



*Brighton & Hove, Haywards Heath & Horsham,  
Henfield, Hassocks and Hurstpierpoint Hash House Harriers*

*On-Sec: Don Elwick 01273 385637*

*Trashman: John 'Bouncer' Biggins 01444 230903*

## ***HASH PARTY TIME - SATURDAY 12TH OCTOBER at BRIGHTON RUGBY CLUB***

*Hardy Hash from Weymouth are biking from London to Brighton on 12th October to raise money for Harefield Hospital, and have asked if anyone would care to join them from BH7. Alternatively, they say, you could just buy us, ha ha, a beer, splurrt, and we'll do all the work for you! Multiple explanation marks are almost certainly called for but as these are nowadays regarded with suspicion to the writers sanity I won't tempt fate as I'll probably be grabbed as a good candidate for this mad trip. Oh very well, they said, in that case can you do anything on the showers, camping, beer and Sunday hash front. Now we're talking, soooooO....*

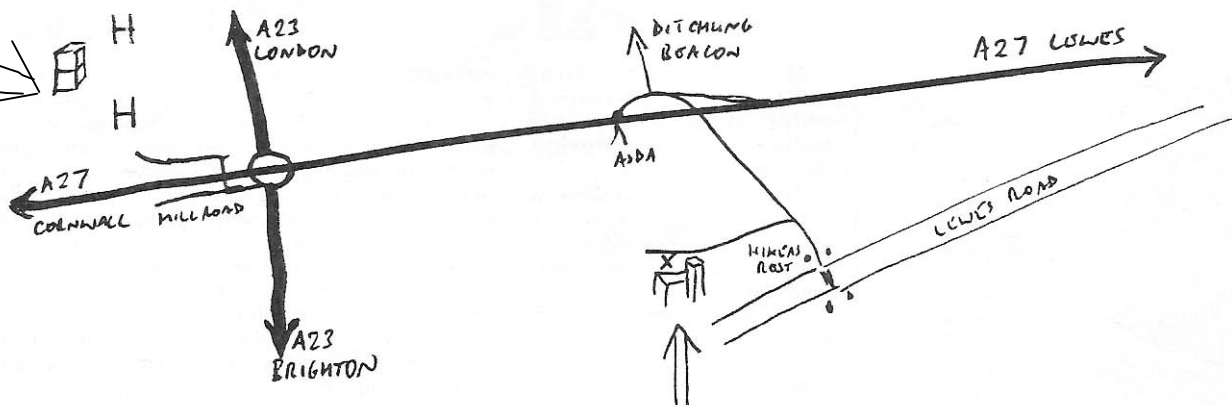
### ***Saturday***

*October 12th 10am - Westminster Bridge. Members of Hardy Hash etc. depart from the smoke.  
5pm - Same arrive at Brighton Pier to be greeted in BH7 hash style (with beer)  
6pm - Pitch and clean up at Brighton Rugby Club, Patcham.  
8pm - Beer etc.*

### ***Sunday***

*October 13th 11am - Hangover Hash from the Rugby Club - followed inevitably by more beer*

*Obviously any support that can be offered on the way down would be very much appreciated by ver guests and they have asked if we could offer encouragement from Ditchling Beacon onwards. Please turn up at the pier even if you can't make the evening.*



## ***HASH PARTY TIME 2 - SATURDAY 23RD NOVEMBER at DON'S PLACE. The Meeting House, Coldean.***

*This is to celebrate Don's 50th birthday, Lorna's homecoming and The Meeting House - warming*

## WORDS OF WISDOM

(Let it be, tra la laa..)

Well congratulations are in order to Don for a fine 950th run even if like me, most of you wimped out of the splash in the night at the end. No sign of the souvenir bum bags. Maybe they'll arrive in time for the thousandth.

Talking of which, has anyone got any ideas yet of where, when, who, what and how? Maybe the entertainment of the Hardy boys will get peoples brains in gear.

