ROYAL IPOH CLUB

Since 189



The Ipoh Clubber





Our Services

- Medical Consultation with Prompt Treatment
- Medical Screening Packages
- Wellness and Preventive Care
- Chronic Illness Management
- Surgical Procedures
- Vaccination & Travel Medicine
- Laboratory Investigations
- Knee Joint Injection
- Panel Care & Corporate Health Related Affairs
- Wellness Enhancement Treatment











KLINIK TIN CITY SDN BHD (1266932 - V)

11 & 13, Jalan Pusat Perniagaan Falim 2,

Pusat Perniagaan Falim, 30200 Ipoh, Perak.

Tel: 05-2108003

Email: kliniktc@gmail.com



MANAGEMENT COMMITTEE 2019 - 2020



PRESIDENT
DATO' THONG FAH CHONG
DPMP, PMP, AMP, AMN



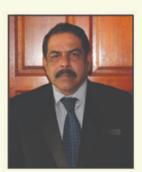
VICE PRESIDENT
MR. PULANTHRAN MUNIANDY



HR CHAIRMAN ASP (RTD) KRISHNAN VASSOO



F&B CHAIRMAN
DATO'ADLY SHAH B. AHMAD TAH
DIMP



ENTERTAINMENT CHAIRMAN ASP. L. VALLAITHAM PILLAI



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CHAIRMAN
MR. INDRARAJA MOOTATAMBY



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CHAIRMAN
MR. JOSEPH NGAI CHEE WAI



AMENITIES CHAIRMAN MR. RANJIT SINGH (RANDY)



SECURITY CHAIRMAN
MR. THIYAGARAJAN MUTHU



Fram the PRESIDENT

Welcoming the New Year 2020 has been a dream of all Malaysians as we were set on a vision by the then leadership of the country. In honoring the spirit of this Vision, I humbly put forward my New Year well wishes to all Members of the Club.

My sincere and heartfelt appreciation to all Members who entrusted their faith to me in completing my tasks in my attempt of improving the esteemed Club in areas which required considerable attention during my tenure as the President of this Club. I also acknowledge Members who may have disagreed with my undertakings as I stand firmly on the believe of upholding the Constitution and the rules and regulations in place.

As President, I was overwhelmingly committed to increase membership of the Club. Currently we have a large percentage of senior members and the intake of new membership has been decreasing over the years. With conscious aims to fulfill this commitment, I created a new portfolio called the Membership Development Committee. Huge hats off to the Committee on pouring in a consistent hard work and successfully recruiting 58 new members during my term. I hope that this Committee would remain in existence in near future considering the contribution it has made to the Club.

Some of the renovations in the Club that took place were very much oriented in improving the facet the of the historical building without damaging any of the original structures. This included the surau, cricket room, guard house and the changing of roof tiles in stages. Hopefully these renovations would provide further comfort and a smoother functioning of the Club.

I m also very pleased to share that the healthy activities of the Club such as the billiards sports mainly the snooker, pool and golf has continued receiving an increase in participation. Golf has shown a hike in membership and this is indeed very welcoming. I would like to thank organizing Committees in their praiseworthy efforts and look forward to having the members to continue the enthusiasm and spirit in sports.

Having an agenda to further expand the activities that could be held in the Club and in the breath of jazzing up family oriented environment, the Committee together with me proposed the idea of having a pool, a gym and also a multi-purpose area overlooking the Ipoh Padang for the purposes of conducting special functions. Hence, the entire proposed architectural drawings have been endorsed by our Royal Patron and has been submitted to the City Council for its approval.

Finally, I would like to thank the highly dedicated and diligent Committee and all members on their continued backing in the aspiration of having all the ideas, improvements, enhancement, promotion, and advancement lined up for the Club successfully implemented to date. I look forward to having this support setting its significant foot from time to time.

DATO' THONG FAH CHONG DPMP, PMP, AMP, AMN.

