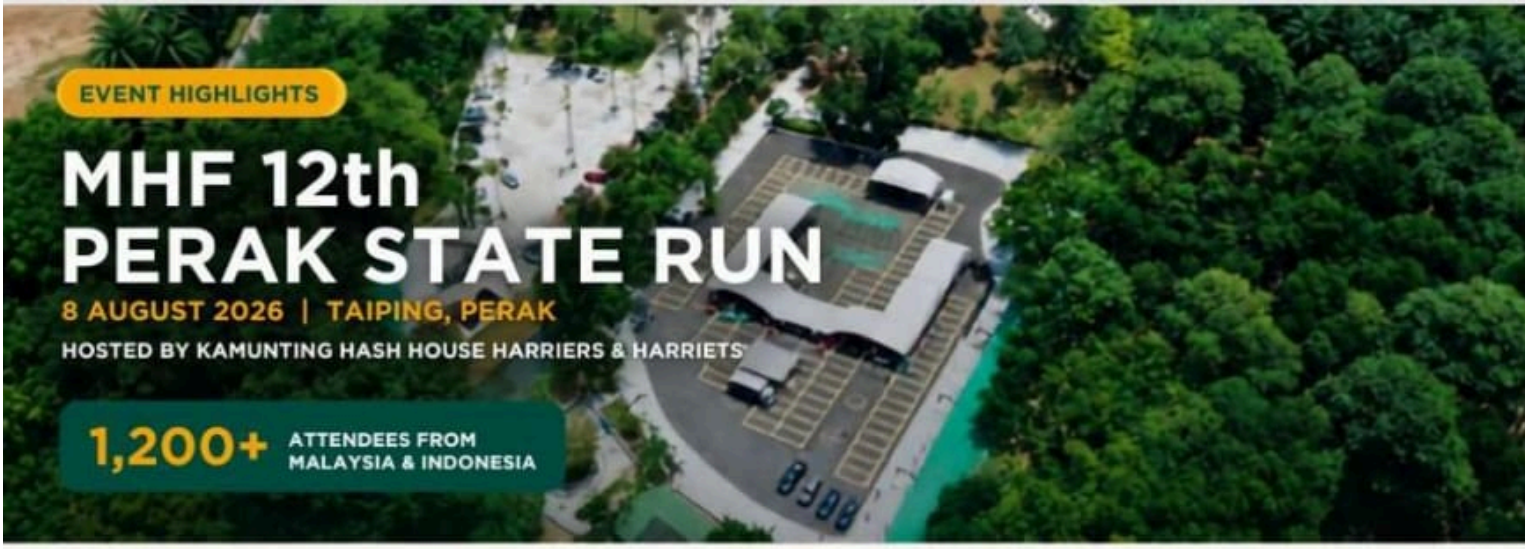










EVENT HIGHLIGHTS

MHF 12th PERAK STATE RUN

8 AUGUST 2026 | TAIPING, PERAK

HOSTED BY KAMUNTING HASH HOUSE HARRIERS & HARRIETS

1,200+ ATTENDEES FROM MALAYSIA & INDONESIA







A CELEBRATION OF ENDURANCE, COMMUNITY AND THE HASHING SPIRIT

The **"MHF 12th PERAK STATE RUN"** hosted by **"KAMUNTING HASH HOUSE HARRIERS & HARRIETS"** was successfully held on August 8th 2026, bringing together more than 1,200 attendees from various states across Malaysia and Indonesia. The event was a great success and received numerous positive comments and compliments from attendees.

Despite the hot weather throughout the day, participants showed tremendous enthusiasm and determination to complete the runs. The thoughtfully designed three different run categories — Long, Medium and Short, providing participants with different levels of challenge according to their abilities and experience. Each route presented its own difficulties, with varied terrain that tested the participants' endurance, stamina and trail-running skills.