Whilst it's not uncommon for a hash set-up to take a while to get a committee together none have made it, to my knowledge, beyond about 500 runs before the need was realised. How the hell BH7 made it this far is a mystery but as so many seem opposed to self-election and with the 1000th run coming up perhaps the time is ripe. It seems that the club is now being managed on the decisions of individuals simply on the basis that they've been around the longest, often the wrong ones in my experience! Add to that the fact that we are virtually the only hash in the UK without an organising bunch and that we are the only one required to by dint of our affiliation to the BAF someone should DO something (but not me..).

Both Don and myself have copies of the UK hash handbook if anyone requires addresses of other UK chapters. As soon as I can get a US\$ cheque together I'll send off for the international handbook too, which has been set aside for us for quite a while now.

Work continues on Don's place at frantic speed. The hot news is that LORNA comes home on the 23rd November, and so there will be three parties at the Meeting House on that day for her homecoming, a housewarming and Don's 50<sup>th</sup> birthday.

Toodle-pip

### Exam Howlers

"Vacuum. A large empty space where the pope lives."

"Artificial insemination is when the farmer does it to the cow instead of the bull."

"Water is composed of two gins, Oxygen and Hydrogin. Oxygen is pure gin. Hydrogin is gin and water."

"Trees can break wind for up to 200 yds."

### And a final word from the Olympics

Security officials stopped two men carrying poles and a role of wire trying to enter the Olympic compound. They claimed they were the Irish fencing team.

In the 1904 Marathon in St. Louis the first runner to appear in the stadium, after more than three hours, was New York's Fred Lorz. Hailed as the victor he was photographed with the President's daughter and was about to be awarded the gold medal when it was discovered he had hitched a lift in a car from the nine mile point., only resuming running a couple of miles from the finish

### ΕΝΑΣ ΙΤΑΛΟΣ ΣΤΗΝ ΑΜΕΡΙΚΗ

(Πρέπει να σιαβαοται με ιταλικη προφορα)

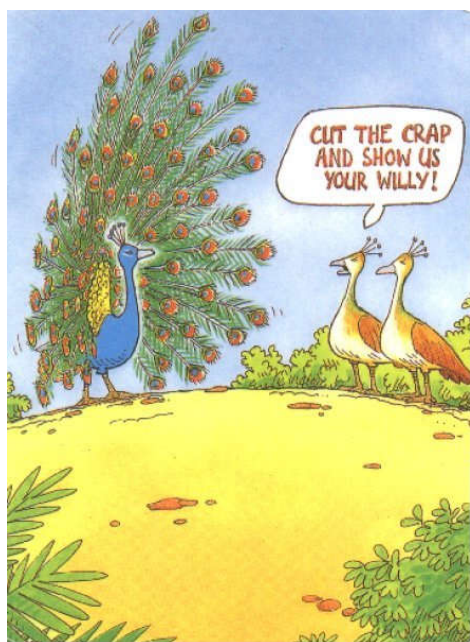
One day ima gonna Malta to bigga hotel. Ina morning I go down to eat breakfast. I tella waitress I wanna two pissis toast. She brings me only one piss. I tella her I want to piss. She says go to the toilet. I say you no understand. I wanna to piss onna my plate. She say you better not piss onna plate, you sonna ma bitch. I don't even know the lady and she call me sonna ma bitch.

Later I go to eat at the bigga restaurant. The waitress brings me a spoon and knife but no fock. I tella her I wanna fock. She tella me everyone wanna fock. I tella her you no understand. I wanna fock on the table. She say better not fock on the table, you sonna ma bitch.

So I go to my room inna hotel and there is no shits onna my bed. I Call the manager and tella him I wanna shit. He tella me to go to the toilet. I say you no understand. I wanna shit on my bed. He say you better not sheit onna bed, you sonna ma bitch.

I go to the checkout and the man at the desk say: 'Peace on you.' I say piss on you too, you sonna ma bitch. I gonna back to Italy.

