

# On On

September 2023  
Issue 39

*The History Magazine of the Hash House Harriers*





# News

## Cambodia

The **Binh Duong H3** is organizing their first HASH-AWAY, cooperating with **Saigon H3**. This event will be held at a glamping site in Dau Tieng Lake, Binh Duong Province, on 7-8th of October.

## Thailand

**Pattaya H3** had a 'Veterans Run' with 58 hashers having qualified for a free run. *And as luck would have it you can use the money you would have spent on sign up fees to purchase the latest and greatest Burley Chassis shirt design. We're calling it the Graffiti Hash shirt.* (Ed: See pictures on this page.)

## England

There seems to have been an outbreak of COVID after the UK Nash Hash in Yorkshire. While NOT being a COVID/mask/vaccination denier, your



editor largely agrees with this view expressed from a hasher online.

*'Before COVID and dodgy test kits. You would have gone home after a fantastic weekend and just accepted you had a cold. Just like when you travel on a plane after a holiday. Be sensible about all of this. The average age was 55. Long social hours and above average exercise for many, add to this alcohol which does affect everyone's immunity. Let's just return to sensibility and accept that colds, sore throats and sneezing is normal and stop thinking that it must all be identified by unreliable methods.'*

While not having an opinion on the value of COVID kits, the editor does agree that COVID is in our society **and we just have to get on with life (and hashing).**

Another view from Hasher Dongle

*A doctor writes:*

*The problem was that the Nash Hash came on the heels of the emergence of a new and fairly virulent Covid strain against which most of us have relatively low immunity. Or to put it in layman's terms, "we were bugged"....*

There is a new **London H3** committee

GM: Mouthwash

Banker: Not Out

Hon Sec: Slippery Comer

Hash Cash: Parsons Nose, Down Underwear, Black

Hole

RA: *Sir Humpalot.*

Hare Raiser: *K4*

Haberdashers: *Big in Japan, Juices Flowing, Thundethighs, Miss Muffett*

Web Shite: *Skylark*

Hash Stat: *Titanic*

Hash Flash: *Master Baker*

Social Sec: *Call Girl. Giving Head*

**London H3** also had a VIP visitor with *Geli* - GM and run total leader of the **Dhaka Mixed Hash** - turning out for one of their runs.

Congratulations to Sarah Tucker of **Isle of Wight H3** for her 100th run.

## Nigeria

While hashing was brought to Nigeria by ex-pats Nigeria's middle class are now driving a growth in kennel. I have just learnt of a kennel in Owerri, the **Heartland H3** which is now approaching 80 runs. They have just crowned their first hash King and Queen. *Ed: Not sure if that was a hash election or a hash wedding!*

## Australia

**Gympie H3** (Queensland) made the local newspaper with their 2200th hash. They seemed to plan to climb up and down a noted hill. *'The Hash House Harriers celebrated their 2200th run in style this week and while they didn't venture far from the start line, they still covered some serious elevation – over and over again!'*

## USA

The death of Jimmy Buffett has been mourned by many hashers - I guess most of us are that generation! **The Happy Valley H3** of Western Massachusetts has been holding an annual 'Buffett Hash' since 2002.

## Brazil

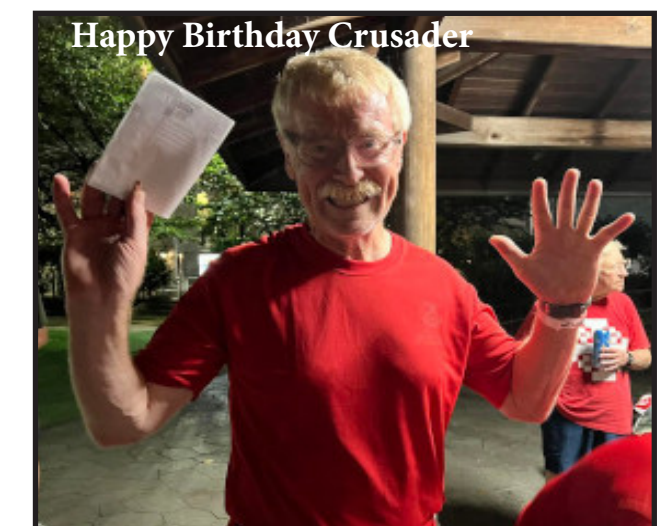
**Rio H3** had a serious flour incident in August. *'Our Hares were setting an urban trail and were caught on a camera. People posted the film on the internet accusing them to be poisoning the streets and killing pets.'* The blogs were contacted but refused to remove the video and *'the police arrived to take samples'*. However there was a happy ending: *The investigation announced today that after lab analysis the police concluded that the white power is in fact wheat flour.* The matter appears to be over.



**Heartland H3** They have just crowned their first hash King and Queen



**Geli visits London H3**



**Happy Birthday Crusader**



## Germany

There has been a high demand for registrations to attend the German Nash Hash (GNH) 2024 in Aachen. There is now a waiting list.

