



# Convict Trash



Run 1707 - 27 May 2019

Hare - Grenade

## Hareline:

1708	3 Jun 19	Doc	Zio Pino Pizzeria, 930 Botany Road, Mascot
1709	10 Jun 19	Bingo	Royal Carlton Hotel, Railway Parade, Carlton, Public Holiday
1710	17 Jun 19	Moa Goa	Woolooware Golf Club
1711	24 Jun 19	Goon	Surry Hills, Strawberry Hills Hotel – near Central Station. Check out some of the light rail – before it opens in 202?. Not much parking – so train is a good option

The weather suddenly changed for Grenade's run – the balmy May days disappeared, and the cold winds blew through Ramsgate directly from the Antarctic. However, the size of the pack was not affected by the cold - and we all arrived, rugged up, ready to explore new territories and catch up with all the news that had happened since last time we looked at Facebook. By the end of the run, we all sought shelter from the side of a building, while our RA conducted a very "efficient" circle so the pack could retire to the warmth of the Pub and a Schnitzel special.

**Check the Web Page:** <https://www.botanybayh3.com/>

Position	Hash name	Known as	E-mail
Grand Master	Sir Les	Barry Kerwand	estimating@flick-anticimex.com.au
Religious Advisor	Hannibal Lector	Paul Henderson	paulhenderson1812@gmail.com
Trail Master	Tickle	Carolyn Davies	caro8@optusnet.com.au
Hash Scribe	Goon	Rod Eckels	rod@slekce.com
Hash Cash	Merkin	Stuart Bush	merkin892@gmail.com
Bucket Master	Queen Rodent	John Wilks	jonwilks13@gmail.com
Hash Rags	Goldmark	Deborah Griffin	deborahgriffin58@hotmail.com

## Run 1707 – Grenade – Intersection

A run that took 2.5 hours to set, an unknown number of checks and on-backs (to keep even the TM guessing), a few twists from last time **Grenade** set a run from The Intersection to ensure that **Dundee** would not always know exactly which way (worked at least once to my knowledge), and an Antarctic (doesn't have the same ring as Artic) grade wind chill factor to test the fortitude of the hashers, many who had come all the way over Tom Ugly's bridge.

The pack charged (usually defined as having some energy so perhaps not the most apt word for this chilly Monday) out the pack of the pub past the one lonely smoker who obviously needs a lot of motivation to give up if the chilly air was not enough....

Along Dalkeith St to the first on-back...before we headed to The Promenade where it was too cold (have you started to feel the chill in the air) to wait for **Sir Les** who was shuffling along in the right direction for the first check of the night....

**Bingo** dashed across Claydon Reserve...as the pack wined its way along the bikepath near Kogarah Bay. Up to Ramsgate Rd and the pack knew it was heading to Carss Park...apart from the American visitor...but we will get to his tales later....

**Cold Duck** picked up the trail from a check on Carlton Cres, without even having to ask the TM. **Grewsome** dutifully followed trail around Carss Park Flats to St George Men's Shed (bet you didn't that was there either).....while the rest of the park cut across the flats....knowing the path could only lead to Dick's pool.

Along the cycle path, **Short'n'Curly** was blowing away in the wind...with **Merkin** offering to lend her a few of his spare kilos for anchorage. Up into the hills (and steps) of Carss Park. TM left the pack (confessions are second nature to ex-Catholics) to do a loop on their own and that is where a second-guessing Dundee guessed incorrectly (purposefully to avoid a well-trodden (by Hash) set of stairs)...and the pack (not a large one to start with one might add) splintered. Merkin, **Squatting** and **Rabbit** emerged on trail and opted for a short cut back along the out trail on Carlton Crescent. Stair-avoiding **Joker** led the rest back to Harold Fraser Reserve to pick up the trail again....and headed for home....

Meanwhile walkers **Sniffer, Stopcock, Brockie, QR, Slotcard** (would she have gone that far?), **Dish, Spini, Doc** and **Taxing** turned around at Carss Park carpark. **Hannibal** and **Goon** talked and walked, and walked and talked, with Hannibal getting the last mileage (kilometrage doesn't have the same ring) out of his soon-to-be-replaced hip. **Goldie** and **Blondie** were bringing Vivid to the local area with flashing light headdresses....

**Hellismellher** and **Doublebanher** were being stalked by **Orange and Blue Balls** (ask him how he got his name next time he ventures this way)...the American visitor you may recall I mentioned earlier. He had dropped from the running pack (I would like to say it is because we are such athletes but you know us too well....) and was looking for some guidance/divine intervention to get back to the start...So they took him (at a fast pace apparently...happy to take counterclaims from other walkers) on the trail around Carss Park before opting for a short cut back along the out trail on Carlton Crescent (sound familiar? if you have actually been reading this and not just scanning it to see where your name pops up)...to make it back to the bucket in time for a drink before circle.

