

The magazine of Brighton Hash House Harriers (twinned with Bangkok Hash House Harriers) R-ns/trash #241 June 2017

facebook or at http://www.brightonhash.co.uk/

All r\*ns are on Mondays meet at 19.30 for 19.40 start unless stated. All directions/ timings are approximate and start from Patcham roundabout A23/A27 junction.

DATE #NO ON ON **REF HARES** 

5th June 2017 2033 Cock Inn, Wivelsfield 353 201 Just Errol

Directions: A23 north, keep in left hand lane and filter on to A273 over Clayton Hill. Take 2nd right B2112 through Ditchling. Turn right at third roundabout and pub is through village on the left. Est 25 mins.

12th June 2017 2034 Star, Steyning 174 116 Anybody Seen

Directions: A27 towards Shoreham, A283 to Steyning, left at 1st roundabout, 2nd left at next. Pub on right 1 mile. 20 mins.

19th June 2017 2035 PEP, Ditchling 333 172 Local Knowledge

Directions: A23 north, keep in left hand lane and filter on to A273 over Clayton Hill. 2nd right is B2112 into Ditchling. At mini-roundabout go straight ahead. PEP nursery is about 1 mile on right just past Garden Pride. Est. 15 mins.

26th June 2017 2036 Sussex Oak, Warnham 158 337 Bouncer

Directions: A23 north to Pease Pottage. 1st exit A264 through 5 roundabouts then right at 6th to A24. 1st left 1 km pub on

left opposite top. Est. 25 mins

3rd July 2017 2037 Bent Arms, Lindfield

347 257 Just Ross

Directions: Follow A23 north to Bolney junction with A272. Turn left and back under A23 to Ansty. Stay on A272 until Haywards Heath then left towards the station. Straight on at station roundabout and left at the next into village. Past pond and up High Street, turn right with pub on corner, then left for car park. Est. 25 mins

#### ononononononononononononononononon

#### RECEDING HARELINE:

10/07/17 Sportsman, Goddards Green - One E Bastille Day 17/07/17 Charlies Place, Saddlescombe - St. Bernard

24/07/17 Good Companions, Brighton - Felicity Parsnip

#### HASHING AROUND:

HASTINGS H3 - 04/06/17 10.66am Footland Wood, Whatlington . Lord of the Farts/Jobsworth

#### SLASH H3

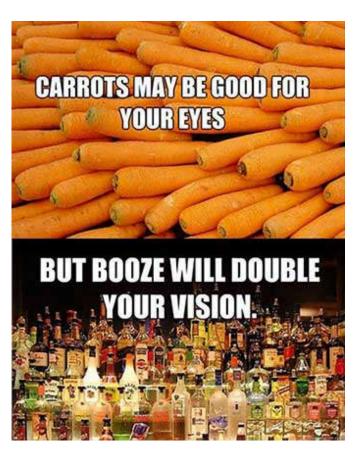
10/06/17 12pm Snooty Fox, Three Bridges Testiculator &c. A-B-C-D trail, A-B being c.45 minute r\*n with bag transport, C being variable no. of watering holes and D being hares home.

#### HENFIELD H3 #155 Joint with W&NK H3

18/06/17 11am Sussex Oak, Warnham Bouncer (for anyone who can't make Bouncers r\*n on 26/6/17)

### Thought for the day:

Time flies like an arrow. Fruit flies like a banana.



# BH7 HASH EVENTS DIARY & NOTICES

DIARY DATES - see full list of events being attended by Brighton hashers on website under Away Hashes:

15-18/06/17 BEER DAY BRITAIN - Any pub you like at 7pm, raise a glass and say "Cheers to Beer!"

21-23/06/17 CHELTENHAM & COTSWOLDS H3 2345 Drybrook Rugby Club GL17 9EU

29-30/07/17 NORTH HANTS 2000th Aldershot & Fleet RUFC.

25-28/08/2017 UK Nash Hash Easton College, Norwich <a href="http://uknashhash2017.co.uk/">http://uknashhash2017.co.uk/</a>

10/09/17 Brighton hash relay - See Prof, Bouncer or Ride-it-Baby for details. See below!

25-27/05/2018 World Interhash - Nadi, Fiji

Sept. 2018 Mother Hash 80th Anniversary event - see BS#226 or visit <a href="www.motherhash.com">www.motherhash.com</a> for more details.

## 



#### SUNDAY JUNE 4th - Beer Lovers Marathon - 2nd edition

Princess Albert from London Hash has organised a squad of 150 to take part in this event including Angel, Bouncer, Keeps It Up and Wildbush.