## DRINKING HABITS OF ANCIENT MAN



**THE discovery that wine is 20 centuries older than previously believed is no surprise to me.**

When you come to think of it they must have needed a drink in the year 5,000 BC just as badly as we sometimes do today.

Probably more so if they had experienced a bad day in the forest, been chased by a prehistoric monster of some kind and then biffed over the head with a club by their better half for being late back at the cave.

Experts have always led us to believe that homo sapiens were worthy creatures who devoted their lives to making tools, doing home decorating and mowing the lawn. Frankly I cannot imagine any ancestor of mine putting up shelves, fitting out a new bathroom or building a con-

servatory. But making wine, well yes, perhaps.

So I am happy to go along with this new theory that early man was a wine maker and had little to do with fretwork or throwing pots. Mark you he might have felt like throwing a few if the dregs of the 5,400 year old retsina discovered on a site in Iran are typical of what was imbibed.

The wine correspondent I read said this very odd bin hadn't aged at all well and those who sampled it could fully understand why drinking is now banned in these parts under Islamic law.

None of those Ancient Greeks who spent so much of their time sailing on the 'wine dark sea' would have touched the stuff, neither would the Egyptians who got into wine as recently as 2,500 BC. They even had a supermarket scale of ratings designed to push

up sales. Rated on a scale of 'good' these demanding classifications were: 'good,' 'good good,' 'good, good, good,' and 'sweet.'

Before we put the cork on the subject of ancient wines, here is a sample choice from our experts so we know what we have missed:

\*Jurassic Flintstone, a real caveman red with a bouquet like an Ancient Britain's armpit.

\*Noah's Gewuztraminer, a multitude of flavours with a strong hint of giraffe coming through.

\*Neolithic Nectar: Strong in alcohol it got the Druids jumpin' and put work on Stonehenge back 200 years.

\*Moses' Margaux: The old boy put his great age (120) down to this wine and first glimpsed the Promised Land from Mount Pisgah after a couple of bottles.



