



# Convict Trash

Run 1778: 14<sup>th</sup> December 2020

Hare: Goon - Coogee



## Starters Gun

All the usual suspects were waiting for the Starters Gun. Was the promise of a bucket the encouragement needed to come east to Coogee. Once again we had a hiccup with the restaurant. Apparently even though Goon had a confirmed booking, the Club decided to send most of its staff off to a Christmas Party, so we had to have a quick Circle and Bucket and head on in to order our meals.

We saw the Home Trail as we arrived for the run, and ended up parking up the hill beside the out trail, promising to be a hilly trail, as expected at Coogee, and that is all I saw of the run. Sadly I am In support mode these days.



## Run Report

### Goon's Grand Gambolic Gallop

I arrived at the run, on time with a large piece of Gyprock in hand prepared to be TM for the evening to find that TICKLE was already prepared - some people will do anything to miss out on a couple of hills! Sadly her agreeing to mark the trail did not extend to writing the run report...

The pack headed off up a hill, and down down down, before going back up to the bucket. There were lots of stairs and alleyways -unfortunately PIG knows GOON too well and found the trail in almost every alley.

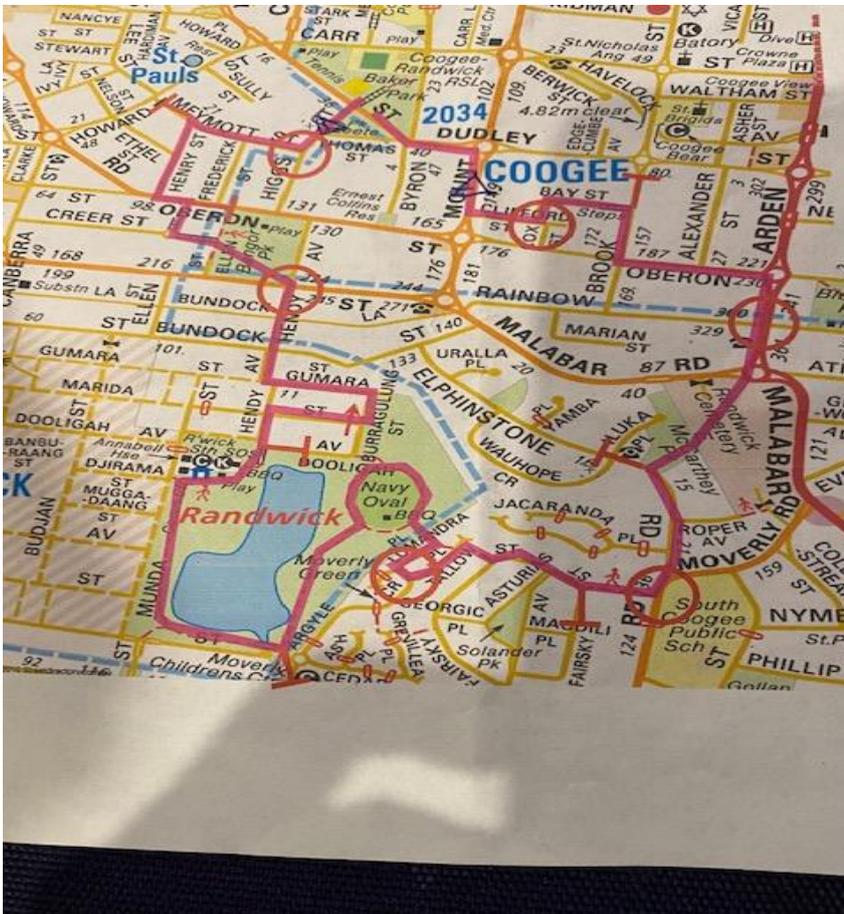
We ran round the familiar territory of Moverly Park - DUNDEE was the only one to go round the mad woman's loop of Navy Oval - the rest of the pack sniffed out the trail without having to do that little bit extra. MERKIN & COLD DUCK did not appear to have their alley radar set and were constantly being called back to the trail.

A well set trail kept the pack together the entire way - talk of ghosts in the cemetery was enough to keep me going. The incentive of an ice cold beer, served from the bucket is a fabulous motivator.

It was good to see JOKER back again (I know he was there last week but I hadn't seen him for months) and running like he had never been away.