PRESIDENT OF ROYAL IPOH CLUB



From the EDITOR'S DESK

Esteemed Fellow Members of The Royal Ipoh Club,

We have just ushered into the New Year 2020 and here we are again," The Ipoh Clubber" presenting to you briefly some of the recent affairs that the Club has been into.

The Club is thrilled to have its new members on board. Warm welcome to all and thank you!

Once again, the bulletin shares how well the Club was massively occupied with its sports and games events lined up from time to time. These events project a healthy spirit and energy worth admiration. Nothing beats events which promotes unity, team-work and good health!

Festive celebrations continued marking the Club's 2019 calendar having Azlan Shah hall witnessing a glorious Deepavali Night end of November 2019 followed by Christmas Eve Dinner serving its much appetizing roasted turkey accompanied by joyous year end vibes.

New year 2020 was ushered momentously with a Countdown party in Azlan Shah Hall. Wishing all members, a blessed year ahead!

As the saying goes, 'reading makes people', the Club has never failed its effort in contributing new books. Three marvelous books are in library worth spending time with; BECOMING BY MICHELLE OBAMA, HEADS YOU WIN BY JEFFREY ARCHER and SILENT NIGHT BY DANIELLE STEEL.

Heartfelt appreciation to members who donated books to our Nazrin Shah Library. List of donors and books are stated in this bulletin.

Also thanking Mrs. Manmit Kaur for her short article on feminism, sharing briefly a perspective patriarchally controversial over the centuries. Looking forward to having more female members of our Club contributing articles that may enlighten intellect.

Lastly, deepest and sincere condolences to all the recent departing members of the Club and their family members. We thank them for all their contribution to the Club.

To the sponsors of the advertisement page, thank you!

Happy Clubbing!

Dr. Dharminder Singh a/l Ragbir Singh

Library, Publication and Editorial Chairman.

(Membership No: 4274)



LIFE MEMBERS



IVAN LAU CHEE FEI (3595)



ALI AKBAR BIN SHER MOHAMED PMP (3652)



MATHIALAGAN A/L MATHURAMUTHU (3677)



Y. BHG. DATO' DR. ANWAR HASSAN (3716)

NEW CLUB MEMBERS (UP TO DECEMBER 2019)



RUBINATH NAIR A/L KRISHNAN (4323)



WAN NAZARI BIN TAN SRI YOM AHMAD (4324)



IR. SELVANASON KRISHNAN (4325)



PARVIN KUMAR (4326)



ZAINON BINTI MOHAMED SALIM (4327)



N. JEGAN NAIDU A/L NARAYANDO (4328)



DATIN JOSEPHINE ASTRID ARIFF (4329)



SUNDARAM A/L RAJOO



CHAI TOO YOONG (4331)



VENGATESWA RAO A/L KOTEESWARA RAO (4332)



Y. BHG. DATIN SITAL KAUL A/P AMAR NATH (4333)



SELINA LILY A/P DAVIER (4334)



BRIGITTE LOURDESAMY (4335)



POO KOK CHEONG (4336)



FEMINISM: REDEFINING RELATIONSHIP BETWEEN INDIVIDUAL AND SOCIETY.

Feminism is a range of social movements, political movements and ideologies that share a common goal; to define, establish, and achieve the political, economic, personal, and social equality of the sexes. The feminist theory scholarship has always been centered at the idea of analyzing gender inequality. In the field of law, this theory has made a vibrant and controversial entry.

The significant concern of the feminist legal scholarship in my opinion is arguably to show how law defines what is male / female/masculine and feminine, reinforcement of the position of men and women in society to men's advantage and also analyzing how the differences between men and women should or should not be reflected in legal rules, institutions and structures.

Feminist views developed over the decades argued mainly on suppression, inadequate education, disengagement in public life, voting rights, equal protection by the law, freedom and equality in employment, reproductive rights and freedom over their own bodies and sexuality. The challenge and struggle have always been based on the idea of domination, emancipation and meaning of humanity. Much injustices, the wrongness of the violation or exploitation of women has been highlighted in feminist writings. But the question remains: Has the feminist legal theory really made a practical difference?

