



# HASH 94 TRASH 14

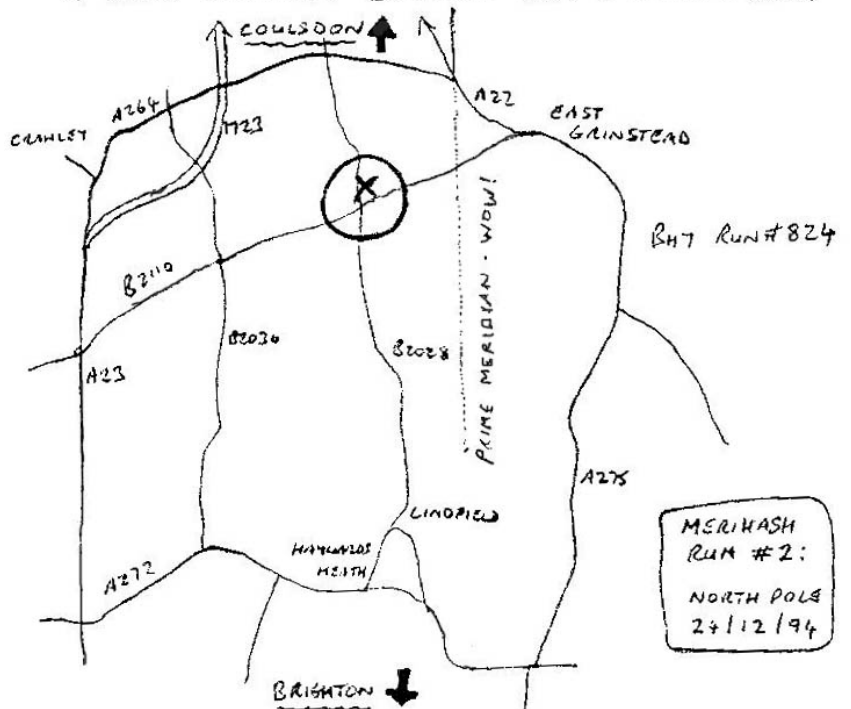


## How to have an Easter Egg Hunt in Solitary Confinement

- 1 Pretend you've got an egg.
- 2 Pretend to hide it.
- 3 Pretend you're someone else.
- 4 Pretend to look for the egg everywhere.
- 5 Eventually, pretend to find it.
- 6 Pretend to eat it.
- 7 Pretend you've got another egg.
- 8 Pretend to hide it.
- 9 Pretend you're someone else.
- 10 Pretend to look for the egg everywhere.
- 11 Pretend to find it.
- 12 Pretend to eat it.
- 13 Pretend you've got another egg.
- 14 Pretend to hide it.
- 15 Pretend you're someone else.
- 16 Pretend to look for the egg everywhere.
- 17 Eventually give up, unable to find the egg.
- 18 Wait three weeks.
- 19 Three weeks later, pretend to come upon the egg quite by chance.
- 20 Pretend to be delighted.
- 21 Pretend to eat it.
- 22 Pretend to look forward to next year's Easter Egg Hunt.

## SLIGHTLY LESS SAD AND LONELY IS THE FIRST MERIDIAN HASH

A JOINT INITIATIVE BETWEEN BH7 & OCH3 = HASH



PRESENTED BY YOUR HARES BOUNCER & SCRUBBERS MATE  
19.30(PM) 4TH APRIL 1994 - THE CROWN, TURNERS HILL

# EASTER MONDAY

BRIGHTON & HOVE, HAYWARDS HEATH, HORSHAM,  
HENFIELD, HASSOCKS, HURSTPIERPOINT HASH  
HOUSE HARRIERS HOFFISERS:-

ON-DON ELWICK (SECRETARY) 0273 553694  
PHIL (NEVER SAY MINT) MUTTON (HASH CASH) 0273 509958  
BOB "AIRMAN" LUCK (SOME SORT OF R.A.) 0444 414178  
RAY NOAKES (FUN RUN HARE RAISER) 0273 506571  
CHRIS "GREYHOUND" DAUNCEY (GP/SD ETC) 0273 584148  
JOHN "BOUNCER" BIGGINS (THIS RUBBISH) 0444 230903







# tips on how best to behave at work after drinking 20 pints of beer at lunchtime

Unfortunately Britain's bosses aren't too keen on lunch-time boozing. But follow these ten tips and your boss need never know you've been drinking.

