



R-ns/trash #264 May 2019



All directions/ timings are vague and start from Patcham roundabout A23/A27 junction unless they don't.

DATE	#NO	ON ON	Post Code	HARES
6th May 2019	2133	White Hart, Henfield	BN5 9HP	Prince Crashpian
<b>Directions:</b> A23 north to Pyecombe. A281 left towards Henfield (c. 5 miles). Right at mini roundabout into High Street. Pub is on right opposite Church Street, approx. 1/4 mile. <b>Est. 20 mins.</b>				
13th May 2019	2134	Plough & Harrow, Litlington	BN26 5RE	Knightrider & Mudlark
<b>Directions:</b> A27 east past Lewes and Beddingham. Take 2nd right after Alfriston roundabout past the Giants Rest pub. Pub approx. 2.5 miles on right. <b>Est. 25 mins.</b>				

18th May 2019 (Saturday) HASH REGAL RELAY 8am Buriton Church to Eastbourne Golf Club  
Finishing approximately 6:20pm and followed by ale + meal at John Harvey Tavern, Lewes from 7:00pm.

20th May 2019      2135   *Hampden Arms, South Heighton*      BN9 0JJ   *Rebel Without His Keys*  
**Directions:** Directions: A27 past Lewes. Right at Beddingham roundabout on A26. After 4.0 miles take 4th left (The Hollow) signed South Heighton. After 0.2 miles left onto Heighton Road. Pub on left. **Est. 20 mins.**

27th May 2019      2136    The Lintot, Southwater      RH13 9LA    Wilds Thing  
**Directions:** A23 North 9 miles to A272, 6 miles east through Cowfold, right (north) on A24 1.6 miles, left on Mill Straight, pub 1 mile on right. *Est. 25 mins*

[illegible]

RECEDING HARELINE:

10/06/19 Heath Tavern, Haywards Heath Psychlepath  
17/06/19 Queen Victoria, Rottingdean Prof  
24/06/19 Beardsfield Nursery, Ditchling Local Knowledge

## HASHING AROUND SUSSEX:

03/05/19 19.00pm Burgess Hill Runners Friday pub run  
Cock, Wivelsfield - Including visit to the Bogeyman stile.  
05/05/19 10.66am (11.06) HASTINGS H3  
Catsfield Public Carpark (TN33 9DP) On on after at the  
Whitehorse. - Derry Air and Muppet.  
19/05/19 11.00am W&NK H3 Big Yin  
26/05/19 11.00am Henfield H3 Royal Oak, Wineham BN5  
9AY Tosser & Money Penny GM Dave the Dog memorial r\*n

ononononononononononononononononononon

*Thought for the day:* The answer may not lie at the bottom of a pint glass, but you should always check just in case.

Did we ever find out



## WHAT THE KNIGHTS IN WHITE SAT IN?





# INSIDE PAGE 3 presents: THE BOOBY TRAP

FORGETS EASTER



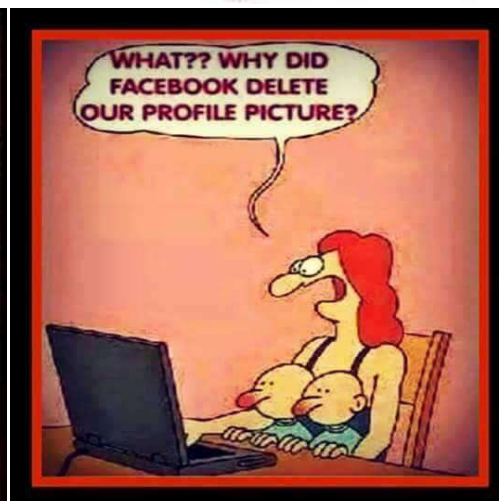
PAINTS BOOBS TO LOOK LIKE EASTER EGGS



*Not sure I'm keen on these late Easters. All my chocolate melted in the heat.*



Of the many excellent parkrun April Fools japes on Facebook, one of my favourites was from **Ashburton** (see page 8), who were allegedly trialling facial recognition technology. In order for this to work they asked all runners to supply a current photo along with their barcode. There is an amusing obsession with boobies among 'parkrun laughs' members (particularly the girls before you start!) so, spotting the April Fool, I gave my number as 5318008, which is of course the calculator version of BOOBIES, and attached the 'Homer Simpson' lookalike below. This may come as a surprise to you but I'd never had anything removed by Facebook before! I was in double trouble though as it turns out that number has already been used by parkrun too! **Bouncer**