The Beer Lovers' Marathon (Liège/Belgium) is a road race of 42,195 km, aiming at being fun and accessible to any motivated sportsman. In addition to conventional water and energy supply, all runners will have the opportunity to discover and taste 16 different Belgian beers along the way. THEME 2017 – FRUITS & VEGGIES

#### HASH RELAY's 2017

Important note - DATE CHANGE The Brighton hash relay this year will be on <u>Sunday 10<sup>th</sup> September</u>. As previously advised, the basis this year will be the same route as last years 55th birthday special with Pat, Pete and Bouncer theoretically co-ordinating a team each. Unfortunately Pat couldn't make the Saturday as she will be returning from abroad so we've pushed back one day.

If you wish to take part, please keep the date in your diary, and join a team. Everyone will get a run and there will be a great social afterwards, most likely in Lewes but full details the nearer the time. If you can't await though we've been invited to:

15/7/17 - Fittleworth Flyers relay from Kithurst Hill Following Monarchs Way then South Downs Way finishing Franklin Arms, Washington via Devils Dyke, where food and drink will be available.

#### 

From: Amnesia Email: iain.belton@virginmedia.com Subject: Brighton H3

I was talking to a landlord last night who used to run with the Robin Hood H3 based in the Robin Hood pub in Brighton. This was in 1980-81. Did you know of them? They were mostly rugby players and set up by someone from Singapore.

#### OnOn

**Amnesia - Bicester H3** 

#### Hash CAMRA 2017 - Early Warning

This year it is Berkshire Hash House Harriers' turn to organise the joint Hash CAMRA run. We are planning to host the event on the 22<sup>nd</sup> October. We are delighted to announce that we have provisionally booked the West Berkshire brewery, Yattendon as the venue for the run, so we are assured of excellent beer, as well as wine and softies.

Please could you reserve this date within your run schedule and could you start publicising the event and the date with your hashers and harriettes.

We will circulate more details of the event as soon as we have more information available.

Many Thanks

On On

Mr Blobby - GM Berkshire Hash House Harriers

#### 

Hello,

I hope the following property may be of interest to HHH members, it is very accessible and is in great running country. Its size makes it ideal for groups of up to 10 people or large families. I would like to offer a £50 per week discount to HHH members as I have enjoyed many happy times with the club.

Many thanks and best wishes,

Julian Gough.

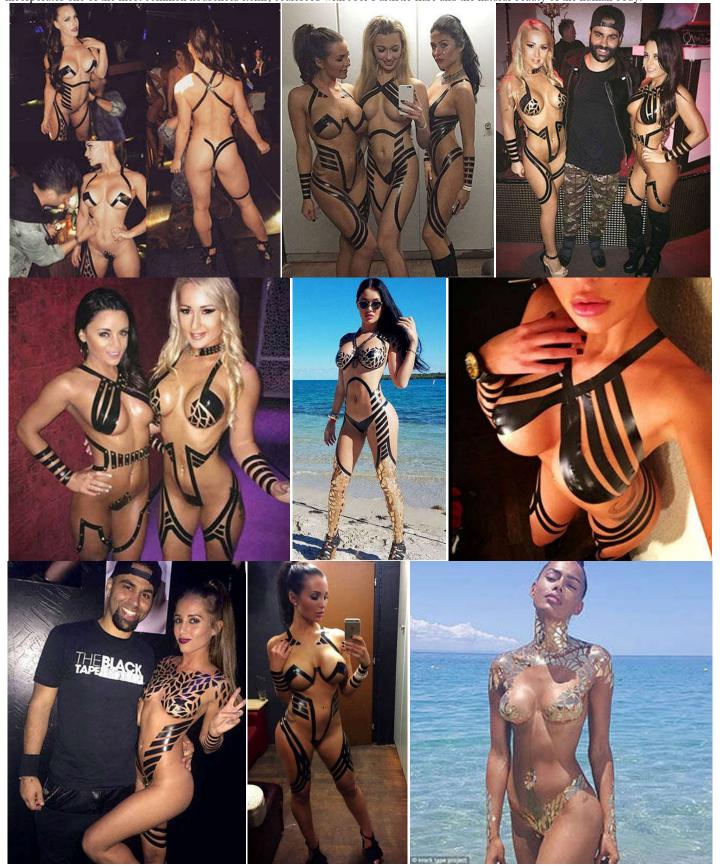
http://www.cheznous.com/270905/le-cygne-nord.aspx





The Black Tape Project has over 200,000 followers on Instagram - By Bianca London for MailOnline PUBLISHED: 11:25, 15 May