One of the highlights of the event was the strong participation from runners and hashers who travelled from different parts of Malaysia to join the celebration. The large turnout created a lively and energetic atmosphere, making the anniversary and joint run a memorable gathering for everyone involved.

The successful execution of an event of this scale required considerable effort and coordination from the organisers, volunteers, marshals and supporting teams. From registration and route management to refreshments, safety and overall event coordination, the various teams worked together to ensure that participants could enjoy the event smoothly and safely.











A RESOUNDING SUCCESS

FEEDBACK • FELLOWSHIP • GRATITUDE

MHF 12TH PERAK STATE RUN | 8 AUGUST 2026

UNITED BY THE SPIRIT OF HASHING

Feedback from attendees was overwhelmingly positive. Many participants complimented the organisation, challenging and enjoyable routes, enthusiastic support from the organising teams, and the overall atmosphere of the event. The combination of sporting challenge, camaraderie and celebration made the event more than just a run — it was an opportunity for members and participants from across Malaysia to come together and strengthen the spirit of friendship, fellowship and joyful energy of hashing.

Overall, the **"MHF 12th PERAK STATE RUN"** can be considered a huge success. With more than 1,200 participants, strong interstate participation, challenging routes and excellent feedback from attendees, the event achieved its objective of bringing people together for a memorable and enjoyable running experience. The success of this event is a testament to the dedication and teamwork of everyone involved in making it happen.

















A SPECIAL THANK YOU TO SPRITZER

On behalf of the Malaysian Hash Federation and Kamunting Hash House Harriers & Harriets, we would like to express our sincere gratitude for your support, guidance and kindness. Your assistance has been greatly appreciated and has made a meaningful difference.

Report by Electro

Garuda H3 21st Anniversary









KRFH4 10th Anniversary




















WFR
LEGEND & EVEREST
RUN 20






LEGEND & EVEREST
RUN 2026














TECHNO CITY
23rd ANNIVERSARY
AFTER 20 YEARS
BACK TO NORTH
RM 300.00


金玉滿堂


I ♥ 500 HILL


Carlsberg
500HILL


HASH HOUSE HARRIERS
28th ANNIVERSARY


USED CAR


BAGAN SERAI HASH HOUSE HARRIERS
28TH ANNIVERSARY RUN
17.4.2027 DAMAGE RM 150
EARLY BIRD PROMOTION
31 OCT 2026 RM 120






16th MALAYSIAN
NASH HASH
2028
LANGKAWI
12th-14th
MAY
2028
3 DAYS OF FUN, FITNES
AND FRIENDSHIP!
www.wfr4hash.com




TECHNO CITY
23rd ANNIVERSARY


SSR
SILVER
JUBILEE RUN



MHF HAZE ALERT

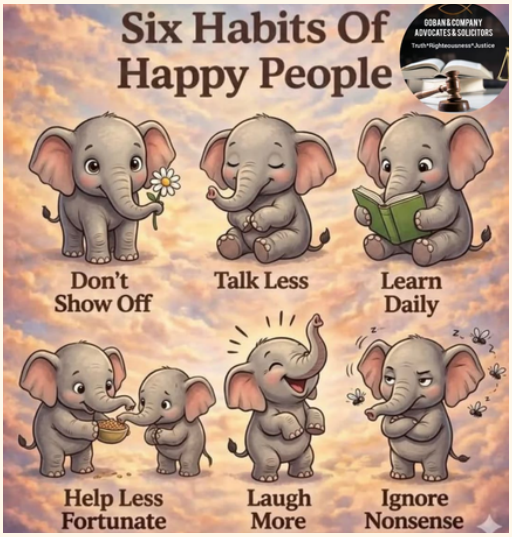








Humour



WHY DO COUPLES FIGHT..???!!

My wife sat down on the couch next to me as I was flipping channels.
She asked, 'What's on TV?'
I said, 'Dust.'
And then the fight started...