ON ON

Tickle

## CIRCLE UP!!

The depth and breadth of Hannibals' knowledge is astounding. This week he drew our attention to the relationship between "Grenade" and the French Fruit of "love" – (no spoilers – read on). Thanks Hannibal for your enlightenment.

La grenade est le fruit du grenadier.

In English the grenade fruit is called the Pomegranate.

An English translation from a French site about the Grenade fruit said;

Still unusual on our tables and often forgotten when we talk about benefits of fruits, the pomegranate yet has many virtues!

The pomegranate is the fruit of love.

The pomegranate would act positively on your libido. Indeed, for women as for men, it would be a natural aphrodisiac that would stimulate you to make you cuddle!

Drinking pomegranate juice can also increase testosterone levels in men and women, one of the main hormones behind sex drive.

Furthermore than interesting information includes;

- Pomegranate Juice May Help Treat Erectile Dysfunction.
- Oxidative damage can impair blood flow in all areas of the body, including erectile tissue.
- Pomegranate juice has been shown to help increase blood flow and erectile response in rabbits.
- In a study in 53 hashmen from the LARRIKINS with erectile dysfunction, pomegranate appeared to have some benefit. LOAN ARRANGER sprinkles some on every morning and SIR LES applies some religiously whether he needs to or not.

**SUMMARY** Pomegranate juice has been linked to reduced symptoms of erectile dysfunction, but more research is needed.

### Pomegranate Can Help Fight Bacterial and Fungal Infections

The plant compounds in pomegranate can help fight harmful microorganisms.

For example, in a study of 69 HARRIETTES pomegranate has been shown to combat some types of bacteria as well as the yeast *Candida albicans*.

The anti-bacterial and anti-fungal effects may also be protective against infections and inflammation in your mouth that harriettes are susceptible to such as 'Nash Hash Mouth'.

**SUMMARY** : Pomegranate has antibacterial and antiviral properties which may be useful against common gum diseases and yeast infections in harriettes.

On On HL

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## Run Report Summary

Grewsome had the opportunity to analyse and review this week's run in the circle. As he had been on the run last year – he found he had a second bite of this cherry. Some of the key points of this in-depth review can be summarised below.

- He found that the run was quite similar to last year, leading the pack to predict where the trail headed at each turn and intersection. When they got to a crossroads, the pack would say – “It turned left here last year” and then found the track turned left. Then, at the next intersection the pack would say – “It turned right here last year” and then found the track turned right. This process repeated itself until at one point the pack predicted left and it actually went right!!
- One of these locations was at Dick's pool (our favourite) where, I understand, work is being done to convert it from yards to metres.
- The arrows were a little hard to find at times (probably blown away by the wind) which lead to segmentation and a level of pack globulization.

The run was awarded 7/10 – a worthy effort for a cold, windy and frosty night.

## Visitors

Always great to have visitors!!

We had one visitor – “Orange and Blue Balls” from Orlando, Florida. He wasn't sure if he would run or walk – so he did a bit of both. There was some concern that he had separated from the pack – and may get lost, but he connected up with Doublebangher and Hellismellher and found his way home.



## Prickette of the Week

**Bingo** – For telling everyone that she was frigid (who could blame her)

**Blondie, Goldmark and Dish** – for bringing “Vivid” to the circle in the form of their “whirligig” fluorescent wiggling, shaking, pulsating headwear

**Spini** – For not bringing any undies to Nash Hash at Port Douglas while she was there for 9 days - and not being worried about being stuck to a seat.

**Spini** – technological double standards. For constantly using all technology available in Port Douglas (Phones, laptops, other people's phones, etc.) to plan her life, book travel, check status of people, read jokes, do some work things (sure!) and then asking Sniffer for some information, while simultaneously criticising Sniffer for having her phone out “all the time”.

**Spini** – (She had quite a night – this was a muffled “hard to hear” nomination) – For using pomegranate juice to further enhance her already active libido. There was also some mention of shellfish, mixed among a couple of guffaws, a few rolled eyes, a couple of bright smiles and a few red faces. To find out more you will have to ask Sir Les.

## **Prick of the Week**

**Merkin** – For seeing poor Cameron in the Circle last week – with his arm in a sling, and then grabbing him by the shoulder to ask him how he was.

## **Winners** – **Merkin and Spini**

## **Runs and Events of Note :**

8 June 2019	6th Anal Sydney Thirsty Beer Mile	Circle Up at King George Park Rozelle 2039, near corner of Manning and Clubb streets, Rozelle.	Thirsty HHH
29 June 2019 – 12 noon	Farewell lunch - Squatting Squaw and Loaner Arranger	Lord Nelson Brewery Hotel in the Rocks	Rabbit – please let Rabbit know if you are planning to attend !!
26-27 July 2019	B2H3 - Weekend Away	Kangaroo Valley	Committee – details in this trash – see below
3 August 2019	Thirsty 1400	Circle up in Camperdown Park, Mallett Street at the Rotunda.	Thirsty HHH
October Long weekend	B2H3 Bathurst Pub Crawl	Details to be advised	Sandra Dee and Peter

## ***Farewell lunch - Squatting Squaw and Loaner Arranger***

Lunch on Saturday 29<sup>th</sup> June at the Lord Nelson Brewery Hotel in the Rocks

Meet from midday for pre-lunch drinks.