# REFASHING

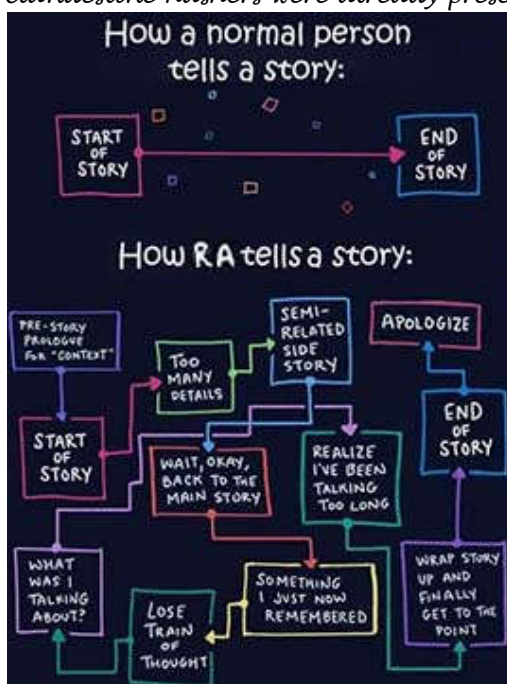
**White Horse, Maplehurst** - A muddle on the runsheet had Whose Shout and Cooperman down for this one while Pirate had diaried it after Fukarwe press ganged him. The former stepped aside as this is the latter's local and thus we gathered, parking in the orchard famed for its wassailing and scene of Roaming Pussy's fruity extracurricular activities. Pirate trails are rare so as a bit of fun this was promoted as a 'dress like a pirate' hash and the pub name being redolent of the wave tips prompted a comparison to a life on the seven seas. The discovery of pirate booty, including an octopus, at the pubs portico added to the atmosphere! So with a cry of 'avast me hearties', or 'tally ho', or perhaps just 'On-On', we set sail on a heading of ENE towards our Cap'n's stronghold. The main crew spotted potential plunder off to port so diverted for a trip round the bay, while a scouting party maintained their heading eventually passing the hideout, as hands Keeps It Up and Eat My Cucumber reappeared. The compass went a bit askew here as those on a direct heading missed their bearing only to spot the crew to starboard enabling a more accurate positioning to be ascertained. And so the adventures continued, through the ward of the South Lodge for the crew, but on a shipping lane for the scouts, circumnavigating clockwise to follow the same route homewards, and attaining shore reunited for well deserved grog. Called to order by the provost it was time to swab the rapscallions, scallywags and picaroons but first our swashbuckler Pirate and his strumpet wench Soggy Crack were enticed to walk the plank whilst imbibing, which sounded a better idea on paper than the final result. Also better on paper was the justification that technically we are within the 200 mile fishing zone for French trawlers so having established that we are at sea, piracy is an inevitability! Sad news had been reported during the past days of the loss to the World of (Jolly) Ranking Roger so the knave known as Wilds Thing took a beer for him under the pretext of holding the shipping charts the wrong way up according to the lookout. Joining him for some Maple Syrup connected theme was Keeps It Up who had been in his own little world. And finally, since it was never really the intention to dress up and the suggestion was merely April 1st high jinks by the bilge rat Bouncer, all those who'd been scammed were required to hove\* to - Fukarwe, Anybody, Chaos and especially Ride-it, Baby (\*yes, it was mainly the Hove car that fell for it!). Another great hash!

I wanna know who the pirate girl is



**Royal Oak, Newick** - A good crowd gathered despite co-hare Shoots Off Early spreading nasty rumours of an 8 miler but Hot Fuzz claimed it was just 6 as he advised us to keep our eyes peeled for the camel! Spurtacus swiftly took control of the walkers map as returnee Dougal grumbled, "Are we running tonight?" before realising he was with the wrong group! Crossing the A272 north we soon headed west past some new houses, but chit chat meant the gap in the hedge was nearly missed. Chaos was evident at the tail end of the main pack as Lily the Pink appeared from behind playing catch up, but our paths soon went separate ways as the walkers short-cut the short-cut, to head down the road and re-cross the A272. Continuing past several footpath options we returned to trail after the cross roads. The main pack, meanwhile, went further west before a long trail south, eventually completing the rectangle to follow us on in past the curry house, which actually looked as if they could have served us this time unlike a couple of visits back when the Crown had no grub and they'd shut early. Knightriders charm faltered on the new and otherwise friendly landlord, but he eventually got it and donated a jug of spare beer for the circle. As opinion was sought, Psychlepath declared it the best hash ever, which prompted RA to call Chaos to drink with the hares, having been telling everyone that he'd set the worst hash ever in Newick for East Grinstead H3, the pack disappointingly short-cutting to 7 miles of the original 11. Yin and Yang, but mention was made of Hot Fuzz's wife, Just Julie, who was pressed for trail info but Mike had refused to tell her anything! Dave Chase was another returnee and had slipped into the pub dressed in his work suit earlier before a swift change into running gear in the Gents, hoping to be unseen, but clandestine hashers were already present. This being the 30th anniversary of the Hillsborough tragedy, Ride-

