



**ROYAL
IPOH
CLUB**

Bulletin 2022
The Ipoh Clubber

OUR ROYAL PATRON



UNDER THE ROYAL PATRONAGE OF
H.R.H. SULTAN OF PERAK DARUL RIDZUAN

Duli Yang Maha Mulia Paduka Seri Sultan Perak Darul Ridzuan
Sultan Nazrin Muizzuddin Shah Ibni AlMarhum Sultan Azlan Muhibbuddin Shah Al-Maghfur-Lah
D.K.,D.K.S.A., D.K.A..D.M.N.,D.K.(Kelantan), D.K. (Selangor),
D.K.N.S, D.K (Perlis), D.K (Kedah), D.K 1(Johor),
D.K. (Pahang), Ph.D. (Harvard)



PRESIDENT'S MESSAGE



Dear Esteemed Members,

My Members who are close to my heart, my humble seasonal greetings to every one of you. Having served this Honourable Club on previous occasions as a Committee Member, Vice President and now as a President, I must say it has indeed been a challenging journey.

But despite all the trials, we have done quite well as a Club. The activities which took place in our Club have reached greater heights throughout the year.

As we begin the New Year, we have much to look forward to, which no doubt would be exciting, challenging and unique.

My term started off with the world seeing crises of unprecedented nature and effects: the COVID-19 pandemic, the war in Ukraine, inflation and escalating food costs. It felt overwhelming and left many of us wondering how to cope and carry on.

Whilst we have accomplished much, there are still more to do moving forward.

In closing may I say I am truly humbled and honoured to serve as your President this year and I look forward to working with the Committee and each Member as we all move forward with open opportunities.

Pulanthran a/l Muniandy PJK
President 2022/2023
Royal Ipoh Club



FROM THE EDITOR'S DESK



Men's Health Matters

On the 31st of July 2022, the Royal Ipoh Club in collaboration with the Rotary Club of Greentown held its first ever Public Forum on Men's Health Matters. This is a topic appropriate for the Club as many members are aged 50 and above. Such topics are regarded as taboo among many Asians as compared to Westerners. We probably confide only in our wives, friends and/or parents. The President of the Rotary Club of Greentown, Ms. Shangari, was instrumental in organising this forum with the help of our member Mr. Francis Vije.

Topics covered were :

- Prostatic Health by Dr. George Choo Eang Seng from Hospital Pantai, Ipoh.
- Effects of Muscle Aging in Men by Dr. Harnek Singh, Physician and Geriatrician from Hospital Pantai, Ipoh.
- Male Menopause - Myth or Reality by Dr. Monesh Pillai, Primary Care Physician from Klinik Manalan, Ipoh.
- Empty Nest Syndrome by Dr. Jananee Muniandy, Primary Care Physician from Klinik Manalan, Ipoh.
- Psychological Changes in Men by Dr. Arunakiri Muthu Krishnan, Psychiatrist from Hospital Bahagia, Ulu Kinta.

Rotarians and Club Members started filling the Dewan Azlan Shah as early as 9.00 am.

The topics covered were very interesting and informative indeed. There was a Question & Answer Session moderated by Dato' Dr. Sushil Ratti, a Dermatologist.

The forum ended with a word of thanks to the speakers by Dato' Dr. Ratti followed by light refreshments.

All in all a great start for public forums – For the future perhaps we will have topics other than medical.

Stop Over by HRH

A week before Merdeka Day, we received a letter from the State Government informing the Club that it was the intention of His Royal Highness, the Sultan of Perak, Sultan Nazrin Muizzuddin Shah, to visit the Club on the 31st of August 2022.

HRH wished to rest at the Club after the Merdeka Day Parade at the Ipoh Railway Station. The Club decided to whitewash the brick walls and varnish the wooden walls all around club and clean the carpets at the Idris Bar.