Thought the side boob was bad? Cringed at the concept of the 'almost naked' look, which, as the name suggests, exposes acres of flesh? Well, it just got a whole lot worse. Women have been taking to clubs and bars wearing nothing but a few strips of duct tape strategically placed over their nipples and intimate areas. The ladies effectively style outfits using the tape, sticking it on their skin in quirky and daring patterns to resemble underwear. The daring new fashion trend was spearheaded by Joel Alvarez, a designer from Miami, who launched an 'artistic' venture called the Black Tape Project. It now has over 200,000 followers on Instagram and women are descending on clubs and bars wearing nothing but tape. Explaining the concept on his Facebook page, Joel says: 'Embodying the character of Miami's nightlife culture, The Black Tape Project incorporates one of the most common household items, coalesced with Joel's artistic flare and the natural beauty of the human body.'



Must hurt when they need the loo!

REHASHING



Paiges Wood, Haywards Heath As it was bank holiday Monday, Keeps It Up volunteered to set the hash from the Paiges Wood car park round the corner from his, followed by a lovely BBQ in his garden sipping beer in the sun.

By the earlier than usual 1730 start time a small group of about 25 met in the now drizzling rain. With an assurance from KIU of bangers and spare ribs on our return and bluebells awaiting we set off, walkers following the runners trail to a marked SCB/ walkers cut-off.

We found lots of checks through the woods passing rivers of bluebells under the trees, although they were starting to look slightly on their way out. The rain came and went with many of us sheltering at the checks where possible, not wanting to get our hair wet, eh Nigel?

Some confusion at the end when KIU stated we had to look for the trail as he'd forgotten which way. Then at times sending us up the wrong route anyway. Still

10/10 for effort and scenery and a beautiful run despite the weather. This was followed by an excellent BBQ with some nice bottles of beer to suit all tastes.

Down downs presided by Mudlark went to the hare and his helper who did a great job in the kitchen, Wildbush. I passed the numpty mug to KIU for his poor recollection of where the trail went (he'd only set it a few hours before!!), and as Mudlark said we couldn't play ping pong with it (he'd awarded me last week).

An excellent afternoon which rapidly went downhill for Wiggy as he got a flat tyre on the A23 on the way home, resulting in us not getting home until the usual time for a hash night.

Angel

#### Red Lion, Ashington

Poor old Wiggy! Since the discovery that he'd actually achieved 2000 r\*ns, instead of the 1000 the record shows, his body seems to have absorbed the impact of the extras and we're left with a shadow of the Wiggy we used to know. On the plus side there was reasonable hope that it would mean a shorter run than his usual efforts. Assigning co-hare duties to Bouncer, hare himself went limping off to lead the walkers, while the rest of us found out early that marks were at best sporadic as we did a small loop round the houses to join the A24. At the check several bravely headed across, while others even more bravely headed south, before the chalk went down, back to the village. Under the bridge we were soon in the country, past the walkers and on out to North Lane where, having identified a possibility for confusion from his fleeting glimpse of the map, Bouncer created more by calling pack back from the correct trail before realising he was too early. The idea was good though, but having cried wolf those who had now found the on inn were slow to return while Knightrider repeated "Are you sure Bouncer?" over and over until marks were located. It really is a 'help and be damned' job with Wiggy, and as we reached an unmarked footpath sign it seemed logical to stay legal, especially when Neelia found ducks, as hare had referred to them along with bluebells in his chalk talk. But as we progressed through ever more vigorous growth it eventually became clear we were off trail, a position not assisted by first one woman in her 4x4 blocking a potential SCB which had St. Bernard reaching for the vernacular, nor by another rather more aggressive farmer who as usual yelled at us for upsetting his horses with our noise. Sticking rigidly to legal footpaths on an anti-clockwise route, to our great joy we eventually found ourselves back on trail and back at the check of earlier confusion. Sadly a lack of clear trail meant the on inn was any number of options, and even with plenty of back marks Angel and Local Knowledge still found another route home, taking an extra 45 minutes!

The barman took great delight in producing a strange blue drink for the hare to down, much to his disgust. Psychlepath was nominated after changing the date of his  $100^{th}$  parkrun to tie in with Clair Park's  $200^{th}$ , taking a load of cakes along only to have them refused as parkrun had provided already, and most importantly, not bringing the leftovers to the hash! Meanwhile Angel managed a 20 second PB at Hove but paid the price with an Achilles pull forcing the walk this evening. Ride-it, Baby's friend Pat was a Virgin runner, while Eccles said goodbye as she moves oop north, sharing her pint half and half with Come Again for talking and moaning in equal measure. The late Local Knowledge (he's not dead, just couldn't find the trail) insisted

that Bouncer and St. Bernard where culpable for poor back-marking (as if we knew where we were going!), but came unstuck as Keeps It Up awarded him numpty for getting so lost, with an honourable mention to Angel! Another great hash!