**Now is the game of spot the difference:**

A great dunny read coming your way again....



## RA's Report

### Coogee

- Aboriginal for “smelly place”. Does this relate to the seaweed, the locals or the backpackers??
- First settled in 1838
- Was a Pier running from the beach – built in 1928 and destroyed by wild surf in 1934. What were they thinking!

#### Coogee famous for the “**shark arm case**”

Tiger shark caught in 1935 and put in Coogee Aquarium

- It became ill and vomited up a human hand and forearm, with a distinctive tattoo on it
- Identified as former boxer and small time criminal Jimmy Smith, who went missing earlier that year
- Police found the arm was severed by a knife so it turned into a murder investigation
- Smith was last seen drinking at the Cecil Hotel in Cronulla – one of my old haunts back in the day
- Fellow worker associate and criminal Patrick Brady was charged with the murder
- But before it went to trial, Brady was murdered, and to this day no one has been convicted of his murder
  
- Average House price \$2.8 million and Unit \$1.2 million
  
- Notable residents – Goon and Tickle

### Run Review by Merkin

The trail went over there and up and down some hills, up and down some stairs, more up than down                      Score 7

### Prick of the Week

Merkin nominated Pig for not knowing how to circle up or something like that.

Scotch Mist nominated Goon for not checking his text messages prior to the run.

Dirty Weekend nominated Duck as on the weekend at the supermarket they purchased some of those Cracker and Cheese combos, but when she went to find them in the fridge, they were there not there. Silly Duck or PRICK as she preferred to call him had put them in the cupboard.

## Prickette of the Week

Hannibal Lector nominated Taxing for arriving late for the run, apparently she got lost at Cenral..

Prick: Pig    Prickette:    Taxing

**Best Wishes to Bowerbird and Cannon who have both underwent eye surgery recently. Hope to see you fully recovered next week in your Christmas finery.**

## AGPU

The AGPU for 2020 will held on Saturday 13<sup>th</sup> March 2021. Venue is yet to be confirmed.

The theme is "Disaster" as in Flood, Covid, Trump and Emergency workers eg Police, Firemen, Ambulance, Nurses

## FEES ARE NOW DUE – PLEASE PAY BY 11 JANUARY 2021

Fees will remain at \$170

Cash to **SLOT CARD** – Please have the correct amount

Direct Debit: **INCLUDE YOUR HASH NAME**

Botany Bay Hash House Harriers

BSB: 082-360

Account: 039 382 069

Visitor Fees have been set at \$8-

## NEXT WEEK'S RUN – CHRISTMAS RUN – HOME CATER

**Hare – Blondie Venue - Sir Joseph Banks Park, Botany**

**Bucket provided – BYO for afterwards**

**BYO CHAIRS**

**Bring your KRIS KRINGLE gift if you want to participate in gift swapping**

**Christmas Raffle to be drawn – Tickets 3 for \$5 or 8 for \$10**

Contributions to: [gusto@bigpond.net.au](mailto:gusto@bigpond.net.au)

<b>Athletes</b>	<b>Birthdays</b>	<b>New Shoes</b>
None	None	Not this week



Hare Line

Committee Details - Website [www.botanybayH3.com.au](http://www.botanybayH3.com.au)

**[YOU CAN EVER READ THIS TOO MANY TIMES!!1](#)**

**Try to remain calm, and REMEMBER THIS!**

**A possible lifesaver**

**This comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London Ont.**

**This is really important –**

**Let's say it 7.25pm and you're going home (alone of course) after an unusually hard day at work**

**You're tired, upset and frustrated.**

**Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw.**

**You are about 5k from the hospital nearest to your home.**

**Unfortunately you do not know if you will be able to make it that far.**

**You have been trained in CPR, but the guy who taught you the course did not tell how to perform it on yourself.**

## **HOW TO SURVIVE A HEART ATTACK WHEN ALONE.**

**Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.**

**However these victims can help themselves by coughing repeatedly and very vigorously.**

**A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.**

**A breath and a cough must be repeated about every two seconds, without let-up until help arrives, or the heart is felt to be beating normally again.**

**Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain a normal rhythm.**

**In this way, heart attack victims can get help or to a hospital.**