1. Sucking a mint will help disguise the smell of beer on your breath, but remember to buy the mints before you go into the pub as it may be more difficult to buy them afterwards.

2. If you have a desk job, try to spend the entire afternoon with your elbow on the desk and your head resting on your hand. Sit upright, holding a pen in your other hand. This will make you look busy, and thoughtful.

3. Do not start any conversations yourself, and if you are spoken to try to speak more slowly than you would normally do. This will counter the effect of your brain trying to speak more quickly than usual.

4. If your boss asks you a question, count to ten before you reply. Keep sentences short, stopping and counting to ten again between each sentence.

5. You may not realise it but your eyelids will naturally tend to drop. So make an extra effort to raise your eyebrows while talking.

6. Keep alert by trying to remember your postcode, and repeating it over and over in your mind.

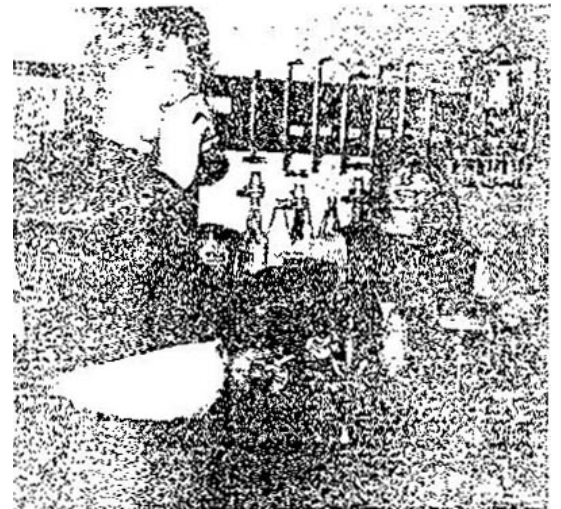
7. Try to keep movement to a minimum. Do not walk anywhere unless it is absolutely necessary.

8. If you do have to go anywhere, to the toilet for example, choose a route which enables you to punctuate your journey by casually leaning on walls or items of fixed furniture.

9. If there is a patterned carpet in the room try following the pattern to enable you to travel in a straight line more easily.

10. Do not attempt to walk across an open space unless absolutely necessary. If you have to, under no circumstances look at your feet. Fix your eyes on an

object in the middle distance and count each step in your head. Do not stop walking until you have arrived at where you are going.



Boozing for Britain. A lunch-time boozer enjoys a lunch-time booze. In the boozer.

## BOUNCERS COLUMN

Well the brilliant news this time out is that CYPRUS won their bid to bring the 1996 Interhash to the northern hemisphere for the first time ever! It looked like a Catch-22 situation with the Interhash being held in Oz and the Far East forever because they were the ones who could get their GM's to the vote, which is only held at Interhash. A strong British and European presence this year changed all that so let's try and get a good turnout from one of the oldest hashes in the UK. Details will follow as soon as known.

On a more local and imminent note the Surrey 1000th hash is almost on us and now is the time to get your entries in. I'll be going and would thoroughly recommend awayhashing to anyone, so if you're interested let me know.

Two TV programmes to keep an eye out for are the walk along the South Downs Way being shown in four parts on Wednesday nights. Channel Four are responsible for both that and The Great Outdoors which is set to devote a whole programme to hashing in the very near future, having filmed one of the west countries hashes at play.

Good luck to all hashers taking part in this years London Marathon. Don't forget the beer stop at 21.5 miles and the On On afterwards (same place but can't remember the name).

Finally, congratulations to Mike on hitting 100 runs and to me for hitting 50 runs (eds licence!).



