



Convict Trash



Run 1724 - 23 Sept 2019

Hare - HelliSmellher

Hareline:

1725	30 Sep 19	Bingo	Royal Carlton Hotel, Carlton
1726	7 Oct 16	Scotch Mist	TBA
	12 Oct 19	AGPU	
1727	14 Oct 16	Rabbit	TBA
1728	21 Oct 16	Cold Duck	TBA

We headed south to Yarrawarrah this week – close to Wollongong, and all enjoyed HelliSmellher's virgin B2H3 run – many thanks. With Doublebanger's eager assistance we ran and walked up and down all the hills – and got a much better understanding as to how mountain goats feel!

What a great place for a run and ideal location for a bucket. The whole evening got even better with a range of excellent Chinese Food Back, great value for money – served in a friendly happy atmosphere. This venue definitely would feature in the B2H3 hash approved venues of the Shire.

This week – we continue our series on setting a run – by discussing how to use Checks and On-backs to adorn the trail, add some spice and provide a bit of garnish.

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

WE SEEK HARES !! - Still great opportunities for hares – for runs in October and November – enjoy the fun of setting a run!

Run 1724 – Hellismellher - Yarrawarra

We ventured about as far south as the B2H3ers dare to go....to sample the run-setting skills of two new members (relatively). **Hellismellher** counselled there is only one hill in Yarrawarra – ‘it is just that the run goes up and down it quite a few times’.....

The TM was given a map marked in pink and blue (it is a mixed hash club)....and instructions to guide the walkers with a shortcut home (would the TM remember?)....

Off along Old Bush Road, then a concerning (given the basic law of hash that you will have to go up again) downhill to Wheatley Rd....and **Cold Duck** was already claiming his way was the only way (to be more precise he stated that there was no way the trail could go right at the check....and he was correct...damn it).

Up an on-back which the TM belatedly identified as one (so yes I did a few extra metres this week) and back off a check again to Wheatley Rd (you may remember the street from a few minutes ago) where we ran into the walkers – **Sniffer** and **Spini** were showing **Crackdown** what she misses out on each week while **Brockie** and **Goon** were discussing what to wear at the AGPU, and **Rabbit, Dish, Dirty, Hannibal, QR** and **Doc** were taking a shorter term view....what to order for dinner.

Further along Wheatley Road and even the walkers got to see what an on-back looked like. Down to Yarra Vista Park and another check kept the pack together. A few more twists.....**Grewsome** persuaded **Andrew** to keep moving....all the way down a long on-back.....and then found his negotiation skills were not up to the task of bringing them back to the pack.....and we next saw them at the bucket.

Meanwhile **Cameron** was making claims for a future TM role as he saved **Scotch Mist** and **Blondie** from venturing down an on-back that was not even marked on the map. The TM remembered to mark a W at Old Bush Road (remember that?) to guide the walkers to where they wanted to go (the bucket, that is).

A long run along Sladden Road to a long on-back....which **Dundee** ran through while **Pig** persuaded **Sir Les** and **Joker** that they really wanted to go and see where Pig once lived (in a sty or so he claims). The smarter hashers were already heading home via Laurina Ave rather than back out to the highway...another twist or two and we were back in the familiar territory of Old Bush Road Oval (what else would it be called?)....and all the olds were bushed.

ON ON

Tickle

CIRCLE UP!!

Hannibal's is back on board and casts his wide net over the Chinese restaurants of the Shire. Today we learn some of the specialities of the dishes lovingly served up by Yarrawarra Chinese – so lick your lips and start salivating – thanks Hannibal !!

Yarrawarra Chinese rates towards the top of the **CB** and **DR HOOK's** must go to places for a chinese feed in Sydney, when they come back each year to pay homage to the Shire.

Yarrawarra is a suburb that does not have any stray cats or pigeons and all pets that live there are happy.

CB and **Dr Hook** recommend the following dishes on the menu,

Sheep Penis.

Threaded on a stick, grilled and served hot.

Chicken Testicles

The testicles themselves look much like large white beans which are boiled or fried whole with a soft squishy inside. They're served in a broth with your choice of rice or noodles. Nothing like a bowl of testicles for dinner!

Scorpion.

Deep fried on a stick.

Snake Soup

More commonly eaten during the winter to warm up, this soup is considered somewhat of a gourmet dish. The soup is served with snake shredded inside. Many say it tastes like chicken.

Roasted Street Bird or Whole Pigeons

CB says only because I love the food served on a stick, this had to make it to my list. I found this one quite impressive, because it is an entire street bird threaded on a stick, dipped in a marinade for all that flavour and roasted.

On On HL

CIRCLE RUN REPORTER- Pig

Pig flew in directly from New Zealand (on his birthday) to get to this run, and therefore was honoured with the privilege of giving the circle report. He made the following comments

- He didn't see any sparrows on the run. (or pigeons for that matter). After being in NZ for so long, he was used to seeing thousands of sparrows, hearing their lovely tweating and avoiding their sparrow shit.
- He as delighted that the run went by the old Pig Sty, although was a little disappointed that the pack short-cuttet past this run highlight.