When I got home last night, my wife demanded that I take her someplace expensive.
So I took her to a petrol station.
And then the fight started...

I asked my wife, "Where do you want to go for our anniversary? "It warmed my heart to see her melting in sweet appreciation.
"Somewhere I've not been in a long time."
So I took her to my parents' house.
And then the fight started...

My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 100 in about 3 seconds.
'I bought her a weighing scale.
And then the fight started...

My wife was standing & looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible. I look old, fat and ugly. I really need you to give me a compliment."
I replied, "Your eyesight is perfect.."
And then the fight started....***

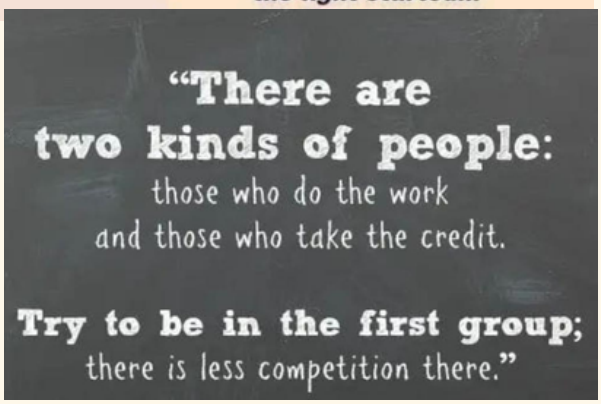
I sent it to my friend.
He sent it to his wife and then the fight started...

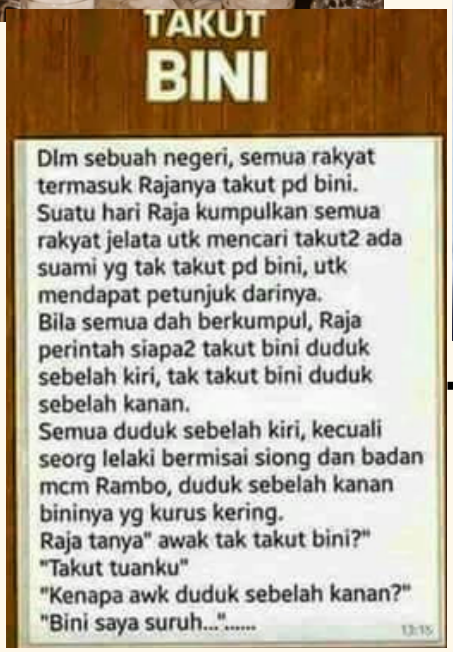
Boss : Muthuswamy, For 30 years u have been bringing me coffee, filled to the brim, without even spilling a drop.
How do you manage that over these stairs....

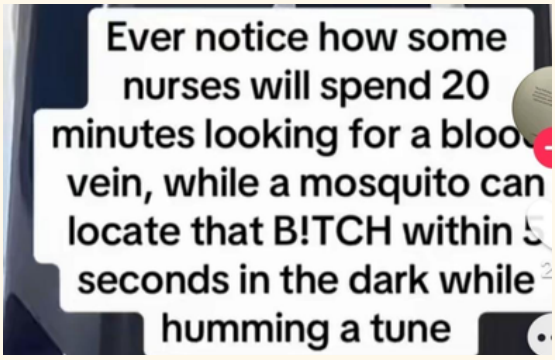
Muthu: Sir, before I climb up the stairs I take a big sip, as i get upstairs, I put it back..

Muthu's Farewell Party is tomorrow.....









Found this in a doctor's clinic

People eat vada and samosas fried in recycled spoilt oil. Relish panipuri filled with "dirty" water, pay money for a black liquid called coke or Pepsi.

Smoke, drink and chew tobacco like here is no tomorrow And all this without thinking twice !