## New Zealand

You can now sign up of NZ Nash Hash 2025. Check out their web site.

## Japan

*Crusader* set a birthday run! He started hashing in 1980 and was GM of **Tokyo H3** in 1987-88 and again from 2003 to 2019. He estimates that he has hashed at least 3000 times in at least 32 different countries.

## Lithuania

A note from the Baltic: *We just resurrected the Hash here where the trail had been cold for about 10 years! Next year we want to have a long weekend of Hashing and invite European Hashers (i.e. travelling to us from elsewhere in Europe) to join us. It is NOT an inter-hash. Visitors will organize their own travel, lodgings, and most meals. We will, however, hold your hand and give you a full plan, on-call help, etc. as well as Hash runs and On After. Grandpa & Sheriff Sarah Glusnitz*

## Grenada

There was a sad story from Grenada where a hash virgin, Liam Fisher, disappeared after leaving the hash circle. The hash initially reported that: *'With pictures we were able to confirm that he is seen in the Virgin Ceremony. We are now looking for information on how he left the hash. Did he leave with some one? Did he take a bus? Did anyone gave him a ride?* As he was seen in the circle the hash were not organising a trail search. However Hashers were informed that: *Should you still want to run the hash and report back, please let us know if you see anything. Thank you all for helping so diligently.*

A couple of days later there was this update: *A B.C. man who was reported missing in Grenada has been found dead, police in that country say. Thirty-five-year-old Liam Fisher was a medical student at St. George's University in the Caribbean country, according to the Royal Grenada Police Force. Police said in a Facebook post Tuesday afternoon that the man had last been seen on Saturday, Sept. 9, "attending the Grenada Hash House Harriers run from the Marian Playing Field."*

The **Dhaka Mixed Hash** has recently held a celebration run in Dhanmandi. This was one of the most desirable residential areas in the 1950's but is now a little further south than the usual hash run sites. The run celebrated *Most Obscene's* 400th Run. The drinks stop was staged by hash veteran *Rail Jerker* and the start point was the Parliament building.





## A new hash in Oman

**Muscateers Hash House Harriers** is a small 'closed' Family-Friendly Hash group located in Muscat, the capital city of the beautiful Sultanate of Oman. We meet every second Friday late afternoon, starting on the 1st of September

2023, with the emphasis on Fun, Friendship and Fitness whilst upholding H3 traditions in a family friendly way. Everyone is welcome, regardless of nationality, gender, or religion etc. as per the ethos of the Hash House Harriers.

### Our History –

During the 2020 Pandemic, a few Hashers set up 'virtual' Hashes to comply with the then current Covid 19 regulations in the Sultanate of Oman. These took the form of solo trails, with Zoom gatherings, and we were joined by International Hashers, including those who had been members of the defunct **Muscat** and **Jebel H3s**. However, finding little take up or interest from the existing Hash, a temporary Hash group was set up on Instagram under the tag **Muscat Streetstalkers H3** and the virtual meets, along with solo trails, continued. Over the following couple of years, many of our members moved on and, much like the Pandemic itself, the Instagram page became consigned to history. Recently however, new and old Hashers in the Sultanate have expressed their want/need for another Hash group and in April 2023, **Muscat Streetstalkers H3** was resurrected under the new tag of **Muscateers Hash House Harriers**, or MusH3 for short.

## India

Shaun *Dogshit* Moore is the new GM of **Capital H3**. *Dogshit* had a long spell as GM of **Dhaka Mixed H3** before moving to his new posting. In his youth *Dogshit* had a several years playing professional baseball.

## Hong Kong

Saw my good friend *Father C. Punch* posting on Facebook. He pointed out that the recent heavy rains and typhoons had made the trails particularly tough. (Ed: We sent *Father C. Punch* from Mexico to Hong Kong as a punishment - a punishment to Hong Kong that is! On On *Father C. Punch*!)

## Hash Foundation

Some major progress with the hash museum with the main structure taking shape! More details soon.







Adrian  
Buckman  
(far right)

## Ib von Tainen

It is with sorrow I have to announce that our fellow hasher during many years Ib von Tainen died peacefully in his slumber last night. He has been fighting against cancer for the last few years and last night his body gave up and his pain finally was gone. He will be remembered and missed as a friend and hasher. Thank you for everything. Rest in peace after your quiet journey last night. You are on on.

On On

Biggles

## Nipple Head

Nipple Head has passing away . He was named in Denver and hashed with Sacramento and Tucson kennels.



## Christopher Wee-Thing Langford

Christopher Langford was a former Marine sergeant who served in Iraq. He was later a teacher, and a hasher. Wee-thing passed away in September at the age of 43.

## Adrian Buckman

I'm sorry to report that Adrian Buckman died this morning. He leaves a widow, Penny, and three boys. Mark Hope

## Clitty Litter

Clitty Litter of the Richmond HHH passed away. *'She and her brother Dunkin' Hiney were bright spots in our kennel a few years back. On up!'*

# Hash Obituary



# Hash in the news

The Times (of London) has recently featured an in-depth article on drinking and exercise.