On the 31st of August 2022, the Committee Members were attired in our traditional batik shirt and arrived early in the morning. The first was Mr. Krishnan J.P. at 6:20 am followed by myself at 6:30 am. It was a bright and sunny day. The participants of the Parade were already at the Ipoh Padang by 8:00 am. Various other parade participants were making their way to the Railway Station. There were school children in multiple rows at the Ipoh Padang.

While awaiting the arrival of Their Royal Highnesses, we relaxed at the Palm Court. Dato' Naran Singh, as always, bought roti canai for all the Committee Members.

At around 10:30 am, Their Royal Highnesses arrived at the Club's porch.

While we assembled in the Idris Dining Room, we noticed the royal household butlers came into the Idris Bar to prepare the necessary crockery to be used for Their Royal Highnesses at about 11:00am, after we arranged ourselves at the far end of the room near the bay windows.

HRH Sultan Nazrin was dressed in the uniform of Rejimen Askar Melayu Diraja (RAMD) and for a brief moment I did not recognise it until HRH spoke and asked me how I was. I nervously replied that I was well and thanked HRH.

Their Royal Highnesses were accompanied by the DYAM Raja DiHilir Perak, their prince YM the Raja Kecil Bongsu, the OCPD of Perak and other members of the Royal household. Also present were Tuanku's security detail and officers from the Special Branch.

Tuanku and Raja Permaisuri had some brief words with the President and Vice President before taking a walk about around the Club.



FROM THE EDITOR'S DESK

Bollywood Night

After much deliberation and discussion, the MC finally decided to have an Entertainment Night to woo members back to the Club to foster and strengthen the delicate shreds of friendship.

On the 29th of July 2022, the stage was set for the Event. The response was generally good, with many tables being taken up by lady members. We had about 120 guests.

The night started with the opening address by the President, Mr. Pulanthran who thanked the members for their support. The first item was dance & dhool performance sponsored by Dato' Naran Singh.

Our own Mr. Gurcharan Singh sang old and new Hindi tunes. As the night followed the music machine took over and the tempo became upbeat.

The dhool and cultured dances were sponsored by Dato' Naran Singh. His generosity was well received by the Committee which thanked him at the next Committee Meeting.

Dato' Naran has always been generous in his all occasions.

Once the food buffet was opened, everyone made a beeline for it.

We had satay, chapatti, chicken and mutton to name a few of the delicious food that was served.

Once the music hit a thunderous beat, the adrenaline rush was too much so everyone took to the dance floor. Towards the tail end once everyone has had their dinner, there were cries for dessert. Unfortunately, the President informed the guests that there was no dessert.

Dato' Naran Singh then walked to the stage and informed the guests that there had been an oversight and that the next time we will have dessert, hence saving the day. He jokingly said maybe the Club will serve durians-D24.

"Malaysia Day" Night (15th September 2022)

The President felt we should do away with the hawker stalls as they always result in a loss to the Club as the response is always poor. Instead he decided to have hawker food in a buffet style presentation. There were about 100 members including- guests at the Idris Dining room. A good variety of food was served. There was Chee Cheong Fun, Satay, Mee Mamak and Nyonya Cakes. The Band was in attendance as were Mr Brian and team. Only drawback was that the music was too loud to allow decent conversation. Maybe it is time to think of placing cushion pads on the wooden walls to absorb the noise rather than magnify it. It was a smooth flow of events till we wrapped up at around 11.00 pm.

Pledge At The Bar

"This Bar is dedicated to those excellent gentlemen who make drinking a pleasure who reach contentment before capacity, who whatever they drink can take it and remain gentlemen."

These words have been on a plaque which dons the wall of the Idris Bar and another of the Long Bar. They serve to remind us that when we drink, we must observe our composure and behaviour. Many members have read it but while some observe it, there are others who completely disregard this. It is unknown who had written these words and place the plaques. Many have claimed to have done it but none have been proven to be true. I hope these plaques will literally hang around on those walls for a long time to remind Members of their composure when drinking.