*I had twelve bottles of whisky in my cellar and my wife told me to empty them down the sink, or else. I proceeded with this very unpleasant task --- I withdrew the cork from the first bottle and poured the contents down the sink with the exception of one glass, which I drank. I removed the cork from the second bottle and did likewise but for one glass, which I drank. I withdrew the cork from the third bottle and poured the whisky down the sink drinking one glass. I pulled the cork from the fourth sink and poured the bottle down the glass, which I drank. I pulled the bottle from the cork next and drank one sink of it, and threw the rest down the glass and poured the cork down the bottle.*

*Then I corked the sink with the glass, bottled the drink and drank the pour. When I had everything emptied, I steadied the house with one hand counted the bottles, corks, glasses, and sinks with the other hand, which were twenty-one, and as the houses came by I counted them again. I had finally all the houses and one bottle, which I drank. I'm not under the affluence of incohol but thinkle peep I am I'm not half so thunk as you might drink. I fool so feelish. I don't know who is me, and the drunker I stand here, the longer I get.*

(Anon)







# I STAND BY MY SHORTS!

*Even though I've been torn off a strip*

**FITNESS fanatic David Hart is trying to cover his blushes.**

The 35-year old aerobics addict is Littlehampton's answer to Linford Christie and his famous 'lunchbox'.

But David faces a ban from classes because his skin-tight shorts are just too revealing.

Managers at Arun Leisure Centre in Littlehampton say the white lycra outfit he wears to the sweaty 60-minute sessions leaves nothing to the imagination.

They say women in the mixed classes have complained that his clothing is "unsuitable and indecent".

Anne-Marie Maguire, a spokeswoman for the centre, said: "Apparently this gentleman turned up wearing off-white lycra shorts, and when he started to sweat they became transparent."

"He also has another coral-coloured.

**Story: LORNA HALL**

pair that I am told are very short and don't seem to give him much support.

"We had a couple of complaints from women in the classes, so the manager took him to one side to ask him if he could dress more appropriately."

David, a part-time photographer from Shripney Lane, Bognor, says he was astounded when he was told that he is too sexy for his shorts.

Although the former strippogram admits to never wearing underwear, he insists that his leggings are designed to be worn that way, and that it is the official gear of the sport.

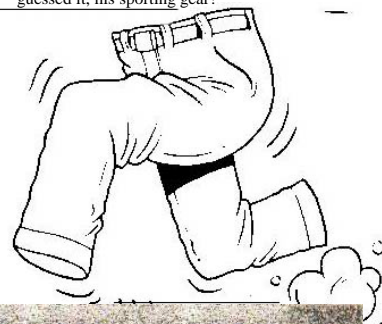
He said: "I can't help it if I am well-endowed. I try to wear a long T-shirt, but that doesn't seem to make much of a difference. If I was wearing something totally outrageous I'd understand."

"I stand by my shorts and I will continue wearing them."

David's girlfriend, Fiona Graham, from Worthing, said: "It is ridiculous. In that situation, whatever men wear they would look the same. He played badminton with me in these shorts last week and I didn't think anything of it."

Leisure centre manager Mike Monk, who imposed the ban, was not available for comment.

Since the row David has been offered some modelling work with a national newspaper showing off, yes, you've guessed it, his sporting gear!



David Hart in one of the aerobics outfits that caused all the fuss: "I can't help it if I am well-endowed".

## PRESS ROUND-UP

Brighton Hashers hit the headlines (actually the bloke above is nothing to do with us, but hell, it makes a good story).

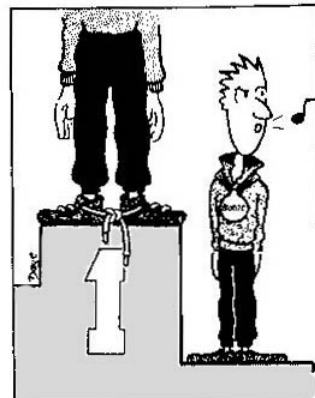
Right is Lin and Jon at the Grand Prix awards collecting Jog Shop vouchers for their respective successes.