Pig then went on to praise the run and the run-setters and award it 9 / 10. Anyone that knows Pig would realise that this is a most unusual score, and could only surmise that it was awarded for some strange reason that he was jet-lagged and over-excited and euphoric on his birthday or that Hellismellher has some comprising picture of Pig with a pigeon.

Great job Hares – many thanks !!

Badges

Another huge week for Athletes in the Club. This week we celebrate a great achievement by a long term member. Congratulations Dundee - Many thanks for all your hard work over the years.

Dundee - 1100



Pig's Birthday

Happy Birthday to Pig – not quite 69 – but something he is looking forward to!

PRICK AWARD

- **Grewsome** – nominated to give Cold Duck a break. It seems he had one job this week – to bring the red wine, and it slipped through the cracks. Luckily, alcohol was available at the On-On.

PRICKETTE AWARD

- **Crackdown** – For gracing us with her presence for the second time this year – showing support for the club she loves so much!
- **Tickle** - for short-cutting the pack around a hash monument – the old Pig Sty.

Winners !! – Crackdown & Grewsome

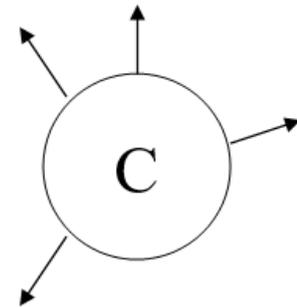
Trail Setter Tools - Step 4 – Garnishing the run with Checks and On-backs

We now have a map and know the length of the trail (about 6km) – so how do we make it a great hash trail? A great hash trail provides a good work-out for all involved – both slow and fast. The ideal hash trail keeps the pack together. This is quite a challenge considering that we have a range of fast runners, slow runners and walkers. How can we do this ??

The Hash Gods have gifted us a couple of tools to use to keep the pack together – the “Check” and the “On-back”.

The “Check”

The check is placed on trail – and indicates to the pack that the trail can head off in any direction from that check. The front runners find it first, and their job is to start looking for trail. They head off right and left, down alleys and lanes looking for the trail markings. While they are actively doing this, the slow runners and walkers are making their way to the check. If they arrive, and trail has not yet been found – they can join the search.



Someone will eventually find the trail and call the pack “on”. All the far-flung front runners will return to the check and head off in the right direction, while the plodding back-markers will continue their slow journey on trail.

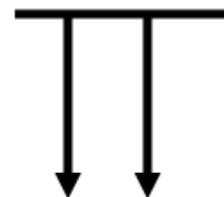
It is usual to set about 6 checks on each run – but please consider this a rough guide that can be varied as required. The distance from the check to the “on” trail will vary depending on the size of the pack the speed of the runners, and the time of day. In summer – the trail marking can be further away from the check than in winter in the dark.

With this in mind – what are some good tips for setting a check?

- At a place where there are lots of trail options – alleys, roads, lanes etc
- After a set of traffic lights – so one group that has crossed early can start looking. This allows the back markers to cross in safety
- Can be placed at intervals along a straight reach – just to slow the front runners. So, if you need to take the pack 1km along a road, place a check at all the T junctions to keep them guessing.

The “On-back”

The on-back is a great tool for reining in the front-runners and getting them to return to the pack. Pack runners usually do not expect on-backs – as they are hard to set, and the front-runners think that hares are lazy. On-backs are painful to set – as you have to set the trail along a route that is a dead-end. This means the hare also has to return to the location where the trail turns off. So, it is a bit of work – but keep in mind this tool works beautifully to stop the front runners stretching the pack out.



You should plan to set about 6 “on-backs” on the run – mixing them up with the checks. Some good places to set “on-backs” are

- Any location on trail where the pack could be stretched out (Eg. after long stretches where there has been no opportunity to hold the pack back).

- It is good to set 2 or 3 in a row. Many front runners do not expect a check, and struggle to imagine any hare setting 2 (or 3) on-backs – it can really befuddle them
- After a set of lights – while the front runners are heading in the wrong direction, the pack can catch up and cross the road in safety.

Once you have your map and approximate trail (about 6km), look at your map and consider good places for your checks and on-backs. The best place to set them, is where the front runners least expect – as this keeps everyone guessing.

- Try to avoid placing checks in locations too close to where the future-trail is. Imagine if one of the front runners starts checking and finds another part of your trail. They will unwittingly call the pack on and short-cut your trail.
- Good practice is to point “on-backs” outwards from the trail circuit – so the only option for the front-runners is to come back to the trail.

Setting trails is fun – use the On-backs and Checks to keep the pack guessing and backing up on itself. Hashers love a well-set trail – and love even more the opportunity to arrive at the bucket for a cold beer at the same time as the rest of the pack.