## 

A minister has just died and is standing on line waiting to be judges and admitted to Heaven. While waiting he asks the man in front of him about himself. "I'm a taxi driver from Shoreham-by-Sea". Suddenly the angel standing at the gate calls out next, and the taxi driver steps up. The angel hands him a golden staff and a cornucopia of fruits, cheeses and wine and lets him pass. The taxi driver is quite pleased, and proceeds through the gates. Next, the minister steps up to the angel and the angel hands him a wooden staff and some bread and water. The minister is very concerned and asks the angel, "That guy is a taxi driver and gets a golden staff and a cornucopia! I spend my entire life as a minister and get nothing! How can that be?" The angel replies, "Up here we judge on results, all of your people sleep through your sermons, in his taxi, they pray."



### A CORNUCOPIA OF FRUIT AND VEGETABLE NONSENSE

#### New wine for seniors

California vintners, in the Napa Valley area, which primarily produces Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It will reduce the number of trips older people have to make to the bathroom during the night.

The new wine will be marketed as Pino More.





#### FUN FACTS and THOUGHTS (some of these are even true!):

- Strawberries are the only fruits whose seeds grow on the outside.
- Avocados have the highest calories of any fruit at 167 calories per hundred grams.
- Voice of Bugs Bunny, Mel Blanc, was allergic to carrots.
- A Welsh letter is like a French one, but with a leek in it!
- The word brunch originated in the 1960s, when busy executives would break mid-morning to eat Broccoli and Monster Munch.
- Life is like a jar of jalapeno peppers. What you do today might burn your butt tomorrow.
- Looking at the state of sun-dried tomatoes, it's probably time they played safe and used fake tan instead.
- Caterpallor (n.): The colour you turn after finding half a maggot in the apple you're eating.
- I hate it when I think I'm buying ORGANIC vegetables, but when I get home they turn out to be just REGULAR doughnuts.
- If life deals you lemons, make lemonade. if it deals you tomatoes, make Bloody Mary's. But if it deals you a truckload of hand grenades...now...THAT'S a message!!

There were 3 tomatoes out for a walk, Papa Tomato, Momma Tomato, and Baby Tomato. Baby Tomato was lagging behind, so Father Tomato walked back to him and squashed him like a bug and said......"Ketchup!"

A guy goes into the bar with a carrot in his ear. He orders a drink. The bartender wants to mention the carrot but doesn't. Next day the same guy with a carrot in his ear goes to the same bar and orders a drink. Again the bartender wants to say something about the carrot but doesn't. The 3rd day the same guy and the same carrot go to the bar and order a drink. As the bartender serves the man he can't stand it anymore and says to the guy, "Hey Bud, you know you got a carrot in your ear? The guy replies, "I can't hear you because I've got a carrot in my ear." (...and your point is? Ed.)



She was only an apple-grower's daughter, but she couldn't wait to get it in cider.

One day, Adam sat outside the Garden of Eden shortly after eating the apple, and wondered about men and women. So looking up to the heavens he said, "Excuse me God, can I ask you a few questions?"

God replied, "Go on Adam but be quick. I have a world to create."

So Adam says, "When you created Eve, why did you make her body so curved and tender unlike mine?"

"I did that, Adam, so that you could love her."

"Oh, well then, why did you give her long, shiny, beautiful hair, and not me?"

"I did that Adam so that you could love her."

"Oh, well then, why did you make her so stupid? Certainly not so that I could love her?"

"Well, Adam no. I did that so that she could love you."

Years ago it was suggested that an apple a day kept the doctor away. But since all the doctors are now Muslim, I've found that a bacon sandwich works best!