But after I weite. prescription, they ask in seriousness.... ".. Doctor, I hope there is no side effect for these"



Toilet Sign





LETTERS TO THE EDITOR

Malaysian Nash Hash 2026

Post by VP. Shanmugam
State Minister of Youth, Sports and NGO (Exco)
Gadek State Asseblyman (ADUN GADEK)
Malacca State MIC Chairman

VP Shanmugam's post

FLAG OFF THE TRAIL CHALLENGE SEMPENA 15TH MALAYSIAN NASH HASH 2026

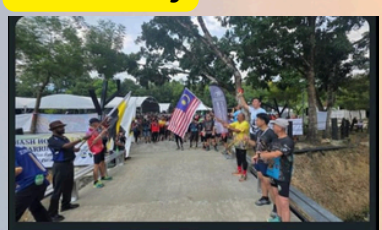
Pagi ini berkesempatan menyempurnakan pelepasan peserta bagi The Trail Challenge sempena 15th Malaysian Nash Hash 2026.

Program ini bukan sahaja menguji ketahanan fizikal dan mental para peserta, malah menjadi platform terbaik untuk mempromosikan gaya hidup sihat, semangat kesukanan serta mengeratkan hubungan persahabatan dalam kalangan komuniti hash dari seluruh negara.

Tahniah kepada pihak penganjur atas kejayaan menganjurkan program yang cukup meriah ini. Semoga 15th Malaysian Nash Hash 2026 terus berlangsung dengan jayanya dan meninggalkan kenangan manis buat semua peserta.

Ab Rauf Yusoh
Kerajaan Negeri Melaka

MHF 12th Perak State Run & Kamunting H4 38th Anniversary



霹山林跑步Spritzer生态公园落幕 逾千二捷兔成员参与|光华网

由太平甘文丁捷兔会(4H)授权承办的2026年度第12届霹雳州山林跑步活动，于上周六在太平Spritzer的生态公园顺利举行，吸引了多达1200多名来自国内各地...

kwongwah.com.my

霹山林跑步Spritzer生态公园落幕 逾千二捷兔成员参与
https://www.kwongwah.com.my/?p=1819461

19:27



More Humour



A msg from a wife:
Once I had to walk on a bridge. It was very high and I got scared. I saw my better half on the other side, and called him for help, but he didn't come. He said he was busy with something more important and I should learn to manage my way.
I felt bad but with tears somehow I managed and crossed the bridge.
There... I saw him holding the end of the broken bridge..!
Sometimes you think why your husband is keeping quiet. He may not help you to cross the bridge... But he might be holding the broken bridge for you when you lost trust on ur strength ..!!
That's a HUSBAND..... Pass it to all those who believe in these words & who admire the silent support and guidance.

10:01AM

In a New York hospital, Nurse to a new but arrogant white american father:
"Congrats, your wife just had triplets."

American:
"Im not suprised lady. My tool is as big as a chimney!

Nurse:
"Then Better get it cleaned... they're all Black"

PLEASE SEND YOUR STORIES, PHOTOS, AND RUN REPORTS TO OUR EDITORS:

ALEC WONG (LKS) – 019 332 0621
NERIN – 012 209 0547

REMEMBER, THE NEWSLETTER ONLY COMES ALIVE WHEN ALL OF YOU CONTRIBUTE. YOUR STORIES AND EXPERIENCES ARE WHAT MAKE IT INTERESTING, MEMORABLE, AND WORTH READING! ON ON!

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MALAYSIAN HASH FEDERATION

MALAYSIAN HASH FEDERATION (MHF) NEWSLETTER

Stay updated with the latest news, events, adventures and stories from the **Malaysian Hash Federation.**

- Federation news and updates
- Chapter highlights and events
- Hashing adventures and stories
- Member achievements and announcements
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MEET YOUR EDITORS



EDITOR



CO-EDITOR

Your support inspires us to keep sharing stories, ideas, and updates that matter to our MHF community.

We are grateful to be part of this journey with you. Together, we can make a positive difference!

ON ON!

TILL THE NEXT ISSUE OF MHF NEWSLETTER!