It, Baby was called to represent her town of Sheffield, against Dave's red top for Liverpool, but as she was driving Little Spurt happily stood in. A parkrunning hashers meet up on Saturday had ended up breaking Spurtacus resulting in him taking control of the walk and getting us lost, all the while moaning about last week's downer for racism. Trouble, on the other hand, no-showed the meet-up but ran all the way tonight! Just Kick'im and Eat my Cucumber hadn't made it tonight due to work, but both received honourable mentions, Kim for being the 'best girlfriend ever' as she'd dragged herself out of bed to drive Ross and his bike down so that he could do the 50km pre-marathon bike ride with Lily the Pink, both of whom went on to do the full marathon, including all the beer stops and getting marathon drunk afterwards (photo evidence was available). In other Marathon notes, Fukarwe was proudly showing off his 10/10 shirt and medal having completed every Brighton marathon since it started, much to the envy of both lightweights Lily and Keeps It Up who have only managed 9/10 but as Ivan pointed out, they'd saved themselves fifty quid! Lily confessed to throwing his 2nd beer trying to get away from Peter Pansy who was out in support of Penguin Shagger (whose time was impacted by refusal to take a beer) and KIU had broken Wilds Thing in the first half, but the lad recovered well to finish respectably after a beer. And finally, the Twat mug was awarded to Angel who'd said to Dougal, "I thought you were a dog?" Another great 'best ever' hash!



*APRIL FOOLS 2019 - parkrun special*

Ah, 1st April: the only day of the year that people critically evaluate things they find on the Internet before accepting them as true.

**[A little background:** The way parkrun operates is by registration online, where you are allocated a parkrun number and barcode. This should be printed off and taken to parkrun. At the end of the event you are given a finish token with another barcode on. Present both of these to the finish scanners and return the finish token. Non-return causes problems for the Run Directors. *Ed.*]

## Catton parkrun

The ethos of parkrun is that it remains free. However, due to the rising cost of missing tokens, it is with some regret we have to introduce a deposit system. From April 6th's event, you will be required to leave a deposit with the core team until your token is returned.

Because of the parkrun code, we are unable to handle cash directly. Therefore please leave an item of value such as car keys, wedding ring, Smartphone / Laptop or any other item of similar value.

You will be handed a receipt. Please do not take the receipt home with you, but turn it into the scanner along with your token and bar code. The scanner will then issue you with a collection note.

Please do not take the collection note home with you, but hand it in to the new volunteer role of "parkrun Bursar" that is being developed for this deposit system. The parkrun Bursar will then issue you with a key.

Please do not take the key home with you, but use it to access the "parkrun locker system" that we are having installed just outside the lodge. The "pLS" locker will contain a small hospitality style pager.

Please do not take the hospitality buzzer home with you, but wait in the assigned deposit return area where currently we have "Brett's shed".

Once your item is ready for collection, your buzzer will go off, and you may collect your item.

However, please do not take your item home with you. Security is important to all of us here at Catton parkrun, so we are using modern retail technology to apply a security tag to each item that is deposited. In order to have this tag removed, please take your item and the barcode back to the parkrun Bursar who will remove the security tag and issue you with a notice of deposit return.

Please do not take this notice of deposit return home with you, however, as we require you to sign it in triplicate. We require you to hand one copy to the run director, and another copy to Sue or Matt at the Friends coffee counter. Thank you in advance.

Core Team

### Isabel Trail parkrun

Good morning all. Due to overwhelming demand from parkrunners from further afield, parkrun HQ have taken the unusual step of renaming the Isabel Trail, to ZISABEL TRAIL - for one week only!

Come and get your "Z" folks, and be equally thankful that it WASN'T a "J"

Portobello parkrun, Edinburgh - 1 April at 06:38

*\*Important announcement\**

After much consideration we have decided to trial a new system of finish tokens from next Saturday, 6th April. This will operate on a "lucky dip" system of picking your own finish token from the bucket at the end of the funnel. This will free up 3 roles (2 finish tokens & 1 number checker) on the volunteer roster and also save the need to sort tokens back into the correct order at the end of each run which requires 2-3 pairs of hands in the cafe.

We need to speed up the efficiency in how parkrun operates and with our increasing number of runners every week this should help to improve the speed at which people move through the finish funnel and we pack up at the end of the run.

Your parkrun time is linked to your finish token position by matching it with the same number finish time on the stopwatch, so we hope that this will give some runners the chance of a much desired Personal Best. Whilst others may feel that they lose out, we have done some number crunching and feel that overall, if you run at Porty at least once a month the numbers should balance out over the year and not skew your parkrun stats average too much.

Please ensure that you take a token and move out of the funnel as quickly as possible. Do not stop to rummage through the bucket to select a token you want or swap tokens with other finishers before you scan them. As ever, please do not take your finish token home!

## Severn Bridge parkrun

Wow- just Wow!