## REHASHING (continued)

Stand up Lindfield A different location for Psychlepath with a return to the former Dark Star presence, now serving Thai grub, and it looked like being a very different route as we set off up the High Street, but after cutting through the church-yard and looping confusingly round the woods, we returned to run down the other side of the High Street and headed for familiar Rik territory. Apart from a few who'd got left behind by the early unmarked checks and wandered off trail, that meant crossing Lindfield Common, up the stream and into Franklands Village. There was a suspicion we were picking up where we went wrong from the Snowdrop last time as trail took us onto the rough footpath through to Walstead for a charge home up the Lewes Road. After hare was punished rewarded, Roaming Pussy was called for unnecessary cruelty to Keeps It Up

when, after the circle at the Henfield Hash on Sunday, he came limping into the pub garden following the latest in the River series, and she told us all, "Don't mention the marathon". Every attempt to tell us about his day was then thwarted with a change of conversation and a quivering bottom lip, but he didn't help himself by running to hash tonight and announcing he'd sold a shirt for no money so also received a beer. Prof was very keen that David Harris should be awarded the Numpty mug in absentia after he'd freed up the blade in his blender by hand with the expected result for any sane individual. Bet that hurt, as did the drivers cocktail of lime juice and Tabasco Prof now found himself reluctantly necking as proxy downer, for wearing the race medal at which he'd found out this gem. Referring to lost souls on trail tonight RA pointed out that, although they'd started late, and gone considerably wrong passing walkers three times, Pirate and Bouncer had proved the adage, "those who are last shall be first" with a storming end game. We have Jaws to thank for pointing out the quote is biblical and as it was from Matthew 20:16, he and Dildoped found themselves necking together, before Lily the Pink got the anniversary couples Bogeyman and Roaming, with Bouncer and Angel to link up for 40 toes! Another great hash!



Hampden Arms, South Heighton On a fairly scorchio night it was hard work hauling ourselves uphill from the off so pack took a little while to get running. Initially trail went due north for some considerable way eventually reaching a check which gratefully veered away from the possibility of the South Downs Way. At the next check walkers appeared from the side as we frolicked among the wheat in search of marks, while the mantra 'never check down' being uttered by experienced hashers was finally ignored to their peril. On we charged along a decent track towards Bishopstone as Hash Gomi observed that the last time we'd been here, everyone had been complaining, and with good cause as it was a much longer trail to get to the same point! Another steep climb and with panoramic views, the checkers dissented on where the actual pub was, so once again first were last as we hit the houses. St. Bernard was spotted wandering through the gate and banging on the door of an idyllic looking cottage with roses round the windows, but Matt had mentioned a sip stop so beer must be near. Indeed it was, and we found Jenny distributing cake, fizz, and Old Speckled Hen at the marking point for HMS Forward, a communications and intelligence gathering network of tunnels from the war that, although it's existence was kept so secret that it wasn't really rediscovered until the early 90's, marked a crucial turning point when D-day plans were drawn up here. Back to the beer, and Dildopeds anniversary plans were exposed as a significant birthday, prompting a call for the traditional song, however, this would also be Flick's last hash before her nuptials at the weekend, and she wouldn't be able to stay for the pub, so the two were briefly united for a celebration down down. On inn was just a short distance away, where the pub had prepared a choice of meat or veggie chilli with jacket spuds for the bargain price of £3.50. As wa\*ker of the week Wiggy shared his little joke about "no checks on the hash, but a couple of poles", circle was called and hares Dildoped and back marker Prof were downed. Chopper thought hare's significant birthday meant 70 even after we'd established he was a decade younger, but by then RA was so confused he attempted the knighthood before being rightly shouted down! In the absence of an honorific there was at least opportunity for a naming, to thank Jenny for the sip, and delving into folklore, the RA's warped sense of humour discovered Jenny Greenteeth, described as an infrequent visitor (to the hash) known for taking care of the elderly (i.e. Matt,



although this would probably be the other 'taking care of'). That'll do and so Jenny was named with apologies for the hag part of it as our Jenny is lovely (but folklory). More culture arrived next with the revelation that Ralph Reader was resident at the aforementioned cottage, putting on the first of the gang shows while in South Heighton. St. Bernard was called for being distracted, but Isca obviously has a soft spot for a fellow furry and followed him in, dragging carer Big Jugs behind. Returning after a few weeks absence to take part in his own gang show, Prince Crashpian completed the trio of downers. Ride It, Baby then called Anybody up to give him the title of Sir, as it actually is his 70<sup>th</sup> birthday, and Matt joined them finally getting his birthday song. To close, Prof called Just Julia away from the bread and cheese game to award her numpty of the week for still being in the pub during the down-downs (of all the possibilities she's offered in the past!), which she, to her utter shame, responded by throwing the beer out the door. Much condemnation and even Lisa's bottom lip was trembling at the waste. Retribution will come, but otherwise another great hash!