Dr.Selvakumar
Editor



MANAGEMENT COMMITTEE 2022



PRESIDENT
MR. PULANTHRAN A/L
MUNIANDY
PJK



VICE PRESIDENT
DR. ISHVAR RAJASEGARAN



**HUMAN RESOURCES
CHAIRMAN / SPORTS &
RECREATIONAL CHAIRMAN**
MR. HARI KRISHNAN A/L
KOVAL KRISHNAN



DINING CHAIRMAN
MR. ANANTHAN A/L
ALLIMUTHU



**ENTERTAINMENT
CHAIRMAN**
MR. RAJA MANGEET SINGH
A/L BASANT SINGH



**SECURITY & IN-HOUSE
DISCIPLINE CHAIRMAN**
DATO NARAN SINGH
DPMP, PMP, AMN, AMP, PPT



**PROTOCOL & PUBLIC AFFAIRS
LIAISON CHAIRMAN**
MR. AZMAN SHAH B.
HAJI AHMAD TAH



**PUBLICATION &
EDITORIAL CHAIRMAN**
DR. SELVAKUMAR A/L
SELVARAJAH



**BUILDING DEVELOPMENT &
MAINTENANCE CHAIRMAN**
MR KRISHAN KUMAR KAURA

NEW CLUB MEMBERS



RAJANDRAN A/L
SUNDARAM (4365)



KABIR SINGH A/L
JULA SINGH (4366)



DUNESH A/L
RAJAGOPAL (4367)



DING CHING
LOONG (4369)



MDM. SARUS VADI@
SARASWATHY D/O
VEERASAMY (4370)



NORSIAH BINTI
MOHD NOOR (4371)



HALIDA BT
MOHAMAD ALI (4372)



SRI THEVAN A/L
MOHANA KRISHNAN
(4373)



JAGSIMREN SINGH
CHALL (4374)



LEONG CHEOK
KENG (4375)



ARUMUGAM A/L
SAMINATHAN (4376)



LEE YEW WING
(4377)



INDERJEET SINGH A/L
PERTAP SINGH (4378)



VIJAYA KUMAR A/L
KRISHNAN (4379)



NEW CLUB MEMBERS



THIRUMAARAN A/L
MATHU RAIMUTHU
(4380)



SUBRAMANIAM A/L
NAGAMUTHU@
NADARAJAN
(4381)



KARTIKKESAN A/L
KRISHNAN (4382)



KISHOTHARAN A/L
SANIRAAN (4383)



MOHAN RAJ A/L
SUBRAMANIAM (4384)



GANESAN A/L
SUPPIAH (4385)



JAYA GANESH A/L
SELVARAJU (4386)



GOBINATTH A/L
SIVE KUMARAN (4387)



KULDIP KAUR
RATTAN SINGH
(4388)



BASKAR S/O
SANTHRASEGRAN
(4389)



DR. V. SREEDARAN
NAIR A/L A VELOO
(4390)



ANTHONY DASS
A/L SUSEMANICKAM
(4391)



VIJENDRAN A/L
RAMAKRISHNAN
(4392)



MURUGAN A/L
JERAMAN (4393)

NEW CLUB MEMBERS



SAJIR KAUR A/P
NAGINDAR SINGH
(4394)



JAI KUMERESHAN
(4395)



PAGDEEP SINGH A/L
RANGIT SINGH (4396)



DSP WAN ROSLI BIN
WAN HASSAN (4397)



ARAVINNAN A/L
GOPAL (4398)



MUNIANDY A/L
VELAUTHAM (4399)



AHMAD KAMAL BIN
SAHARUDDIN (4400)



SYED NASRUL AZMI BIN
SYED MAHMUD (4401)



DATIN HAR WATI
BINTI ARIFF (4402)



DR. W JOHN WATSON A/L
ANBIAH (4403)



LIFE MEMBERS



RAJA SEGRAN S/O
SANTHARAN (3604)



MUMYANDY A/L
PENDIAH (3830)



ROLAND RAMA RAO
(3993)