The gender system itself is a power system, unequally structured to suit men. Law's supposed neutrality only reinforces this inequality. However, law can be used as a tool to empower women to change both their circumstances and the legal system itself.

A great deal of social life is divided along gender lines. Feminism calls this into question. Feminist theories of patriarchy challenge the nature of power expressed in the private and public division of labour and social activities. Feminist tactics attempts to create a new "language of possibility", grappling with the tensions

between the particular and the universal, the concrete and the abstract. There is a strong recognition that there is still a need, now even more than ever, for change, perhaps at the most mundane level, a global acceptance that treating women as less human than men is wrong!

Manmit Kaur Gill Feb 2020 (Membership No. 4274ST)







HANDPHONES AND OUR HEARING, ARE WE ACCELERATING DEAFNESS

In today's world, most people we see around us happen to own a mobile phone. These devices are small, wireless and can fit into a pocket easily. This is in stark contrast to how things were 30 years ago when such mobile phones were heavy, cumbersome, and only accomplished basic functions.

Mobile phones today can function the same way most computers do, from sending e-mails, managing online banking, trading shares, video calls, even watching movies and video streams. In fact, with some phones we can even control the electrical appliances in our own homes.

It's no wonder these days if we walk through a shopping mall, most people can be seen glued to their mobile phones. It is also no surprise that the global revenue from smartphone sales hit 478 Billion US Dollars in 2017. Most of us feel helpless without our mobile phones. In fact, without it anxiety sets in for the vast majority of people, for those who have lost their mobile phones before, you know what I mean.

However, considering the mobile smartphone is a new phenomenon, there lies a question regarding long term health effects of such devices. Various theories have emerged linking the use of smartphones to increased incidence of brain cancer, visual loss, hearing loss, social and psychiatric conditions among others. Many of these links remain inconclusive at this point in time.

The link between hearing loss and mobile phone use has been talked about for some years now. In a study done by the Department of Otolaryngology at the Postgraduate Institute of Medical Education and Research in Chandigarh, India, researchers assessed and compared the changes to the central auditory pathway and the inner ear that resulted from exposure to the electromagnetic waves from mobile phones. Using a battery of tests, the hearing function of 125 people who had been regular cell phone users for at least one year was compared with the hearing function of 58 people who had never used cell phones. The results of the study showed those who were long-term cell phone users had significantly more hearing loss than the non-cell phone users.

According to a study conducted by the American Academy of Otolaryngology, the electromagnetic waves emitted by the phone caused damage, and this hearing loss is not necessarily caused by the high volume. However, that does not mean high volume does not affect your hearing. The potential damage to our hearing from loud music, much of which is now heard through the ubiquitous earbuds, is increasing every day. A recent report from the World Health Organization estimates more than one billion young people are at risk of permanent hearing loss, simply from listening to music that is too loud. "Anything where you're putting sound into the eardrum, that's something as a society that we need to take a closer look at," says Rex Banks, chief audiologist at the Canadian Hearing Society.

Cell phones and smartphones aren't going to disappear any time soon, but there are a few things you can do to protect your hearing. Experts recommend keeping your cell phone away from your ear as much as possible by texting, using the speaker phone or using a Bluetooth headset. If you have to hold the phone up to your ear, keep the calls short.

New phone technology is always impressive, but educating ourselves about its hearing dangers can go a long way toward protecting our hearing both now and in the future. And if we can't hear our friends anymore it would be a fairly sombre and silent future.

Sound processor

Transmitter
Cochlear with implant electrodes

Receiver

DATO' DR. M. GURDEEP SINGH MANN DPMP, PMP.