RSVP to Rabbit if you want to come along

Rabbit - gusto@bigpond.net.au



**Notes from Thirsty Hash :-**

**Sydney Thirsty Beer Mile - Saturday 8 June, 2pm**

6th Anal Sydney Thirsty Beer Mile

MCC is here.

Circle Up at King George Park Rozelle 2039, near corner of Manning and Clubb streets, Rozelle.

Location will be marked from Constellation Playground at the park.

Plenty of buses from the city along Victoria Road. Its 5 mins walk from nearest bus stop "Victoria Rd at Toelle Street" just before Iron Cove Bridge.

- What to bring  
Running gear, \$10 bucket and a sense of humour

Cum and watch, cum and take part. All welcome.

**Thirsty 1400 - Saturday 3 August , 1pm**

Cum and join Sydney Thirsty for our 1400th !!

Saturday 3 August , 1pm

Circle up in Camperdown Park, Mallett Street at the Rotunda.

5 minutes walk from Parramatta Road.

On Inn is the Wayward Brewery.

- What to bring  
Running gear, \$10 for the run and a big booze filled bucket, and a sense of humour

Please pass on to your kennel and all other Hasher's. Visitors most welcum.

On ! On !

Queen Cum-a-lot

**LAUGHS FOR THE DAY :)** -

**NEWS FLASH : Trump baffled by Kim Jong-il Letter**

After numerous rounds of "What is going on in North Korea – are they stilling talking to us", Kim Jong-il himself decided to send Donald Trump a letter in his own handwriting to let him know he was still in the game. Trump opened the letter and it contained a single line of Coded message:

**370H-SSV-0773H**

Trump was baffled, so he e-mailed it to Mike Pompeo. Mike and his aides had not a clue either, so they sent it to the FBI.

No one could solve it at the FBI so it went to the CIA, then to MI6 and Mossad. Eventually they asked Australian Intelligence (ASIO) for help.

Within a minute ASIO emailed the White House with this reply: Tell the President he's holding the message upside down."

**Irish Baby**

An Irishman is drinking in a New York bar when he gets a call on his cell phone. He hangs up, grinning from ear to ear, and orders a round of drinks for everybody in the bar because, he announces, his wife has just produced a typical Irish baby boy weighing 25 pounds! Nobody can believe that any new baby can weigh in at 25 pounds, but the Irishman just shrugs,

"That's about average in Ireland , folks... Like I said, my boy's a typical Irish baby boy."

Congratulations showered him from all around, and many exclamations of "WOW!" we heard. One woman actually fainted due to sympathy pains.

Two weeks later the Irishman returns to the bar. The bartender says, "Say, you're the father of that typical Irish baby that weighed 25 pounds at birth, aren't you? Everybody's been making' bets about how big he'd be in two weeks. We were gonna call you..... So how much does he weigh now?"

The proud father answers, "Seventeen pounds."

The bartender is puzzled, and concerned. "What happened? He already weighed 25 pounds the day he was born."

The Irish father takes a slow swig from his Guinness, wipes his lips on his shirt sleeve, leans into the bartender and proudly says, "We had him circumcised"

## **CHRISTMAS IN JULY**

**Friday 26<sup>th</sup> July 2019 Saturday 27<sup>th</sup> July 2019**  
**KANGAROO VALLEY**

Christmas Dinner on Saturday 27<sup>th</sup> July at

### **The Friendly Inn Hotel**

159 Moss Vale Road, Kangaroo Valley

Contact : Phone (02) 4465 1355, Email : mail@thefriendlyinn.com.au

Web : www.thefriendlyinn.com

Old Hotel in the middle of Town – has Old Country Pub Character

Dining Room Seats 40

### **Accommodation Options**

1) Pioneer Motel – 152 Moss Vale Road, Kangaroo Valley (02) 4465 1413

- Located opposite Pub
- Standard room - \$135 / night – Queen Bed
- Large room - \$145 (Queen and a Single)
- Double Room - \$165 (Queen and a Single)

2) Glenmack Park - 215 Moss Vale Road, Kangaroo Valley (02) 4465 1372

- Around 300m from Pub – and the middle of Town
- Cabins / Caravan / Camp Sites and Amenities Block
- Cabins \$110 / night – but can share (4) \$35.50 each (3) \$42 each (2) \$55 each (10) \$11 each
- Cabins – fully self-contained, TV, Bathroom, AirCon, Queen Bed and 3 bunks, includes Linen, bedding, towels
- Powered Camp sites - \$38 /night, Unpowered - \$16 /night

### **“Things to do to keep out of the Pub”**

Golf, walks, shopping, great pies/ coffee in Kangaroo Valley / Berry. Nowra Wineries a short drive away and “Kangaroo spotting”