*A Bespoke alternative course!*

Highways England are closing the Bridge so this coming Saturday we have SPECIAL permission to run our alternative course on the Motorway! Actually on the M48 over the Severn Bridge! Once in a lifetime opportunity for parkrun!

A t 9am we will start as usual

Please remember your barcode

Remember- no dogs!

In case of emergency 999

Love parkrun ❤️

First timers welcome

Only one chance to do this!

Outstanding opportunity

Lose out if you don't come!

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[**Ed:** Alphabeteers are parkrun tourists attempting to visit a parkrun starting with every letter. Obviously Z & J are rare.]

[illegible]

**Giant inflatable boobs (*not more! Ed.*) have popped up all over Shoreditch** - James Manning Time Out Monday April 1 2019

Yes, it's April Fool's Day. No, this isn't a joke. Inflatable breasts really have appeared on several east London rooftops. Five boobs of various sizes and skin tones popped up yesterday for Mother's Day, as part of awareness-raising by women's tech company Elvie. The start-up launched a wearable breast pump in September and its #FreeTheFeed campaign aims to make more British women feel comfortable breastfeeding in public.



The boobs can be found bobbing over Shoreditch Grind, Village Underground, Columbia Road, Ely's Yard and Bethnal Green Road until the end of today, when they'll sadly be deflated and Shoreditch will return to having its regular number of massive tits. Wahey!



## REHASHING (continued) by Bouncer

**Fox Inn, Patching** - In the absence of a run report what do we know about this trail? Well let's start with the hare, NickO, late of Kirton H3 in Devon, a hasher of many years experience, his one previous very entertaining trail for BH7 was set to KH3 rules and managed to squeeze a lot of trail out of a very condensed area. Angmering Woods offers the potential for a similar style of hash, although the website map looks as if it may have featured rather longer stretches between checks. Hare has become very familiar with this area and



optimistically anticipated a bluebell trail. Despite early blooming though, NickO advised on Facebook there would be just a hint of blue and to bring torches as it would be dark by 8.30pm. Through gleaning, RA Lily the Pink seems to have suffered some form of stage shock and was unable to recall very much, although Spurtacus confessed that his downer was probably well-deserved as he had covered more ground than anyone else, zipping effortlessly through the pack and up and down false trails. Keeps It Ups GPX suggests that he wasn't alone though and it looks suspiciously like an anti-clockwise route up Selden Lane, out towards Patching, through the woods and Angmering Park for a cheeky fishhook dropping down for a sip stop at the top of Dover Lane barely 2/3rds in before returning via the Woodmans. There you go, see how easy it is to knock out a run report and I wasn't even there! So next time, someone who was give it a try. Please! Another great hash (aren't they all?!)

**Cock, Wivelsfield** - Our Easter Monday joint hash with East Grinstead H3 was very well attended and much appreciated as we took in a route to see Bogeyman's stile. I'm hoping EGH3 will have a report I can steal and stick in next time, but briefly on the circle we were treated to a short history of Wivelsfield by Jonathon, who went on to award Cardinal and Asbestosser for using dogs to hash. I then thanked Keeps It Up and Wildbush, before a big group was called by Layby including visitors from London (Caboose) and Durban (Cabbage Patch Kid and Trailer Trash); our very own Afrikaan Trouble/Tumble; and Little Ben's Dad Rod; plus Big Jaws Abi and Lawrence (who changed into their running gear and walked directly to the sip stop from home. Bushsquatter and Cliffbanger had run in identical St. George's outfits in honour of our Saints day, and they drank with George who met the qualifications to be a saint: the first criteria of being dead recognised by the pack, and the second, of a miracle being that despite the first he hasn't stopped talking! Another great hash!



While you wait...