Y.BHG DATO
THANGARAJAH
S/O RAMAN
DIMP, PPN
(4017)



DR. SELVAKUMAR A/L
SELVARAJAH (4020)

STAFF OF ROYAL IPOH CLUB





Heineken®



BEST COMPLIMENTS

Your Expert In **Hygiene** Solutions

Hotels
Offices
Recreations



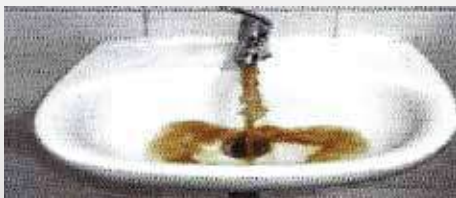
Retails
Education
Government
Food & Beverages

018 - 9598687



Kuna

PLUMBING Services



- Repairs
- Emergency Service
- Installations
- Maintenance

Lesen Num: SPAN/EKS/(PT)/800-2A(2)/08/19/20
No.68, Jalan Kerjasama, Rapat Setia, 31350, Ipoh Perak.

Kuna: 019 - 558 9430
Office: 05 - 313 0442



BEST COMPLIMENTS

**Royal Ipoh Club (Sports Annex) managed by
Jupiter Region Sdn Bhd.**



**Address : No.26, Jalan Datoh, 30000 Ipoh, Perak Darul Ridzuan.
Tel No. : 05-241 7443**

BEST COMPLIMENTS



Indus Nature

COCONOS
5th GENERATION
EXTRA VIRGIN
COCONUT OIL

*Continuous Cold Process
Centrifugal Extraction*

Extracted from coconut milk
of Kuttiady Coconuts

**The Goodness of
COCONUS 5TH GENERATION
EXTRA VIRGIN COCONUT OIL**

COCONUS 5th Generation Extra Virgin coconut oil has a variety of uses and many benefits.

-  **Cooking**
Saute, stir fry with **COCONUS** EVCO goodness
-  **Food**
Serves as a delicious Food & Salad Dressing.
-  **Dietary Supplement**
Rich in antioxidants and energy boosting fatty acids that are free of cholesterol and trans fats.
-  **Dental Care**
Oil pulling therapy removes bacteria and promotes teeth and gum health.
-  **Skin Care**
Excellent as a moisturiser and baby massage oil, it is rich in Vitamin E.
-  **Hair Care**
Strengthens hair and scalp from tip to the root.
-  **Memory Boost**
Rich in Lauric Acids which is known to improve memory and prevent memory loss.



Imported and Distributed By:
Indus Natural Sciences Sdn. Bhd.
(703240-D)
22A, Jalan Lahat, 30200 Ipoh, Perak.
Tel. No: +605 243 2090
Email: info@indusnature.com

BEST COMPLIMENTS

HDE HEALTHY DRINKS SDN. BHD.

AGENSI RIAZ SDN. BHD.



125TH COMMEMORATION SPORTS CARNIVAL 2022

11TH, 12TH & 13TH MARCH 2022



125TH COMMEMORATION SPORTS CARNIVAL 2022

11TH, 12TH & 13TH MARCH 2022





BEST COMPLIMENTS

**INFINITAS**
TECHNOLOGIES (M) SDN.BHD.



**WEBSITE
DESIGN PACKAGE**

In collaboration with 

RM 1200* only



 **012-503 1210**

<https://technologia.com.my/rm1200-promo/>

- * Responsive Web Design
- * 5 Web Pages
- * *FREE Domain & Hosting
- * Basic SEO Submission
- * FREE 10 Corporate Email Accounts
- * FREE WhatsApp Integration
- * FREE Social Media Integration
- * *FREE SSL Certification

* Valid for first 50 customers
* Terms & Conditions Apply.