Below is a blurred vision of Bouncer recently seen in Brgess Hill Times. The running club meet Wednesday evenings at 7.30 in the bar of Sidney West Sports Centre, Leylands Road. Sunday morning sessions arranged each Wednesday depending on races.



★ **BURGESS Hill Runners** are appealing to be run off the road – they want an athletics track built in the town. Formed last year, the Runners' club was established to meet the demand.

Coach Peter Ferlie has appealed to Mid Sussex district council to include a synthetic athletics track as an integral part of the proposed leisure complex in Burgess Hill. For full report, see Page 10.





## HOW TO OPEN A PACKET OF DRY ROASTED PEANUTS

1. Hold the packet upright in your left hand.
2. Turn it round so that the front is facing away from you.
3. Grasp the packet  $\frac{3}{4}$ " from the top with the thumb and forefinger of your right hand.
4. Grasp the opposite edge of the packet  $\frac{3}{4}$ " from the top with the thumb and forefinger of your left hand.
5. Pull gently but firmly.
6. Turn the packet round so that the front is now facing towards you, and rotate through 90 degrees.
7. Place either end of the packet in each palm, close the fists and grind them in alternate clockwise and anticlockwise directions as if wringing out a small towel.
8. After 20-30 turns, place packet down on bar and order a large whiskey.
9. Approach the packet quickly and silently from below, grabbing it round the neck with one hand and ruthlessly scoring the obverse edge with the thumbnails.
10. Without giving the packet a chance to react, bring it up to the teeth and clamp hard on the bottom edge.
11. Worry the packet to and fro, champing and twisting with the teeth and pulling with a steady pressure with both hands in the other direction.
12. In the same movement rip the whole packet along the metallic bevelled top, cutting your hands open, throw it on to the floor and jump up and down on it, grunting and screaming.
13. And rest.
14. Order another large whiskey.
15. Wait another six hours.
16. Scramble viciously at the packet all over using nails, eye-teeth and key-ring. Rub packet harshly between now unshaven chin (or calves if woman) and surface of bar.
17. Stab packet suddenly and without warning with pair of ice-tongs.
18. Still using tongs raise packet high in air and slam down on to one of the ornamental beer-cans atop the beer-taps.
19. Repeat mercilessly, sobbing aloud. Rush outside cursing obscenely.
20. Find small child (there is usually one locked in a Cortina in the car park) and ask them to do it.

Next week: How to open a locked Cortina using only a packet of dry roasted peanuts.



H. M. PRISON

(TAHITI WING)

FOLLOWING the news that a young car thief has been sent to Portugal on holiday, tough new sentencing guide-lines have been circulated to magistrates.

The aim is to ensure consistency between courts in different parts of the country. Details of proposed sentences are as follows:-

**MUGGING:** Day trip to Brighton or Alton Towers. Magistrate will be allowed to use their discretion.

**CRIMINAL DAMAGE:** Two days at Euro Disney for first offenders, up to a week for those with previous convictions.

**ARSON:** Two weeks at either Disney World in Orlando or Disneyland in Los Angeles. Offenders sent to LA will be entitled to Club Class Travel.

**BURGLARY:** Ten-day break in the Seychelles, to include snorkelling and windsurfing.

**AGGRAVATED BURGLARY:** Two weeks in Jamaica, half-board. Offenders will be provided with spending money but will be expected to buy their own drugs.

**GBH:** Minimum of two weeks in Hawaii with Page Three Girl (subject to availability) followed by rehabilitation at water-sports centre in Tahiti.

**MURDER:** Three-in-a-bed sex session with supermodels of defendant's choice on Caribbean island to be decided by court. Condoms not included. All prisoners to be accompanied by at least three social workers, four probation officers, hairdresser, personal chef and Japanese masseuse.

In addition to the above tough sentences, the Government has also issued new sentencing guide-lines for motoring offences.