MBBS (PBi), M.S. (ORL / Head & Neck Surgery), UKM, FAMM (MAL)

Consultant ENT Surgeon Membership No.: HM121



VIII/Keetras

DATE: 30th AUGUST 2019 (Friday)

TIME:7.30 PM onwards

VENUE: AZLAN SHAH HALL

'HAWKER'S FOOD CARNIVAL'



ENTERTAINMENT BY
SWILL T MI MORY:

RM 25.00 PER/PAX (ADULT)
RM 10.00 PER/PAX (CHILDREN)
(12 YEARS & BELOW)

Liquor Corkage At RM 25.00 (1 Liter)

HAPPY HOUR ALL NITE LONG

Kindly RSVP 05-2542212 To Avoid Disappointment
OPEN FOR BOOKING NOW

MERDEKA DAY CELEBRATION 2019

30th August 2019































Deepavali-Nite



30th November 2019 (Saturday) 7.30 pm - 11.30 pm Azlan Shah Hall



RM 350.00 nett (Per Table) RM 35.00 nett (Per Pax)

Sit-Down Dinner (Dome Set) (Indian Cuisine)

Liquor Corkage : RM 30.00 + 6 % SST (1 Litre & Below)



Happy Hour All Nite Long



Entertainment! KL Live Band

Kindly make your Reservation with our Reception Staff at 05-254 2212





DEEPAVALI NITE 2019

30th November 2019













































X'mas Eve Dinner

Idris Dining

24TH DECEMBER 2019 (TUESDAY)
7.00 P.M. TO 10.30 P.M.

STARTER

Pomela Salad with Honey Dressing



Pumpkin Soup with Coconut Served with Bread Roll & Butter



MAIN COURSE

Roasted Turkey with Cranberry Sauce Accompanied with Saffron Rice, Buttered Vegetables, Glazed Au Gratin, and Buttered Raisin Pudding

or

Baked Seabass Fillet with Capes Buttered Lemon Sauce Accompanied with Poached Spinach and Mashed Potato

DESSERT

Lime Mousse with Ice-Cream Sparkling Juice Coffee / Tea

RM 55.00 + 6% SST/PAX



ROASTED TURKEY WHOLE BIRD AVAILABLE SELLING AT RM 298.00 + 6 % SST (PRE ORDER ONE DAY IN ADVANCE)

Reservation cut-off date will be on 22nd Dec 2019.

Please book early to avoid disappoinment by calling Receptionist at 05-2542212.



2020

new year's eve countdown



31st December 2019 (Tuesday)

AZLAN SHAH HALL

7.30 p.m. Onwards





Sweet Memory & Sonic Events
Saxophonist Man. G & DJ with Music Machine

RM 50.00 Nett Per Pax RM 400.00 Net Per Pax

WITH WESTERN SET MENU CORKAGE: RM 30.00 PER BOTTLE + 6% SST

THEME: BLACK & WHITE

(Dress Code Black Tie Preferred / Lounge Suit) (Reservation cut-off date will be on 29th Dec 2019 (No Cancellation)

Please book early to avoid disappoinment by calling Receptionist at 05-254 2212.

NEW YEAR'S EVE COUNTDOWN 2020

31st December 2019







PERSATUAN 420 HASH HOUSE HARRIERS



Royal Ipoh Club would like to thank Persatuan 420 Hash House Harriers Petaling Jaya Chapter for patronizing the Club as one of their pit stops for their Pub Crawl event on the 4th January 2020. Thanking the association for the interest shown and the Club look forward to having more socially beneficial patronizing by associations that are likely to jazz up the sociability concept which is part of the reasons of the existence of the Club. Thank you! Royal Ipoh Club would like to thank Persatuan 420 Hash House Harriers Petaling Jaya Chapter for patronizing the Club as one of their pit stops for their Pub Crawl event on the 4th January 2020. Thanking the association for the interest shown and the Club look forward to having more socially beneficial patronizing by associations that are likely to jazz up the sociability concept which is part of the reasons of the existence of the Club. Thank you!