**Flying Fish, Denton** - Entertainment was to be had for bystanders watching hashers grappling with the limited parking space available as the pub is currently in the centre of temporary traffic lights! We were treated to a few notable appearances at the pub - returns for David Harris (who also had a hand in setting trail), and Black Stockings (just for a walk, having broken her arm skiing recently), a rare appearance of your scribe in actual running gear (though I'd misjudged the onset of summer and was hinting heavily to Ride It, Baby about borrowing her spare jacket which prompted her to return it to the car, Anybody rapidly doing likewise), and finally, Prof's daughter Eleanor making her adult debut with the hash! A cheeky look at the route map revealed not so much a flying fish as some strange sea-dragon type critter from the depths, so I knew I was on my own if I ran and lost the pack, but the first hill blew all the wind out of my sails and I decided to stick to the walk. Catching up at the check though and spotting the downhill, stupid kicked in and I ran on as we dropped down to the roundabout and crossed to follow a route round the Seaford flats. With a bit of construction going on, the proper footpath wasn't available so I took a cheeky SCB down the road while the rest of the pack floundered, then got caught by the unusual check marks thinking they were false trails. Re-crossing the A259, my next SCB through the crops failed dismally, and I started to drift behind the pack along Poverty Bottom. With torches starting to appear, no two runners followed the same route up the hill, putting the horses in a playful mood. St. Bernard kindly waited, as we passed the walkers, to give me a commentary on the terrain I'm sure he usually reserves for guiding Little Spurt! On Inn and grub was already appearing but we'd overwhelmed them as there were at least two extra dishes, while others including Spurtacus sporting his own personalised "I Am Spurtacus" t-shirt had to wait an inordinate amount of time. Spirling up, Mr H having already gone and Spreadsheet and Knightrider both driving, Prof and Mudlark, were called to represent the hares and test the lager/beer blend having both been seen with chalk in hand on the run! We refrained from asking the questions but Eleanor expertly put away her introductory downer commenting "Is that all?", just like her Dad who usually scoffs at anything less than a pint. There had been a few other amusing quotes on the run including Cinderfellas "There's a real smell of rape in the air tonight". Hot Fuzz had been advising on the road to ruin, but reckoned the train was quicker. I think he was talking about Rouen, but I was reminded of a fella who always got drunk very quickly: "If you know where you're going, you might as well get there by express!" Angel had said she expected it long and hard, promptly adding, "I wasn't talking about you Bouncer", Dave H rapidly interjecting, "Unless you meant the marriage?" Grrr. Prof had covered his back when the Newhaven Ferry announced its presence, saying "that's not the hash horn", because there are those who get confused, don't they Angel? I'd mentioned to One Erection how nice it was to be running with the pack only for him to turn around and say, "Well one of your legs is running!", so he got the beer. And finally the Twat mug went to Mudlark for refusing to mark trail at the nettles, then misdirecting pack later. Another great hash!



*A final word on Easter:*

## Waitrose pulls chocolate ducklings from sale after complaints of racism – Telegraph 8th April 2019



Waitrose has apologised over "racist" Easter ducks after customers complained that the dark brown one was labelled as "ugly". An £8 trio of white, milk and dark chocolate Easter ducklings caused offence among a "small number" of customers for being labelled as "fluffy", "crispy" and "ugly".

The complaints centred around the dark brown one being described as the "ugly" one, with some implying it was racist. Following the feedback, the supermarket temporarily withdrew the ducklings from sale while it redesigned the packaging to remove the labels. The redesigned packs are now back on sale in stores and online. The names are likely to have been inspired by

the song "the ugly duckling", from the literary fairy tale by Danish poet and author Hans Christian Andersen, later adapted by Disney. The song is about a small, brown ugly duckling who is mocked and excluded by the other ducklings. Later he discovers he is not a duck when he sheds his brown feathers and grows into a beautiful white swan. The lyrics go: "There once was an ugly duckling, with feathers all stubby and brown, and the other birds said in so many words, get out of town." A Waitrose spokesman said: "We are very sorry for any upset caused by the name of this product, it was absolutely not our intention to cause any offence. We removed the product from sale several weeks ago while we changed the labelling and our ducklings are now back on sale."

[illegible]

*"Jesus died for our sins." Except he didn't actually STAY dead. So what did he sacrifice? His weekend?  
Jesus gave up his weekend for your sins.*



on

## Why chocolate is good for runners

No need to deny yourself the good stuff, here's why you should indulge guilt-free the smart way. By RUTH EMMETT 20/04/2014

**1. It keeps you trim** - After two weeks of 100g daily dark chocolate rations, study subjects at the University of L'Aquila, Italy, showed lower insulin resistance than white-chocolate chompers. Why do you care? Because insulin resistance hampers your body's ability to regulate blood sugar, potentially leading to weight gain and type 2 diabetes.

**2. It lowers your blood pressure** - Just 30kcal of dark chocolate per day (two squares of a little Green & Black's 70% bar) can lower your blood-cuff stats, found a German study at University Hospital of Cologne, Germany. Adults were given a daily dose of dark or white choc for 18 weeks - the white stuff had no effect on blood pressure; those on the antioxidant-rich dark side came back with a three-point drop in systolic blood pressure.

**3. It boosts your staying power** - From reducing your cholesterol levels to easing inflammation, the antioxidants in chocolate could help tackle your risk factors for heart disease – which in turn means you can exercise safely, for longer. One Harvard University study found apples to be the only food with a higher antioxidant count per 100kcal.