**NO TAX DISC:** £10,000 fine.

**FAULTY BRAKE LIGHT:** Fifty lashes.

**SPEEDING:** £5,000 fine for every one mph over the limit. Plus fifty lashes.

**DRIVING IN BUS LANE:** Three years in prison.

**SPEEDING IN BUS LANE WITH FAULTY BRAKE LIGHT:** Life Imprisonment.

**DRINK DRIVING:** Hanging, to include drawing and quartering.

Late last night it was revealed that the Government had decided to end its controversial policy of allowing prisoners to be transported by **Group 4** security. The contract has instead been awarded to **Club 18-30**.

## HOLIDAY HASHES



April  
Apr 1-3: ISTANBUL HHH Run 500, Turkey. Contact: Bill 'Flur' McDougall Fax:264-9060.  
Apr: TEXAS INTERHASH '94. Hosted by San Antonio HHH. Camping, food, beer, & T-shirt. US\$50.- Doug 'Two for the Road' Rohman, (210) 520-HASH.

Easter: NORTH WILTS HHH Run 400, England. Contact: Paul 'Rhino' Lee H:0793 481959.  
Apr 29 - May 1: ROME HHH Run 300 Blessed are the Hashers, Italy. Fax: (39 6) 50000068.

Apr 29 - May 1: 7th DUTCH NASH HASH, Hellenboom, Fullweekend dli. 145 (all-in). Contact: Milly 'Big Chili Mama' Rondel, c/o NAM (APN/25), P.O. Box 28000, NL-8400 HH Assen, Netherlands. Fax: (+31-(0)-5920-63165.

Apr 29: CAMBRIDGE HHH King Street Run. Tel:0223-311794 Fax:0767 50395 Ref. 'F.B.I.'  
Apr 30-May 1: CAMBRIDGE HHH NOT THE 800TH WEEKEND, Cambridge, England. Tel: 0223-881028. Fax:0767 50395 Ref. 'F.B.I.'

May  
May: MANILA HHH Run 1000, Philippines.  
May 7-8: MONTEREY BAY HHH Annual Cinco de Mayo Bash. CA, USA. Contact: Tim Huggins' Thomas (406) 728-2117.  
May 9: BROOKLYN HHH AGM Run, NY, USA. Contact: Keith Kanaga Fax:(718) 242 1283.

May 13-15: 4th EUROMASH '94: GT, WORMS-MANNHEIM & RAM HHHs at German Rhein-Neckar valley. CONTACT: Larry 'Stray Dog' or 'Leggs' McDowell Tel: +49 621 732594.

May 14-15: GAY TO FLAKERS WEEKEND (Gay to Breakers), San Francisco, CA, USA. Contact:Steve 'Shaft' Woods (415) 574-7147.

June  
Jun: PORT OF SPAIN HHH Annual Other Island Run to Guyana. Contact: Roy Purves H:(809) 628 6356 (PoS, Trinidad).

Jun: ABERDEEN HHH Run 666, Scotland. Tel:+44 224 633812.

Jun/Jul: EDINBURGH HHH Run 700, Scotland.

Jun 3: IRONRULE HHH Run 100, San Diego, CA.

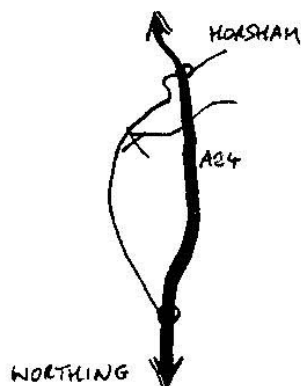
Jun 3-5: BERLIN HHH Run 686, Germany. Thomas 'Rowdytom' Vollmer, Gellertstrasse 13, 1000 Berlin 33. Fax:+46 916682.

Jul 4: PALM BEACH HHH 4th of July Run, Florida. Contact: Barry 'Needles' Stier (407) 640-0047.

Jun 9: GULF INTERHASH 1994. Jebel HHH, Sultanate of Oman. Fax:+968 697234.

Jun 10-12: SURREY HHH Run 1000, England. Tel. 0932 789453 Fax: 0372 459343.