森 保 裝 飾 貿 易 SIM BOO DECORATION TRADING

(IP0261794-U)



H.P.: 014-340 5605, 012-521 9293

Fax: 05-282 9460

1407, Jalan Ipoh, Menglembu,

31450 Ipoh, Perak



TANG CHONG SEONG 012-522 5979



Bandar Seri Botani, 31350 Ipoh, Perak.

JULY 2019 - JANUARY 2020 Championship Result

| | JULY 2019 | AUG 2019 | SEPT 2019 | OCT 2019 | NOV 2019 | DEC 2019 | JAN 2020 |
|----------------------------------|---|--|--|---|---|--|--|
| POOL CHAMPIONSHIP CHAMPION | N. Parameswaran (4256) | S. Nanda Kumar (4266) | N. Sakthivel (3822) | S. Nanda Kumar (4266) | Marcus Loh (4265) | S. Nanda Kumar (4266) | S. Nanda Kumar (4266) |
| RUNNER UP | M. Prakhash (4189) | N. Sakthivel (3822) | M. Prakhash (4189) | Marcus Loh (4265) | M. Thiyagarajan (4093) | K. Nadarajan (4304) | K. Jaya Mohan (3902) |
| CHAMPION | S. Raja Segran (3604) M. Prakash (4189) | K. Jaya Mohan (3902) N. Sakthivel (3822) | N. Rakunathan (4229) M. Prakhash (4189) | Ranjit Singh (Randy) (4211) M. Prakhash (4189) | K. Jaya Mohan (3902) Tuan Vallaitham Pillai (4212) | A. Jasob (3602) R. Perumal (4217) | Tuan Vallaitham Pillai (4212) R. Perumal (4217) |
| RUNNER UP | K. Jaya Mohan (3902) Tuan Vallaitham Pillai (4212) | Tuan M. Indraraja (4026) M. Thiyagarajan (4093) | S. Jaya Sangar (4009) N. Sakthivel (3822) | K. Jaya Mohan (3902) S. Jaya Sangar (4009) | R. Perumal (4217) N. Sakthivel (3822) | N. Sakthivel (3822) K. Nadarajan (4304) | N. Parameswaran (4256) G. Rajendran (4203) |
| COMPETITION CHAMPION | lvan Lau (3595) | Ivan Lau (3595) | Marcus Loh (4265) | Ivan Lau (3595) | Kris Wong (2541) | Marcus Loh (4265) | ı |
| RUNNER UP RUNER UP | Dr. Ishvar Rajasegeran (4223) | Marcus Loh (4265) | Ivan Lau (3595) | Marcus Loh (4265) | lvan Lau (3595) | Dato Thong Fah Chong (3183) | ı |



GOLFERS DINNER 2019

28th July 2019



























BILLIARD SECTION

































DARTS SECTION





Darts Monthly Medal (Aug 2019)



Darts Monthly Medal (Sept 2019 & Oct 2019)





Darts Monthly Medal (Nov 2019 & Dec 2019)









Darts Monthly Medal (Jan 2020)







POOL MONTHLY MEDAL

Aug 2019



Oct 2019



Nov 2019



Dec 2019



















Jan 2020









THE ANNUAL STAFF PARTY ROYAL IPOH CLUB









The Annual Staff party 2019/2020 was held at VIRGO BATIK RESORT, Teluk Batik, Lumut on 16th & 17 th February, 2020. Staff, their family members and MC members attended this function. It was a 2 days 1 night trip. The theme this year was "Hawaiian Night". During the BBQ dinner lucky draw was held and all staff were ensured of a prize such as TV sets, washing machine, blenders and other house hold electrical items useful for daily use at home. Staff were seen singing and dancing happily. The next day after the steamboat lunch all left Teluk Batik and reached home in the evening. It was a very different and a joyful trip.





