## YOUR CARING, SHARING TRASH BRINGS YOU THE (MOSTLY) FRUIT AND VEGETABLE HEALTH CHART:

Apples	Protects your heart	Prevents constipation	Blocks diarrhoea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhoea
Beans	Prevents constipation	Helps haemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps haemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chilli peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps haemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat germ	Combats Colon Cancer	prevents constipation	LOWOID CHOICECOIC		

# Rehashing the CRAFT - Portslade to Southwick

Although it was somewhat short notice a few managed to gather for CRAFT H3 #101, following the trail from Portslade station all of 20 feet to #1 The Railway Inn. This was a lively pub with a nice feel, good beer and seeing others enjoying the menu, we quickly resolved the question of where to eat with Keeps It Up and myself opting for the arancini, Wildbush a burger and Angel going for the excellent homemade nachos, loaded with guacamole, salsa, sour cream, cheese and jalapenos. Cyst Pit arrived in time to enjoy a pint before we headed down Vale Road to find a low tunnel back under the railway and on to Victoria Road. A fair was setting up in Victoria Park but beer was now a priority, so on we went to #2 Battle of Trafalgar. My pint of Nelson was average, but the gents toilets were entertainingly covered in back issues of the Beano and other more grown-up comics. Word came through that Come Again would not be joining us after all so our group was complete with just 5 for the night, but the ever gregarious Cyst Pit knew one of the members of the band setting up. It's a shame we didn't get to see them perform but the beer was calling us on to #3 Stanley Arms, and how, as we arrived via a cheeky little back alley opposite the pub to find they had a beer festival on! If this had been planned as anything other than a point-to-point we may well have ended our night here, and I was sorry to only have the one pint of the marvellous Powder Blueberry Porter, but time was ticking and there were still several pubs left on the agenda. The route down the back path provided entertainment as we found a couple of Europeans trapped in the allotments. Although they had a key, the lock had been closed from the outside and they couldn't reach, so a mirthful rescue was effected! Much of #4 Romans was closed for a private party but the beer selection was limited so a swift pint of Doom and we were on our way again, across the recreation ground, where I managed to draw blood after dropping my phone on my own head, when I held it high for Cyst Pit to locate us after a nature stop. A quick clean up in the loos at #5 Ship Inn and a pint of Mother Knows Best as the locals were terrified off their table, and we turned our attention to the last trains from Southwick station. Shame as there were still 2 more pubs but time was called here and so discretion proved the better part of valour for those of us heading back to Shoreham. Cyst Pit however, had to get back to Whitehawk, but declined the train, choosing instead to take in #6 Schooner Inn for a couple more beers before a "long walk with some adventure on the way" got him home at gone 5am! Silly b\*gger. Another great CRAFT hash, and the concept of an A to B CRAFT worked well enough for us to consider similar future adventures!

# Rehashing the CRAFT – Adur Valley Beer Walk #1

This one was unexpected, as occasionally happens, when Testiculator announced his intent to follow the trail of the first Adur CAMRA walk. Angel was supposedly away with the kids for the day so I said I'd join him, but announced it on Monday in case of more interest. By Saturday, I'd established that Testi would have his nipper Nathan with him, and Angels plans had changed so she decided to come too, as long as we cycled up from Shoreham. Arriving at #1 the Adur Brewery, start of the trail and having an open day accordingly, we discovered to our delight that, not only was Ging Gang there after all, but Wildbush and Keeps It up had also decided to join us! The only draft beer was the lively (and poky at 5.5%) Steyning Special but bottle beers were available with a discount for 4 so tankards were being charged for the walk to #2 the Star. Tankards? Wait, what? "I've got mine", says Angel, "It's a CRAFT isn't it?". Yup, I alone had no receptacle for my beer, and of course,

with a decent quorum of tankards suddenly it became CRAFT #102! Arriving at the Star, Nathan awoke and demanded beer, prompting Jenny to explain that Chris has convinced him that's what his bottle contains. Even he had a beer pot, doh! Now with a small to amuse we headed to the pirate ship and chickens for an entertaining half hour, before hunger rumbles led us on to #3a Chequers. A combination of food stopping at 2 (on a Saturday, when a crowd are wandering through!), and the barrel needing changing on my first choice ale had us moving on for eaters to



#3b White Horse. Although not especially mooted as child-friendly, both myself and Keeps It Up insisted #4a Norfolk Arms was worth a visit, but disaster, it was shut and not looking too likely to reopen soon. The next stage was the nicest of the walk, over the bridge, by the river and through the castle moat, and a stop at #4b Old Tollgate, although not scheduled, was okay even if the Partridge ale was shaky. Angel realised at this stage the flaw in her plan to drink water at every other pub when she mistimed the rounds so every time it was my round she was on H<sub>2</sub>O. Although the girls spoke about a sprint to the finish, they all ended up in the garden with us at #5 Castle Hotel, but did crack on as the lads fell through the door of #6 Kings Head. Leaving here, I used the bike advantage to spoil Brent and Chris's attempts to miss #7 the Rising Sun by ordering half's before they arrived, although Testi was having none of it and quickly revised to a pint! We were treated to a cheeky backdoor beer reuniting with the girls at #8 Riverside brewery (also on an open day for the duration), which was nice, but meant a missed bus so having already had one for the road, had to have another for the pavement before we set off home (with apologies to Fred Wedlock). Anothernother great CRAFT hash!