Run #823 - Hen & Chicken, Southwater  
28th March 1994 - Bob Wallace M.R. 157 275



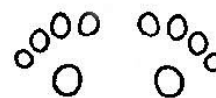
## Nature Watch

When walking in the countryside how much more satisfying it is to be able to identify animals from the tracks they leave. Study the tracks below and see how many you can find on your next walk.

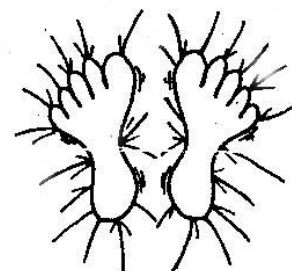
M.R. 255 143  
Run #826 - Shaves Thatch  
18th April 1994 - Elaine's 100th



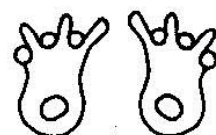
KANGAROO



LION



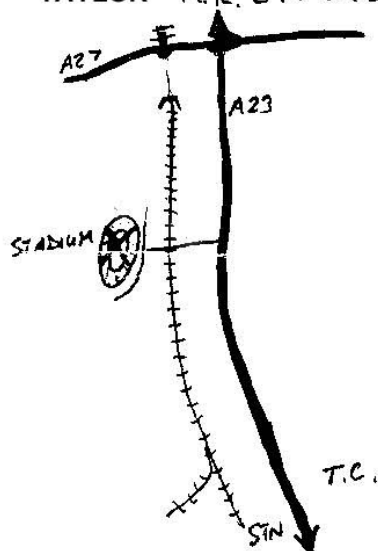
KANGAROO WITH LION ON ITS BACK



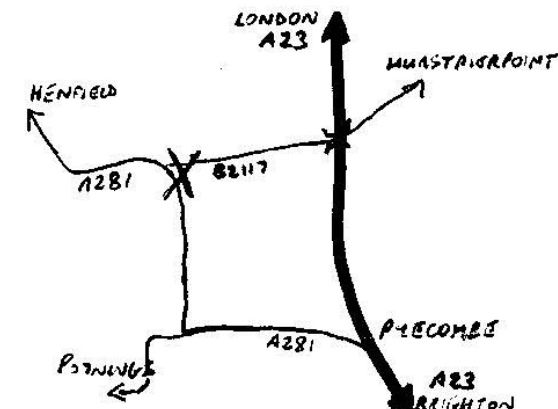
KANGION

(Cross between Lion and Kangaroo)

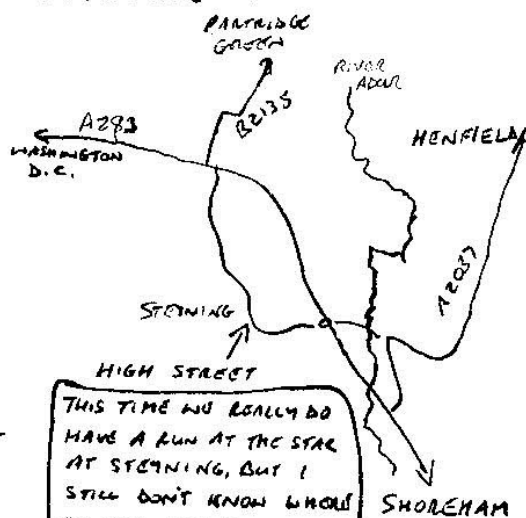
Run #825 - The Sportsman,  
Withdean Stadium Brighton  
11th April 1994 - Dave & Jenny  
Taylor M.R. 297 075



2nd May 1994 } To Be Advised  
9th May 1994 }  
16th May 1994 Black Horse Northurst



Run #827 - The Star, Steyning  
25th April 1994 - Jill's 300th  
M.R. 175 110 (ish)



HIGH STREET  
THIS TIME WE REALLY DO  
HAVE A RUN AT THE STAR  
AT STEYNING, BUT I  
STILL DON'T KNOW WHO'S  
ON THE HIGH STREET THE  
PUB IS!



# Receding Harelion

EXPERTS CALL TIME ON RECOMMENDED 'SAFE' DRINKING LEVELS

# 5 pints a day keeps the doctor away.

By LEWIS SMITH

DRINKERS should knock back five pints of beer a day to stay healthy, it was claimed yesterday.