Runs and Events of Note :

4 – 7 October Long weekend	B2H3 Bathurst Pub Crawl	Details Below	Sandra Dee and Peter – see details below
Saturday 12 October	AGPU – Woollooware Golf Club	6:30pm	Details below
10 Nov 2019	Bloody Long Walk	Malabar to the Rocks	Rabbit

LAUGHS FOR THE DAY :) -

Sleeping Arrangements

A man and a woman who had never met before, but were both married to other people, found themselves assigned to the same sleeping room on a transcontinental train.

Though initially embarrassed and uneasy over sharing a room, they were both very tired and fell asleep quickly.... him in the upper bunk and she in the lower.

At 1:00 AM, the man leaned over and gently woke the woman saying, "Ma'am, I'm sorry to bother you, but would you be willing to reach into the closet to get me a second blanket? I'm awfully cold. "

"I have a better idea," she replied." Just for tonight, let's just pretend that we're married. "

"Wow! That's a great idea!" he exclaimed!

"Good," she replied...

"Get your own f*cking blanket."

After a stunned moment of silence, he farted.

Instructions for cleaning the toilet:

1. Lift the lid on the toilet and fill it with 1/8 cup of animal shampoo.
2. Take the cat in your arms and stroke it gently while slowly moving in the direction of the toilet.
3. At a suitable moment, throw the cat into the toilet bowl and close the lid quickly and either stand or sit on the lid.
4. The cat will now start the cleaning process and will produce generate plenty of foam. Do not be concerned about the loud noises coming from the toilet; your cat is enjoying himself.
5. After several minutes flush the toilet to start the "Power-wash" pre-wash and then flush again for the main wash cycle.
6. Ask someone to open the front door and ensure that no-one is between the toilet and the front door.
7. Get off the toilet seat and from a safe distance open the toilet lid quickly. The cat will dry off naturally due to the high speed he will be moving from the toilet to the front door.
8. The toilet and the cat are now both clean.

With best wishes,
The Dog

Thought for the day: There is more money being spent on breast implants and Viagra today than on Alzheimer's research. This means that by 2040, there should be a large elderly population with perky boobs and huge erections and absolutely no recollection of what to do with them.



Getting Men to Wash their Hands



**BATHURST PUB CRAWL – OCTOBER
LONG WEEKEND
FRI 4 OCTOBER - MONDAY 7 OCTOBER**

FRIDAY NIGHT 4 OCTOBER	STAYING OVERNIGHT AT THE METROPOLE HOTEL AT KATOOMBA. THIS IS ON THE CORNER OF GANG GANG ST & LURLINE ST JUST OPPOSITE KATOOMBA RAILWAY STATION. PLEASE MAKE YOUR OWN RESERVATIONS (PHONE 02 4782 5544). THE PLAN FOR DINNER IS TAKEAWAY PIZZA
SATURDAY MORNING 5 OCTOBER AT 9:30AM	DRIVE TO BATHURST WHICH TAKES APPROXIMATELY 1.5 HOURS
ACCOMODATION OPTIONS IN BATHURST	<p><u>CHEZ PETERRR & SANDRADEE’S HOUSE</u> THEY HAVE ONE DOUBLE BEDROOM, 1 SOFA BED FOR 1 AND ROOM FOR 1 OR POSSIBLY 2 TENTS (NB THEY ONLY HAVE ONE BATHROOM/ LOO). FIRST IN BEST DRESSED, SO PLEASE CONTACT DEE NOW FOR AVAILABILITY</p> <p><u>COUNTRY LODGE MOTOR INN- WILLIAM STREET. TEL: 6331 4888</u> ROOMS AVAILABLE FOR SATURDAY 5TH SUNDAY 6TH TWINS \$ 120 WITH ENSUITE PER NIGHT, DOUBLES \$ 129 ENSUITE PER NIGHT</p> <p><u>QUALITY HOTEL BATHURST, BRILLIANT STREET TEL: 6332 1800</u> ROOMS AVAILABLE WITH ENSUITE FROM \$ 125 PER NIGHT</p> <p><u>FAMILY HOTEL (PUB) RUSSEL STREET TEL: 6331 1353</u> ROOMS AVAILABLE DOUBLES \$ 70 PER NIGHT / TRIPLE 110 PER NIGHT SHARED BATHROOM</p>
PUB CRAWL STARTING AT 12:00 - PETERR AND SANDRA DEE TO CONFIRM DETAILS CLOSER TO THE TIME	
SUNDAY 6 OCTOBER	MORNING STROLL AROUND MOUNT PANORAMA THEN WATCHING THE GRAND FINAL AT A PUB
MONDAY 7 OCTOBER	NO SET PLANS - DRIVE HOME

AGPU 2019

Botany Bay Hash House Harriers



6.30PM Saturday 12 October
Woolooware Golf Club

Dress: Come as something starting with same letter as your hash name