ON ON, BOUNCER

### FEELING FRUITY



'I told you this would happen if you kept leaving your clothes on the floor." The Conference Pears made

many fruitless attempts to

send and receive e-mails on

their new Blackberries

well, I'll be damned. There's a fucking chart

"Knock knock" "Who's there?" "Banana" "Banana who?" "Knock knock" "Who's there?" "Banana" "Banana who?" "Knock knock" "Who's there?" "Banana" "Banana who?" "Knock knock" < \*thinks\* oh FFS > "Who's there?" "Orange" "Orange who?" "Orange you glad I didn't

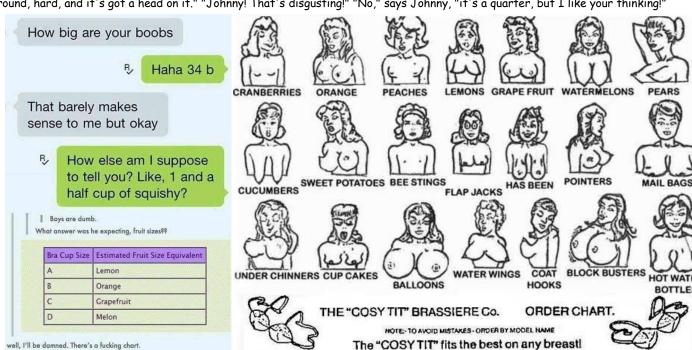




say banana again!"



One day in class the teacher brought a bag of fruit. "Now class, I will reach into the bag and describe a piece of fruit, and you tell me what fruit I'm talking about. First up: it's round, plumb and red." Of course, Johnny raised his hand high, but the teacher, wisely ignored him and picked Deborah, who promptly answered "An apple." "No Deborah, it's a beet, but I like your thinking. Next: it's soft, fuzzy, and coloured red and brownish." Johnny is hopping up and down trying to get the teacher to call him. But she skips him again and asks Billy. "Is it a peach?" "No, Billy, I'm afraid it's a potato. But I like your thinking. One more: it's long, yellow, and fairly hard." Johnny is about to explode waving his hand frantically. The teacher calls on Sally. "A banana," she says. "No," she replies, "it's a squash, but I like your thinking." Johnny is so irritated he speaks up loudly. "I've got one miss; I'll put my hand in my pocket. It's round, hard, and it's got a head on it." "Johnny! That's disgusting!" "No," says Johnny, "it's a quarter, but I like your thinking!"



## IN THE NEWS

Have you injured yourself trying to eat a fruit or vegetable? Guardian - Wednesday 10 May 2017 12.19 BST

Name: Avocado hand.

Prevalence: Widespread and increasing in middle-class kitchens

Symptoms: Blood everywhere. Shouting: "Ow! My hand!" Chronic embarrassment.

This sounds like a very unpleasant condition. How does one develop it? Is there a genetic component? We don't yet know. Onset of avocado hand develops suddenly when someone preparing to eat an avocado stabs themselves instead.

Why do people do that? Avocados are delicious, but they may well go brown during the wait in A&E. *Oh, they're delicious all right, and tremendously popular. They are also booby trapped.* 

How so? You know when you cut an avocado down the middle, then twist the halves apart, to be left with two beautiful pear-shaped pieces, one with an empty well in the centre, the other with the stone or pit embedded in it?

I am familiar with that scenario. I'm never quite sure how to get the stone out. Exactly! So people take the point of the knife and try to dig around it, then slip, and end up stabbing the hand they are holding the avocado with. Some sufferers from avocado hand

experience nerve or tendon damage from which they never fully recover.