As if you needed another reason... **4. Dark chocolate is packed with antioxidants** - Leeds University researchers looked at the total antioxidant content of the nation's three favourite chocolate flavours. Here's how the bars stack up in terms of procyanidins, a heart-healthy flavonoid: White: 0g; Milk: 40.6mg per 100g; Dark: 93.5mg+ per 100g\*

## RUNNING AND EASTER EGGS

5KM = 352 CALORIES

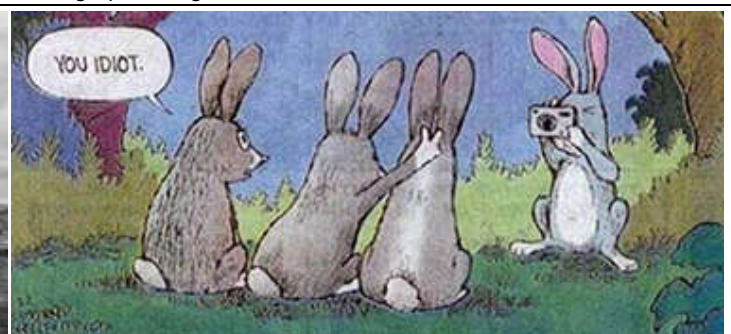
10KM = 700 CALORIES



**HALF MARATHON = 1500 CALORIES**



**MARATHON = 3200 CALORIES**





A group of 12 people, likely a hiking or trail running group, posing for a photo in a wooded area. They are wearing various athletic gear, including t-shirts, shorts, and running shoes. The t-shirts feature humorous names: Bouncer, Bullshit, K-nine, Spurtacus, Daffy, Vicky Vomit, Angel, Mother-sucker, Swallow, and Yogi. Some individuals are wearing backpacks and running shoes, suggesting a hike or trail run. The group is standing on a dirt path with trees in the background.

face in the selfie, you will have to pull the same face every time you cross the line, but hey, that's up to you. You will be able to use this system at any of the participating events in the midlands for now. Please just bring your barcode in case there are any glitches. We will be doing normal scanning too, until we have confidence in the new system. If it succeeds here, the system will be expanded world wide, so all you have to take with you is your face. The RD will be telling everybody, "no-face, no result, no exception" :). And of course you can't expect it to work if you are off your face when you do the parkrun (excuse the little joke - couldn't resist). Wish parkrun luck as they try to make everybody's life easier.



## This Trash is suitable for SWEDES according to our Swedish person!

In recognition of the Brighton and Hastings contingent attending the Interscandi hash weekend in HALLSTAHAMMAR, SWEDEN later in the month, here's a page of Swedish related humour and observation:

17. Please colour: (3 marks)



English words translated into Swedish



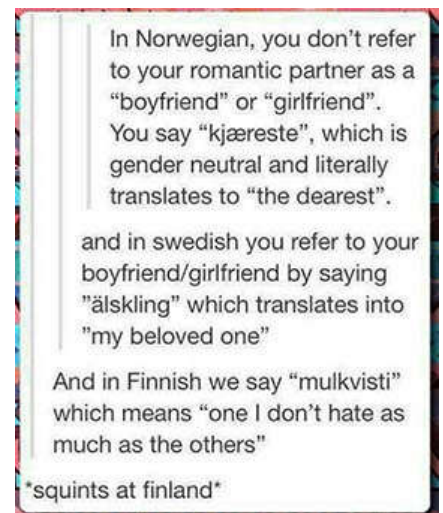
Vomit	Spy
Speed	Fart
Good	Bra
Six	Sex
Pee	Kiss
Kiss	Puss
End	Slut
Poison	Gift
Married	Gift
Dot	Prick

A young Swedish au pair had been working for the Woods for more than a year. While hardworking and efficient, she still struggled with English. One day, she told Mrs. Wood that she had received good news from her boyfriend Sven. "He is coming visit me from army next week!" "That's wonderful," the woman replied. "How long is his furlough?" "Oh," the young woman said, blushing, "About as long as Mr. Wood's. Just a little thicker."

**STOCKHOLM (Reuters)** - A Swedish police officer has confessed that he robbed a bank and later investigated the crime himself, telling reporters at the time police had no clues. The 36-year-old was officially charged on Monday by Bollnas district court in central Sweden for the December 17 armed robbery, according to court documents obtained by Reuters on Tuesday.

How much money the policeman stole was not disclosed but described as sizeable. An hour after the crime he returned to the bank as a leading police investigator handling the case. Colleagues became suspicious in mid-November when he bought a new car, paying 219,000 Swedish crowns (16,700 pounds) in cash using banknotes from the robbery, the court said.

Malibog was visiting a Hanover brothel. The madam asks him to be seated and sends over a young lady to entertain him. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear and she gasps and runs away! Seeing this, the madam sends over a more experienced lady to entertain the gentleman. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear, and she too screams, "No!" and walks quickly away. The madam is surprised that this ordinary looking man has asked for something so outrageous that her two girls will have nothing to do with him. She decides that only her most experienced lady, Lola, will do. Lola has never said no, and it's not likely anything would surprise her. So the madam sends her over to Malibog. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear and she screams, "NO WAY, MISTER!" and smacks him as hard as she can and leaves. Madam is by now absolutely intrigued, having seen nothing like this in all her years of operating a brothel. She hasn't done the bedroom work herself for a long time, but she's sure she has said yes to everything a man could possibly ask for. She just has to find out what this man wants that has made her girls so angry. Besides she sees a chance to teach her employees a lesson. So she goes over to Malibog and says that she's the best in the house and is available. She sits and talks with him. They frolic, giggle, drink and then she sits in his lap. Malibog leans forwards and whispers quietly in her ear, "Can I pay in Swedish Crowns?"