# BH7 HASH HOUSE HARRIERS

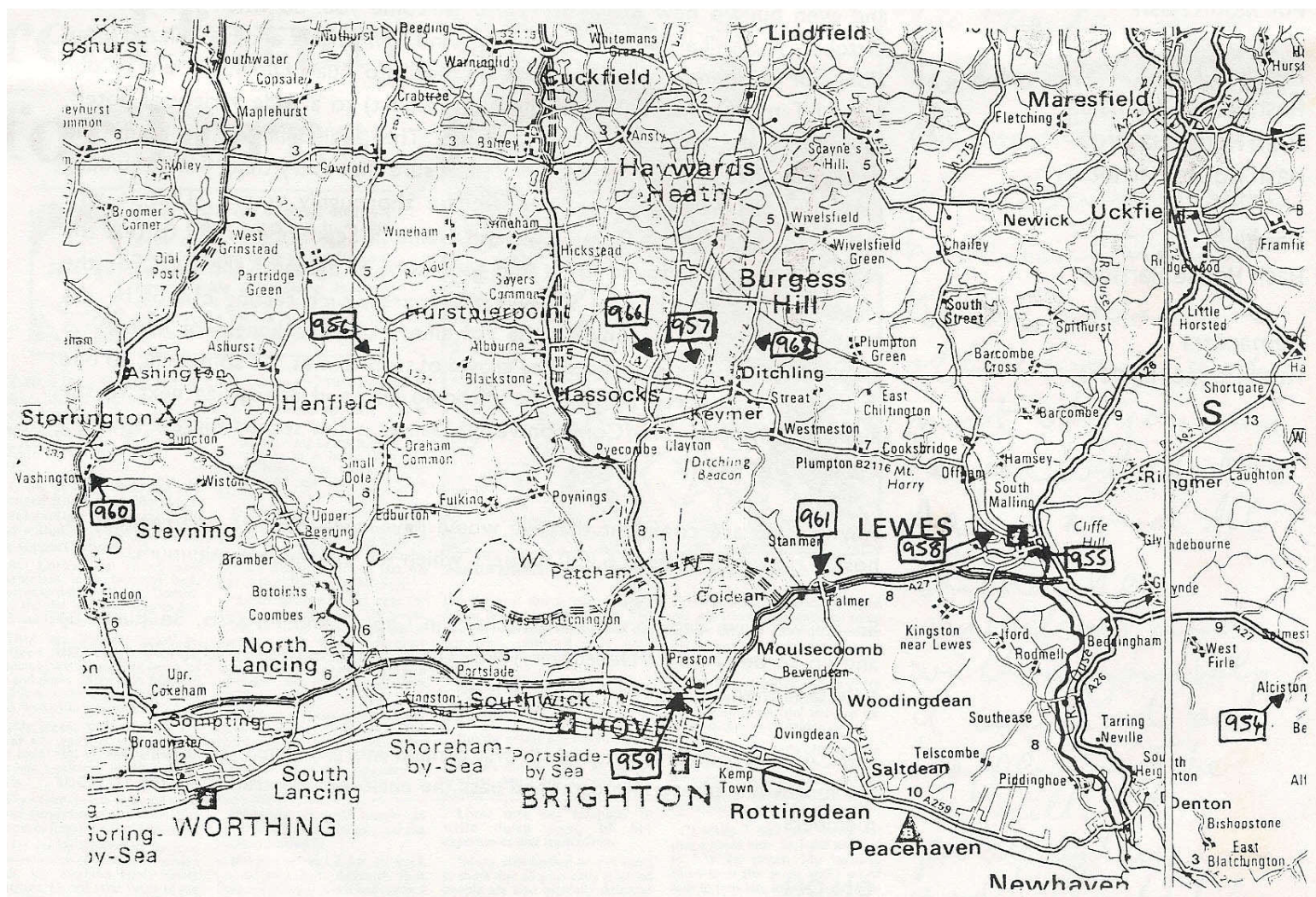
## INTA WINTA 1996 HARELINE

All runs on Mondays. Meet at 7.30pm for 7.40pm start and bring a hash flash light.

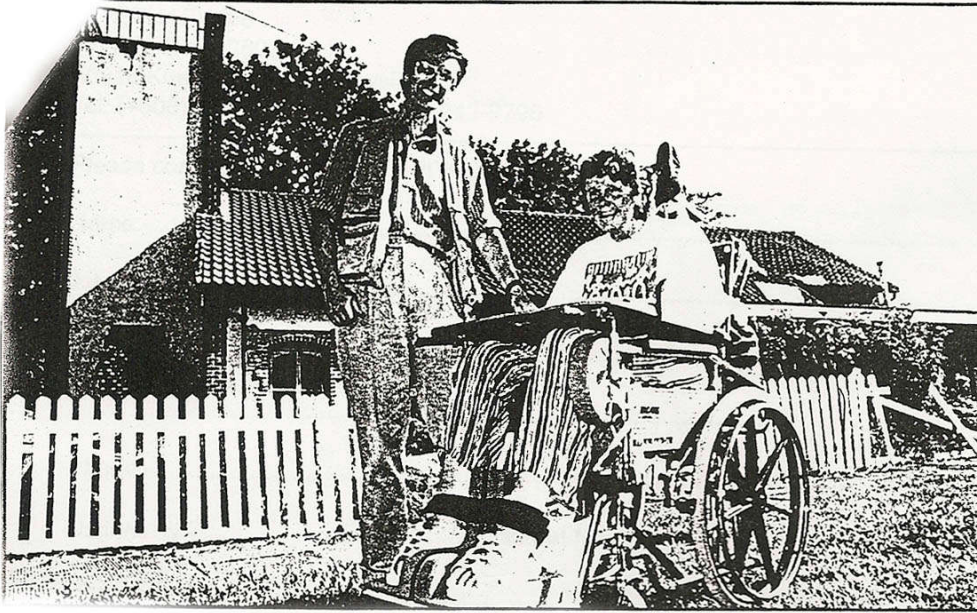
Further information from: On Sec: Don Elwick 01273 385637