Adris jewellers

*Quality, Integrity, Service
since 1935*

www.adrisjewellers.com

 014-3697789

Address :

Adris Jewellers (Headquaters)
12D, Persiaran Greentown 1,
Greentown Business Centre,
30450 Ipoh, Perak.
05 – 254 0984 | 05 – 241 4992

Adris Jewellers Boutique (Branch)
The St. Regis Kuala Lumpur Hotel Lobby
No 6, Jalan Stesen Sentral 2,
Kuala Lumpur Sentral,
50470 Kuala Lumpur.
012-4126008 | 03-22766220

VETERAN'S LUNCH

18TH JUNE 2022





CLASSIC CAR GATHERING

19TH JUNE 2022



BOLLYWOOD NIGHT

29TH JULY 2022





MEN'S HEALTH MATTERS BY ROTARY CLUB OF GREENTOWN

31ST JULY 2022





ROYALTY HOLDING AT ROYAL IPOH CLUB ON NATIONAL DAY PARADE 2022, 31ST AUGUST 2022





MALAYSIA DAY EVE

15TH SEPTEMBER 2022



NEW YEAR EVE COUNTDOWN DINNER

31st DECEMBER 2022





CHINESE NEW YEAR YEE SANG

17th FEBRUARY 2023



DART'S MONTHLY MEDAL

2022





DART'S SECTION

2022



Royal Ipoh Club vs New Club Taiping on 23rd July 2022 (Challenge Trophy)



Royal Ipoh Club vs Penang Swimming Club on 14th August 2022 (Challenge Trophy)

SNOOKER SECTION

2022



Royal Ipoh Club vs Penang Club on 10th July 2022 (Challenge Trophy)



Royal Ipoh Club vs Royal Selangor Club on 20th August 2022 (Challenge Trophy)



Royal Ipoh Club vs Ipoh Swimming Club on 27th August 2022 (Challenge Trophy)



SNOOKER TOURNAMENT AT ROYAL LAKE CLUB MALAYSIA DAY SNOOKER TOURNAMENT ON 16TH - 18TH SEPTEMBER 2022



POOL MONTHLY MEDAL

2022





BBQ NIGHT



BBQ NIGHT

EVERY FRIDAY

7:30pm - 10:30pm



GRILL MENU

1. GERMAN SAUSAGES (2 nos)	RM 10.00
2. LAMB	RM 21.00
3. FISH	RM 18.00
4. PRAWN	RM 18.00
5. SQUID	RM 15.00
6. CHICKEN	RM 14.00
7. SPECIAL ROASTED CHICKEN	RM 14.00
8. TANDOORI CHICKEN	RM 14.00
9. MIX PLATTER	RM 55.00



ALL PRICES SUBJECT TO 6% SST

Royal Ipoh Club Annual Staff Gathering & Outing 2022 @ Kuala Sepetang, Taiping.

4th March 2023





BANANA LEAF LUNCH

 **BANANA LEAF**
Every Saturday
12.00noon - 3.00pm
Palm Court

SET MEALS
Vegetarian - RM 8.50
Chicken - RM 15.00
Fish - RM 17.00
Mutton - RM 18.00

**ABOVE MEALS SERVED WITH RICE, 3 TYPES OF VEGETABLES,
GRAVY, PICKLES, CHUTNEY, PAPADAM & A GLASS OF FRESH LIME.**

ADD-ON
CHICKEN - RM 8.00
FISH - RM 9.00
PRAWN - RM 10.00
MUTTON - RM 12.00
MOCK MEAT - 6.00

Kindly contact the reception counter at 05-2542212 for your reservations
Images Shown For Illustration Purposes

ALL PRICES SUBJECT TO 6% SST

IN MEMORIUM



Y. BHG. DATO DR
DZULKARNAIN BIN
HJ. IBRAHIM ALI
(1940)



R. SUNDRA KAREAN
(2023)



LEE YIN TEE
(2573)



MUSTAPHA BIN
MOHAMED
(2630)



THANG LAI SUNG
(2997)



Y. BHG. DATO RICHARD
ONG GUAN SENG (2629)



NG. CHEE KONG
(3055)



IBRAHIM BIN
ABAS (3311)