Spotted at the Selden Arms in Worthing on the 12 pubs of Christmas CRAFT. Note ghosts of Bouncer and Wildbush!

started pissing on the flowers. "Ahhh," he said in relief. Then turning toward the officer, he said, "This is very nice of you. Is this Swedish courtesy?" "No," retorted the policeman. "It's the Norwegian Embassy."

Two Swedish sailors get off a ship and head for the nearest bar. Each one orders two whiskeys and immediately downs them. They then order two more whiskeys a piece and quickly throw them back. They then order another two a piece. One of the men picks up one of his drinks, and, turning to the other man, says, "Skoal!" The other sailor turns to the first and says, "Hey, did you come here to talk, or did you come here to drink?"

Keeps It Up was in Stockholm and found himself needing to take a piss something terrible. After a long search he just couldn't find any public convenience to relieve himself. So he went down one of the side streets to take care of business. Just as he was unzipping, a police officer showed up. "What are you doing?" the officer asked. "I'm sorry," our friend replied, but I've really got to take a leak.

"You can't do that here," the officer told him. "But if you follow me I can help." The police officer led him to a beautiful garden with lots of grass, pretty flowers, and manicured hedges. "Here," said the policeman, "Piss away." The tourist shrugged, turned, unzipped, and

When Sweden  is playing Denmark . It is SWE - DEN. The remaining letters not used are DEN - MARK.



And finally, I read that, by law, you have to turn on your headlights when it's raining in Sweden. How the hell am I supposed to know if it's raining in Sweden?



## IN THE NEWS...

*There were rumours that April Fools Day was cancelled this year as no prank could match the unbelievable shit happening in the real world right now. But that was probably just an April Fool!*

*Starting activities on April 1st wasn't the brightest of ideas for Extinction Rebellion, especially when it's a nude protest in the House of Commons, which went largely unnoticed as it's been full of tits\* and arseholes for a while now.*



**Most people reckon Extinction Rebellion is nu metal band. Daily Mash 26th April 2019**

THE British public has admitted it is hesitant about backing climate activists Extinction Rebellion in case they are the new Limp Bizkit. Following a week of action by the group, which demands immediate action on global warming and climate change, voters are still unsure about supporting what they fear are American men with piercings, baseball caps and cargo shorts.

Nathan Muir of Coventry said: "I think I've seen their logo on the back of a T-shirt. Kind of in spiky writing? Announcing the 'NO FUKZ GIVEN TOUR 2004'?"

"If they're against climate change then I'm all for that, because it's really very worrying and we're starting to see extreme weather events and the time to act is now, but I was tricked into seeing System of a Down once and it's not happening twice. I'm going to need a written guarantee that no white men will be rapping over guitar riffs before I go any further.

"Come on! If anything's worse than global warming, it's Slipknot."

## Someone's missed the point part 2:



**Matthew Rose SDP**  
@MatthewRose86

And I would jet 5,000 miles  
And I would jet 5,000 more  
Just to be that woman who  
flew 10,000 miles  
To change environmental law  
(ba-da-ba-ba)

#EmmaThompson

[illegible]

*Then there was the first ever photo of a black hole, which literally sent that part of the internet that makes the memes mental! Everything was lampooned from the eye of Sauron, to donuts, to cats eyes to cookies. Over to you Prof!*



## OOPS! YOU ADDED TOO MUCH:

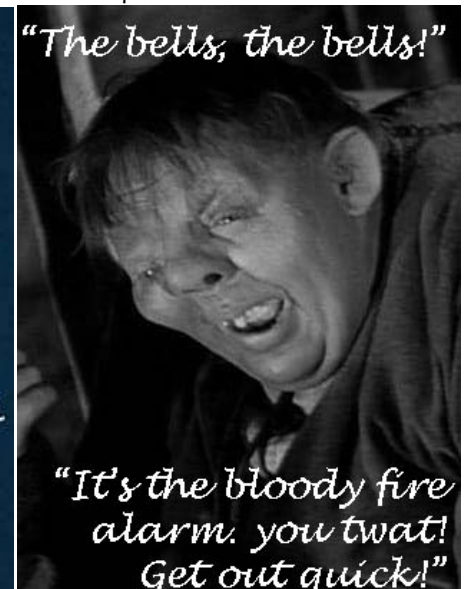


Grant Tremblay  
@astrogrant

i am sorry  
that the image  
whose Earth-sized baselines  
yielding a 20  $\mu$ s beam  
resolving 5 Schwarzschild radii  
whose deconvolution  
placed 10 resolution elements  
over a ~15 light day black hole  
shadow & photon ring  
in an object 55 million light years away  
was too blurry for you