Men who down as many as 34½ pints a week are as fit as teetotallers, new research has shown.

And, with beer said to be as good as red wine at

preserving health, British experts want the recommended weekly levels to be increased by at least a third.

Danish professor Thorkild Sorensen has gone even further. He claims both men and women can drink up to 69 pints a week and stay healthy.

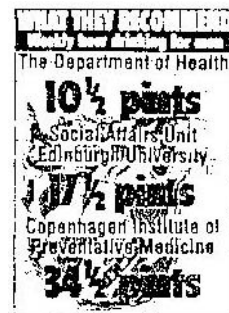
That's way above Department of Health recommendations, which advise 21 units – 10 ½ pints – for men and 14 units, seven pints, for women.

## Pressure

The department is already under pressure to acknowledge that alcohol can actually improve health.

Studies have shown the fittest men are those who regularly drink between 10 and 18 pints a week, say Sir Richard Doll of the Radcliffe Infirmary, Oxford.

And Dr Digby Anderson, of the Social Affairs Unit,



says levels can safely be raised to 35 units for men and 21 for women.

While red wine cuts cholesterol levels and the risk of heart disease, beer is said to absorb aluminium, which has been linked to Alzheimer's Disease.

A combination of both will strengthen bones and improve the brain.

But the Department of Health is sticking to its ad-vice "Drink in moderation," said spokeswoman Sue Greaves.

"We have to look at more than one piece of research. We have no plans to change our guidance at the moment."

COMMENT: Page 6

## Hashers Guide to Medical Terms

The Hash Quack has been frequently consulted whilst on the runs on various medical problems and the meaning of the medical terms his colleagues often use. Here is a helpful list he compiled for your edification:

**Artery** – The study of paintings

**Bacteria** – Back door to cafeteria

**Barium** – What doctors do when the treatment fails

**Bowel** – a letter like A, E, I, O or U

**Cat Scan** – Searching for kitty

**Cauterise** – Make eye contact with her

**Colic** – A sheep dog like Boris

**Coma** – A punctuation mark

**Congenital** – Friendly

**D & C** – Where Washington is

**Dilate** – To live long

**Enema** – Not a friend.

**Fester** – Quicker

**Genital** – Non-Jewish

**G.I. Series** – US soldier ball game

**Grippe** – Suitcase

**Hangnail** – Coat hook

**High colonic** – Jewish Religious holiday

**Impotent** – Distinguished, well known

**Labour Pain** – Getting hurt at work

**Medical Staff** – A doctor's cane

**Morbid** – A higher offer

**Nitrate** – Cheaper than by day

**Node** – was aware of.

**Outpatient** – Person who fainted

**Papsmear** – Fatherhood test

**Pelvis** – The King's cousin

**Postoperative** – Letter carrier

**Prostate** – Flat on your back

**Recovery Room** – Place to do the upholstery

**Rectum** – Dang near killed him.

**Rheumatic** – Amorous

**Secretion** – Hiding something

**Seizure** – Roman emperor

**Tablet** – A small table

**Terminal illness** – Getting sick at the airport

**Tibia** – Country in North Africa

**Tumor** – More than one

**Urine** – Opposite of "You're out!"

**Varicose** – Nearby

Jun 11-12: TAMAR VALLEY HHH Gispert Gallop, Plume of Feathers, Princetown, Devon. Contact: 0752 562224.

Jun 15: BRASILIA HHH Birthday Run, Brasilia. Contact: Wes 'The Duke' Hubbard, Fax: (55) 61-225-9136.

Jun 17-19: ODENSE-NYBORG HHH Fairytale Hash, Denmark. Contact: Anne 'Butterfly' Haldorsen Tel: +45 905356.

Jun 18-19: GRAND BRU HHH Run 15, Belgian Ardennes. Refeelingse erven 154, 5672 T J Nuenen, Netherlands or call Pim Sluyter 040-835553 NL.

Jul 23: WEST RHINE HHH Run 666, Germany. Tel: Dave Benjamin H:02161 551474.