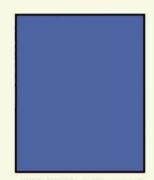




OBITUARY



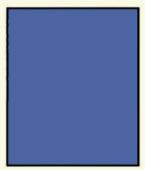
GURDEV SINGH (1986)



ABD AZIZ B. ABD HAMID (2462)



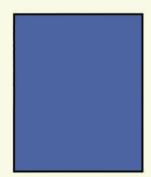
Y. BHG. DATO MOHD ARIFF B SHAFFIE (2568)



ZAINAL ADNAN B HAJI JAWI (2845)



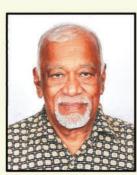
HARBHAJAN SINGH S/O MOKAND SINGH (2963)



THARMA NATHAN (3382)



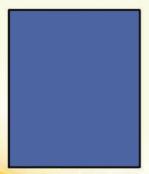
FRANCIS PATHMANATHAN A/L R. MEGANATHAN (4018)



RAMAN KUTTY A/L KUTTAPPAN NAIR (4122)



Y. BHG. DATO. ONGKAR SINGH A/L AJIT SINGH (4219)



MDM. LEONG SIEW CHIN (LD126)



Y. BHG. DATIN NANCY NG (LD142)



MRS MAI PALMER (LD244)

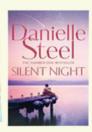
NAZRIN SHAH LIBRARY NEWS

NEW BOOKS

- 1) BECOMING BY MICHELLE OBAMA
- 2) HEADS YOU WIN BY JEFFREY ARCHER
- 3) SILENT NIGHT BY DANIELLE STEEL







BOOKS DONATED

- 1) MR. JAYA MOHAN KANAPATHY DONATED THE FOLLOWING BOOK:
 - THE LAW REVIEW 2019
- 2) DATIN GNANAMBIGAI RAJAH DONATED THE FOLLOWING BOOKS:
 - THE UNSUNG PATRIOT : MEMMOIRS OF WONG POW NEE BY PETER WONG TET PHIN AND KOAY SU LYN
 - IPOH WHEN TIN WAS KING BY HO TAK MING
- 3) DR. RAJESWARAN DONATED THE FOLLOWING BOOKS:
 - WHEN BREATH BECOMES AIR BY PAUL KALANITHI
 - THE CHRONICLER One Man's Diary on Life BY KOH CHYE HOCK
 - ONENESS WITH ALL LIFE BYECKHART TOLLE
 - THE SECRET BY RHONDA BYRNE
 - THE POER BY RHONDA BYRNE
 - SPEECHES THAT CHANGED THE WORLD BY EMMA BEARE
 - IN THE SPHERE OF SILENCE BY VIJAY ESWARAN

4) MR. DEEP SINGH A/L RAGBIR SINGH

- KELAB TAMAN PERDANA DIRAJA KUALA LUMPUR ROYAL LAKE CLUB
 "TIMELESS" - CELEBRATING 125 YEARS OF EXCELLENCE
- 5) THANKING **MR. BALBIR SINGH** (4161) ON DONATING A BRAND NEW RHYTHM CLOCK FOR THE LIBRARY OF ROYAL IPOH CLUB. A VERY THOUGHTFUL CONTRIBUTION INDEED.





We take this opportunity to thank members who have donated books to the Nazrin Shah Library. Your kind gesture is very much appreciated.

DR. DHARMINDER SINGH
LIBRARY, PUBLICATION & EDITORIAL CHAIRMAN



ROYAL IPOH CLUB

MANAGEMENT COMMITTEE 2019 - 2020



Standing from left to right:

Thiyagarajan Muthu, Joseph Ngai, Indraraja Mootatamby, Dr. Dharminder Singh

SKOK KIN

Seated from left to right:

L. Vallaitham Pillai, ASP(Rtd)Krishnan Vassoo, Dato' Thong Fah Chong (President), Dato' Adly Shah Bin Ahmad Tah, Ranjit Singh a/I Sawaran Singh

SUHAGAN



Madam Rashpal 0016-443 9241 (sms only)

No.29, Persiaran Bijeh Timah, 30000 Ipoh, Perak. Email: suhagan.suhagan.rs@gmail.com