[illegible]

*...and they just kept on coming with the Notre Dame cathedral fire:*



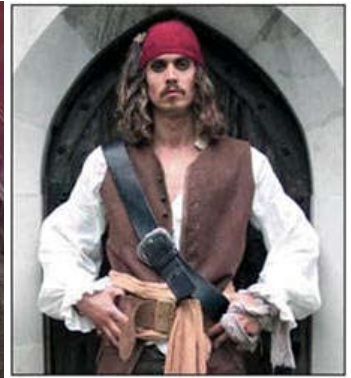
*And finally, as confusion over Brexit continues, experts say it's increasingly likely the UK will leave on WTF Rules!*




# Arr! Tis the Pirates page, so tis.

A chicken pie in Jamaica costs £2.00  
A chicken pie in Trinidad costs £2.40  
A chicken pie in St Kitts costs £2.15

## These are the pie rates of the Caribbean

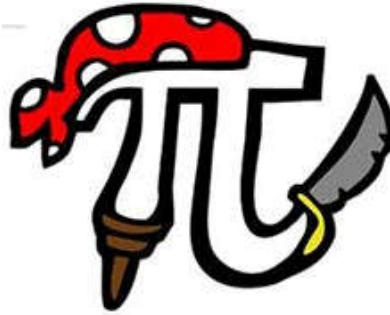


● Whenever I buy a DVD I have to sit through a trailer telling me not to watch pirate movies. Yet Johnny Depp stars in one and the posters all say 'Must See'. Make your minds up, Hollywood moguls. **John Scone. Bonne**

 gudroo

hey did anyone hear the news that scientists have actually been able to figure out the most common key that old pirate shanties were sang in

imo it's really interesting? like, they found and analysed lots and lots of sheet music that they suspect was inspired by all these old shanties, since all the music was written by people who are believed to have been former sailors or even former pirates. and the neat part is that statistically speaking almost 90% of them are written in the same key. i mean, obviously it's not confirmed 100%, but it looks like almost all pirate shanties were sang in a high C



Your fingers have fingertips but your toes don't have toetips, yet you can tiptoe but not tipfinger.



Why does the pirate wear a black eye patch? His white formal one is at the cleaners.

Have you heard about the new Pirate movie? It's rated AAARRRRRGGG  
There once was a pirate named Bates,  
Who danced the Fandango on skates.  
He fell on his cutlass  
Which rendered him nutless  
And practically useless on dates!

A pirate and his parrot, were adrift in a lifeboat following a dramatic escape from a valiant battle. While rummaging through the boat's provisions, the pirate stumbled across an old lamp. Secretly hoping that a Genie would appear, he rubbed the lamp vigorously. To the amazement of the castaways, a Genie came forth. This particular Genie, however, stated that he could only deliver one wish, not the standard three. Without giving any thought to the matter the pirate blurted out, Make the entire ocean into rum! The Genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest rum ever sampled by mortals. Simultaneously, the Genie vanished. Only the gentle lapping of rum on the hull broke the stillness as the two considered their circumstances. The parrot looked disgustedly at the pirate and said, "Now you've done it. We'll have to pee in the boat!"

A pirate and a sailor were exchanging stories. The sailor pointed to the pirate's peg leg and asked, "How did you get that?" The pirate said, "Aye, I wrestled a shark and lost me leg." The sailor pointed to the pirate's hook and asked, "How did you get that?" The pirate said: "Aye, I fought Red Beard's crew and lost me hand." The sailor pointed to the pirate's eye patch and asked, "How did you get that?" The pirate said, "Aye, a bird came by and left droppings in me eye." The sailor said, "That's not as impressive as the other two." "Aye," the pirate answered. "It was me first day with the hook."

As the crusty old pirate captain is breaking in a brand new sailing navigator, he reaches down and pulls out his sharpened cutlass and rests it on the map table. Then he asks the navigator, "Know what this is for matey?"

"No, sir," replies the young newbie.

"I use it on navigators that get us lost," explains the captain, with a wink. The navigator then opens his coat, pulls out a pistol, and sets it on his chart table.

"What's THAT fer?" queries the surprised captain.

"Well, sir," replies the navigator, "I'll know we're lost before you will."

On a pirate ship in high seas, the First Mate was on lookout for hazards from the crow's nest.

Suddenly, the ship was broadsided by a rogue wave, tossing the Mate from the nest!

He crashed through the upper deck and landed square into the Captain's quarters.

The Captain, surprised, says "Matey, ye be hurt!?"

"Narrrr Cap'n," replied the First Mate, "I've been through hardships before!"

A cruise ship passes by a remote island, and all the passengers see a bearded man with an eyepatch running around and waving his arms wildly.

Captain, one passenger asks, "Who is that man over there?"

"I have no idea", the captain says, "but he goes nuts every year when we pass him."