## July

Jul 1-3: 6th GERMAN NASH HASH hosted by Bonn HHH, Pony Hotel, Pech, Germany.

Jul 2-3: BARNES HHH Run 500, England. Contact: Ian 'Petal' Fieldhouse Fax: 0256 843129.

Jul 3-5: BERLIN HHH Run 666, Germany. Contact: Thomas Volkmer Fax: +49 30 46916682.

Jul: ADELAIDE HARRIETTES Run 750, Adelaide, SA, Australia.

Jul: BANJUL HHH Run 777, The Gambia, West Africa. Fax: 220 95919.

## August

Aug 6-7: ELGIN HHH 10th ANNIVERSARY HASH, Scotland, U.K. Dave 'Superhash' Dougal H: (0383) 860685.

Aug 8: BRISTOL GREYHOUND HHH Run 300, England. Martin Berkeley 0272 717842.

Aug 20: FIRST UK FULL MOON RUN 50, England.

## September

Sep: BANDUNG HHH 20th BIRTHDAY HASH, Indonesia.

Sep 3-4: BICESTER HHH Run 1000, England. Contact: Karen 'Fag End' McRobbie, 51 Eynsham Road, Cassington Oxford OX8 1DJ. Tel: 0865 881 117.

Sep 8-12: CANA HASH BEERCAMP '94, Samia HHH, Canada. (The Poor Man's Interhash). Fax: (519) 336-4194.

Sep 23-25: MONTEREY BAY HHH Run 169 & Campout Weekend, California. Contact: Tim 'Huggy's' Thomas (408) 728-2117

Sep 23-26: PAN-INDO HASH (Bali HHH Run 1000), Indonesia. Fax: +62 361 87632 Walter 'Hanoman' Zieck.

## October

Oct 1: BANGKOK HHH Run 900, Thailand.

## November

Nov: 1st BRAZILIAN NASH HASH, Host Curitiba HHH. Contact: Stefan 'Chorizo' Rohlaender Fax: (55) (41) 252-2321.

## December

Dec 18-19: ELGIN HHH Run 500, Scotland. Contact: Dave "Superhash" Dougal H:0343 544219.

? LONDON HHH Run 1066, England.

## 1995

Feb 4-6: NZ NASH HASH '95 (Waikato Weekend). Marlborough. NZ\$105 to 28-Feb-94; NZ\$125 to 01-Aug-94; NZ\$150 to 01-Nov-94 & NZ\$170 to event. Contact: 77 Inkerman St., Renwick, Marlborough. (03) 572 9131.

Apr 14-16: SOUTH AUSSIE NASH HASH '95, Adelaide. P.O. Box 108, Eastwood, SA 5063. Fax: (08) 293-5345.

May: EUROHASH 1995 at a venue yet to be determined.

? INTERSCANDI HASH '95, Stockholm HHH, Sweden. August Water Festival Weekend.

Aug 25-27: U.K. NASH HASH '95, Host North Hants HHH.

AMERICAS' INTERHASH 1995. Hosted by Orlando HHH, Florida, U.S.A.

Nov 6-7: FORT EUSTIS HHH 22nd Anniversary Weekend, VA. Contact: John 'Dr. D' Evalle (804) 480-0764.

## INTERHASH 1996

Amathus HHH (Cyprus), Bandung HHH (Indonesia) and Hong Kong HHHs will bid for the opportunity to host this 10th event.

## INTERHASH 1998

The Klang Valley Chapters spearheaded by 'Mother' Hash propose to host the 11th Interhash in the Kuala Lumpur environs, Malaysia. 1998 is the Diamond Anniversary (60 years of hashing) of HHH Kuala Lumpur as well as the venue for the Commonwealth Games.

## 2000

SYDNEY PRE-OLYMPIC BASH. Barina HHH. Contact: Bruce Riley H: +61 66 865669 W: 865278.

Additional club contact names and telephone numbers are to be found in the popular 'World Hash Handbook & Directory' published by H

Thanks Bicester HHH