ZULKIFLI TAN @
TAN KHEE TOE (3340)



LEONG SIEK KAM
(3528)



CAPTAIN P J RIVERS
(3534)



JOSOB S/O
ASIRVATHAM (3602)



SYED MAHMUD BIN
SYED NOR AJALA
(3661)



YM. RAJA DATO
LOPE AHMAD BIN
RAJA RAZMAN (3693)



FATHOL ZAMAN
BIN BUKHARI (3696)



MOO FAH (3720)



BALASUBRAMANIAM
S/O KUPPUSAMY
(3728)



WONG KONG CHEAN
(3761)



DATO ARIFFIN BIN
ABDULLAH (3986)



YONG AH KEH
(4060)



IN MEMORIUM



Y. BHG. DATO SUPPIAH
A/L KATHIRAVELOO
(4139)



Y. BHG. DATO HJ. MUSA
BIN HJ NORDIN
(4214)



INDRAN SAGARAN
A/L ARNASALAM
(4224)



MAHESWARAN A/L
NADESON (4269)



RAJA DATO' SERI
IZUDDIN CHULAN BIN
RAJA ZAINAL AZMAN
SHAH S.P (HM184)



PUAN HJH. FAIZAH
BT. HJ. MAT AMIN
(LD154)



Y.A.BHG. TOH PUAN
DATIN SERI JORIA
(LD161)



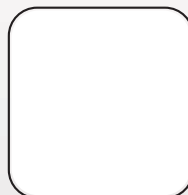
MDM. KAMALA A/P
KUNJU RAMAN
(LD168)



PETER LEE YEE TET
(2434)



M. KALAIRAJAH
(2456)



DR. THURAIPPAH @
DANIEL MAHENDRAN
(3089)



JOHNNY TAN @
TAN KIAN AIK
(3249)



Y.BHG. DATO MOHAMAD
HAMDAN BIN DATO' HJ AHMAD
(4257)



V. KANAPATHI A/L
VAIRA MUTHOO
(4356)



DATIN FATIMAH
BT. U KUNCHI
(LD258)

NAZRIN SHAH LIBRARY NEWS

NEW BOOK

- 1) SIKHS IN MALAYSIA A COMPREHENSIVE. HISTORY BY RANJIT SINGH MALHI.
- 2) MY STORY: JUSTICE IN THE WILDERNESS BY TOMMY THOMAS.

BOOK DONATED

- I) **MR. FAROUK J.MANECKSHA (3081)** DONATED THE FOLLOWING BOOK:

- * WORLD OF WONDER

- II) **DR. RAJESWARAN (3980)** DONATED THE FOLLOWING BOOKS:

- * CITIZEN COKE BY BARTOW J.EMORE
- * MOCKINGBIRD BY CHARLES J. SHIELDS
- * UNLIMITED POWER BY ANTHONY ROBBINS
- * CEO OF EVERYTHING BY GAIL VAZ - OXLADE VICTORIA RYCE
- * DON'T SWEAT THE SMALL STUFF WITH YOUR FAMILY BY RICHARD
- * BODY LANGUAGE BY GLENN WILSON

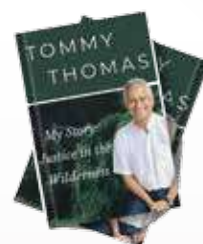
- II) **Y.BHG.TAN SRI DATO G.RAJOO (4142)** DONATED THE FOLLOWING BOOK:

- * TUN V.T SAMBANTHAN

THE FOLLOWING MAGAZINES ARE AVAILABLE FOR YOUR PLEASANT READING

- * INDIA TODAY
- * NATIONAL GEOGRAPHY ASIA
- * READER'S DIGEST ASIA
- * FEMINA

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







Designed by:
INFINITAS TECHNOLOGIES (M) SDN. BHD.
www.technologia.com.my

Printed by:
THE MERCHANTILE PRESS, IPOH
05-254 9250 / 012-523 9479