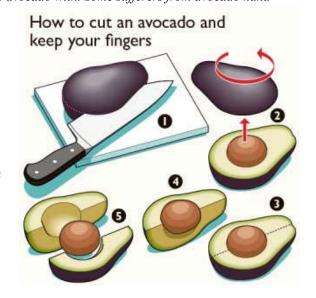
Those fiendish Mexicans! So their entire delicious food culture was just a ruse to injure gringos? If only we could surround them with some kind of wall. Good plan. In the mean time, the British Association of Plastic, Reconstructive and Aesthetic Surgeons wants safety-warning labels placed on avocados. "There is minimal understanding of how to handle them," the honorary secretary of Bapras, Simon Eccles, told the Times. "Perhaps we could have a cartoon picture of an avocado with a knife, and a big red cross going through it?"

I think I'm stupid enough to ignore that. You and many others. Eccles says he treats four people a week for avocado hand. Meryl Streep was afflicted in 2012, and many sufferers complain that the worst aspect is the stigma.

So how do I avoid it? Is there a vaccine? Not yet, but you can try scooping the stone out with a spoon, or hacking down on the stone with the middle of the blade, then twisting to remove it neatly.

Do say: "Just be careful when you pull the stone off the knife."

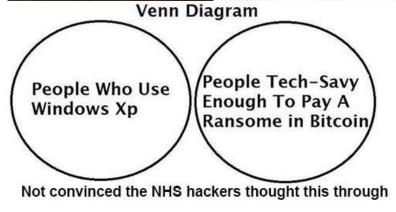
Don't say: "I reckon I could cut myself with a spoon if I put my mind to it."













## VEGETATING ON THIS AND THAT...

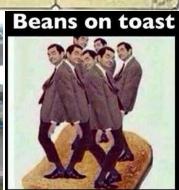








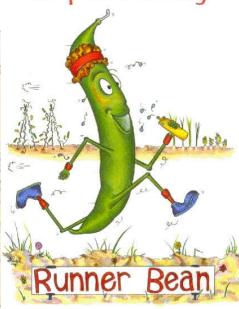




For Heaven's Sake Will Someone Tell Her It's A Mushroom

















Baking Potatoes.



A guy is nearing the end of his senior year in high school. Unfortunately, he still has to share a room with his younger brother who is only 9 years old.

One night, he decides to bring his girlfriend home for a little fun. They have bunk beds and the guy notices that his little brother is already asleep on the lower bunk, so he and his girlfriend climb up to the top bunk. As you might expect things start to heat up. The guy remembers that his little brother is sleeping below so he tells his girlfriend to whisper "lettuce" if she wants it harder and "tomato" if she wants a new position.

Lettuce!!!

Tomato!!!

Lettuce!!!

Tomato!!!

Lettuce!!!

Tomato!!!

She screams.

Lettuce!!!

Tomatolli

Whoa!!! PULL IT OUT!!! PULL IT OUT NOW!!! I can't get pregnant!

From below a voice called out, "Hey will you guys quit making sandwiches. I'm getting covered in mayonnaise!"

TO THE disgusting person (most likely a teenager) who keeps rearranging the fruit at my local fruit market to form the shapes of private parts. It is extremely disturbing and you should grow up and show some consideration to people who don't find disgusting things such as that funny.

**Thomas Michaels** 

Lulu was a prostitute, but she didn't want her grandma to know. One day, the police raided a whole group of prostitutes at a sex party in a hotel, and Lulu was among them. The police took them outside and had all the prostitutes line up along the driveway when suddenly, Lulu's grandma came by and saw her granddaughter.

Grandma asked, "Why are you standing in line here, dear?" Not willing to let her grandmother know the truth, Lulu told her grandmother that the policemen were passing out free oranges and she was lining up for some.

"Why, that's awfully nice of them. I think I'll get some for myself," and she proceeded to the back of the line. A policeman was going down the line asking for information from all of the prostitutes. When he got to Grandma, he was bewildered and exclaimed, "Wow, still going at your age? How do you do it?"! "Grandma replied, "Oh, it's easy, dear. I just take my dentures out, rip the skin back and suck them dry."....... The policeman fainted.

Have you ever had trouble with choosing a Password??

Please enter your new password: "cabbage"

Sorry, the password must be more than 8 characters. "boiled cabbage"
Sorry, the password must contain 1 numerical character. "1 boiled cabbage"
Sorry, the password cannot have blank spaces. "50bloodyboiledcabbages"

Sorry, the password must contain at least one upper case character.

"50BLOODYboiledcabbages"

Sorry, the password cannot use more than one upper case character consecutively. "50BloodyBoiledCabbagesShovedUpYourAss,

IfYouDon'tGiveMeAccessnow"

Sorry, the password cannot contain punctuation.

"ReallyPissedOff50BloodyBoiledCabbagesShovedUpYourAssIfYouDontGiveMe Accessnow" Sorry, that password is already in use.