Play-Acting GM: John 'Bouncer' Biggins 01444 230903 or 01273 792750

Run No.	Date	On-on:	OS ref:	Hairs:
954	30th September, 1996	Rose Cottage Inn, Alciston	057506	Pete Beard/David Taylor
955	7th October	Gardners Arms, Lewes	104422	Bouncer
956	14th October	Henfield Sports Centre	166214	Elaine & John's 25th wedding anniversary hash party.
957	21st October	Thatched Inn, Keymer	158315	Rik Taub
958	28th October	Black Horse, Lewes	102408	Tim Carter
959	4th November	Evening Star, Surrey St., Brighton	047309	Bouncer
960	11th November	Franklin Arms, Washington	129122	Ali, Terri and Jo-i
961	18th November	Horns Lodge, Chailey		Greyhounds
962	25th November	Swan. Falmer	090354	Ian's 100th birthday run
963	2nd December	PEP, Ditchling	168333	Pete Eastwood
964	9th December	Flying Fish, Denton		Dave E. & Roger Pulley
965	16th December	Red Lion, Turners Hill		Brett, Phil & Ivan
966	23rd December	Hassocks Golf Club Xmas Party	166302	Les 'Santa' Plumb







Lorna and Donald: "We imagined there would be organised help for people like Lorna. But we had to start from scratch"

# Building a real future for Lorna



Three years ago a blood clot left Lorna Elwick paralysed from the neck down. Adamant that she should not end up in an institution, her family fought hard to give her as normal a life as possible. Now, a dilapidated church hall is being transformed into a new home for Lorna. JANE HUGHES reports

AT 40, Lorna Elwick led an active life as the mother of three teenagers and the finance director of a small electronics company in Hove.

Then, in June 1993, her life changed for ever. A blood clot developed on her brain stem and within days she was on a life support system.

As Lorna lay silent and motionless in a hospital bed, doctors told her husband, Donald, that she did not have long to live and would never speak again.

Then her brother, Jonathan, noticed she was trying to communicate by moving her eyes up and down. More tests followed and it was discovered that Lorna had "locked-in syndrome".

This meant that although her mind was working normally and she could feel her limbs, she had become a prisoner inside her own body.

Over time, Lorna regained some facial movement and the use of a couple of fingers on her right hand.

Her family learned to lip read and members of Donald's running club, the Brighton Hash House Harriers, helped raise funds to put towards a voice synthesiser and computer which Lorna operated

with her fingers. The runners also collected enough money to buy an old ambulance to ferry Lorna around.

The last thing Lorna wanted was to end up in a home. But her family house was unsuitable for conversion on the scale she needed.

Donald, 49, a self-employed builder, said: "At first we imagined that there would be some kind of organised provision for people in Lorna's situation. But in fact we had to start from scratch."

"Lorna became a test case for care in the community. There was a lot of time wasted as many agencies were working at cross purposes. At the same time they were very wary of setting a precedent that could cost them a lot of money."

The family spent a year house-hunting. Brighton Council and social services offered grants for adapting a property rather than buying it, so it was necessary to find something cheap and rundown to do up.

Eventually, Donald bought an old church hall in Coldean and the builders moved in.

But just before Christmas, work ground to a halt. Although East Sussex County Council had made a commitment, it became concerned the work was costing too much.



Donald Elwick: His running club has helped raise funds.

For the next few months Lorna's family lived in a building site. The church hall roof leaked and the windows, covered only with polythene sheeting, were damp and drafty.

Now at last the money is starting to come through and the builders are back.

But the grants will not cover the cost of all the work and so Donald's running club, as well as relatives and other friends, have helped.

Lorna used her computer to write down some of her experiences and frustrations.

"Many able-bodied people seem to think that all physically disabled people are also mentally deficient and are generally people to be avoided.

"At first this absolutely outraged me and I have frightened off some people because I couldn't contain my anger at their slowness or patronising attitude.

"At John Howard House there was a visiting vicar and he kept coming up to me and stroking me while making sympathetic noises.

"This always really offended me and I had already been rather unsuccessful with my usual method of indicating something was wrong by screaming as loudly as possible.

"Luckily I had just found out that I could bite. So I did my best to bite his finger. My husband came in at this point and I asked him to translate my intense dislike of being treated with so much pity and how it did absolutely nothing."

## To ALL BH7 HASHERS

We would like to thank all of you for your support in helping us get this far towards our home together. Some of you have helped shifting rubble and earth, fix the fence, dig holes, move boxes, decorate windows etc. Some of you have contributed to the house in other ways, and most of you have helped with the Appeal Fund. All this has been marvellous, and without your help it could not be happening. There are still other problems, but Lorna and I would like to thank you all for your steady

# ISLE OF WIGHT 600<sup>TH</sup> RUN

## 13-15<sup>TH</sup> SEPTEMBER, 1996

Arrived at the Ventnor Rugby Club site at about 7.30p.m. passing the Black Friday runners on their way to hash round 8 Ventnor pubs.

Set-up tent and headed for the bar which late arrivals seemed to be gravitating towards, if only to find out the approximate timetable for the pub crawl.

Renewed old acquaintances with various Isle of Wight hashers from previous visits plus several Essex hashers before relatively early night.

Met up with gang from Old Coulsdon who commented on my absence from the joint run having set it up from two separate pubs! Registered with Jacqui early on Saturday for the runs and kids insisted on hash handles thus were born Hammerhead, Starduster and Kamikaze from Natalie, Ian and George. 600th run T-shirts purchased all round: "Isle be R'Wight". Joined other hashers in pub on seafront.

Lunch was Jacket spud or Scotch egg with salad, bread and tea followed by chocolate brownie. Entertainment provided by various idiots trying to ride a bicycle without pedals that worked on bum power. Not methane but the seat was linked to the rear wheels and rode up as the bike went along so motion was accomplished by sitting and standing on it!

After a pre-run naming session at which Jacqui maintained a low profile I set off on the long run (7.5 miles) just after 3pm with a plan to meet her again at the beer stop. Playaway demonstrated again his usual checking skills by going wrong at the first, second and third as we climbed to the downs for the best views of the island. The territory was much too tough for bikes and the run itself allowed little relief. Hit the beer stop after about an hour and a half after an incredibly steep hill which was compared to the drive up Ditchling Beacon, with good reason. Frolicked on the haystacks for a while before a gentle downhill trot back to the run site.

Superb dinner of Cottage pie, with options of curry or chilli followed by pie and custard.

More down downs followed as the DJ set up shop for a long night of drinking and dancing interrupted sporadically by occasional hash silliness (TC with his big banana, the 'rubberhead' condom blowing competition, etc.) and eventually the party broke up shortly after 2am.

More excellent grub for breakfast. I had spoken to Pat from IOWH3 on Saturday and complimented her on keeping the price so low and she revealed that a school dinner lady had reckoned on 40p per head per meal! An incredible price for some incredible grub.

Hangover run set off at 11am after more pre-run down downs. Set by Quentin and Linda this was the usual morning after walk for most of us tending down to hit the beer stop on the rocks after about 3 miles. Most had a swim taking advantage of some superb weather. The run then headed pretty directly back to the site almost straight up where we arrived in time for the down downs.

Having been threatened all weekend from various sources that I was going to be pummelled by the islands own Bouncer in a head-to ... er belly to belly battle I was relieved when the winner was decided by a 'most likely to succeed' vote. As their boy was 6 foot two and had a belly I'd not like to face up to I didn't mind losing the vote and accepting the down down.

After a lunch of rolls and fruit all that was left was to clear up and clear off. With two free beers left on my voucher I had to stop for just one more though and paid the price when we all got lobbed into the shower fully clothed. A lesson was learned there but I've no doubt I'll be back for their next big bash after such a tremendous weekend.