Thanks to some excellent research they give a mention to the hash!

“Then there are the notorious rugby club knees-up and sport groups such as the Hash House Harriers, whose hour long runs typically end in pubs, and whose members jokingly describe it as a drinking club with a running problem.”

Can you run off your rosé? Confessions of a drink-erciser

Can fitness really offset your alcohol intake? Evidence suggests that it can. But is it advisable? Antonia Hoyle reports

**A**re you planning something sporty this bank holiday? A Sunday cycle perhaps, or a game of tennis? And will it be at the back of your mind as you feel the burn, that you'll have really earned that bottle of red afterwards? Or maybe you've already had a few beers to celebrate the start of the long weekend and been up early pondering the pavements to "swat off" the hangover.

If so, you're not alone. Studies have found that those who exercise regularly are more partial to alcohol — and vice versa. In January last year research in the American Journal of Medicine & Science in Sports & Exercise found that the aerobically fit were more than twice as likely to be moderate or heavy drinkers as the out of shape were. A 2015 study by Pennsylvania State University found that on the days adults exercised the most they tended to drink the most afterwards, and further research found that people who drank an alcoholic drink a day were twice as likely to exercise regularly as those who didn't drink at all.

Alcohol and fitness-related social media hashtags (#paleochampagne has more than 11,000 posts on Instagram) bear witness to this link, as does the Britain's Got Talent judge and radio presenter Amanda Holden, who explained how she justifies her tipples — “the deal I struck with myself was I have to run for my rosé wine in summer and run for my red wine in winter” — in an interview with The Times this year.

Then there are the notorious rugby club knees-ups and sports groups such as the Hash House Harriers, whose hour-long runs typically end in pubs, and whose members jokingly describe it as “a drinking club with a running problem”.

For decades I was a committed “drink-erciser” too. My fitness fanaticism was partly fuelled by a desire to offset alcohol damage — the more brutal my hangover, the heavier those weighted squats the next morning.

the same way savignion did and gave me a similar buzz. Like alcohol, exercise offered stress relief. Combine the two and I was on the ultimate endorphin high, hobbling straight from the London Marathon finishing line to the pub for a bottle of rosé. Were it not for my now husband — who enjoyed neither exercise nor booze as much as I did and had to be up early for work the next morning — wanting to go home, I would have happily stayed out drinking all evening.

“There is a massive correlation between exercising and drinking in our culture,” agrees William Porter, a gastroenterologist turned solicitor who quit drinking nearly a decade ago and investigated the physiological effects of alcohol for his bestselling book *Alcohol Explained*. “I used to get horribly drunk then get up and train.” Those who are fitter can tolerate more alcohol, he found. “Alcohol is more quickly absorbed by muscle tissue, which is 75 per cent water, than fat, which is only 10 per cent water. Being physically strong allows you to drink more.”

When we drink more, it seems, many of us are likely to exercise more to compensate. “Certainly, I would feel the need to exercise to make amends for drinking alcohol,” says Kate Rowe-Ham, 46, a personal trainer specialising in middle women's exercise to make amends for alcohol,” says Kate Rowe-Ham, a personal trainer specialising in middle women's fitness, who recently stopped almost two years and often pattern in her female client exercise as a way of punishment.

But can fitness really mitigate the damage of a known carcinogen? The World Health Organisation has listed alcohol as a Group 1 carcinogen. Published in the British Journal of Medicine in 2016, a study found that those who did two and a half hours of exercise a week could negate the risk of alcohol-related cancer and reduce the chances of dying from all causes.

There may have been other factors that reduced the risk of cancer in this observational study.

perhaps we shouldn't be surprised. While alcohol has been shown to cause cancer by increasing inflammation in the body, exercise is known to reduce it. Whereas alcohol is proven to increase blood insulin levels, which is thought to raise cancer risk long-term, exercise can help to lower them.

Research on rats by the University of Missouri found that aerobic exercise may protect against the metabolic dysfunction that causes alcohol-related liver inflammation and injury, and there are mitigating mental health benefits.

Endorphins released during exercise helped to ease my “hangxiety.” — the post-drinking feeling of dread one study found that 12 per cent of us suffer from (although I'd wager the actual figure is considerably higher), caused by chemical imbalances in the brain.

There is evidence that the benefits of exercise to drinkers' brains — which, according to a study published last March, can shrink from one glass of wine a day — could last longer term. In a 2013 study published in the Journal of Neuroscience, 60 participants were brain scanned, it was found that exercise may “prevent or repair alcohol-related neurological damage.”

Now for the reality check. “We're looking at ourselves” if we view exercise as a silver bullet to justify that extra bottle, Rowe-Ham says. “When we exercise on a hangover we aren't giving our bodies the best chance of making any progress, even if our minds try to convince us otherwise. Exercise might mitigate our risk of developing cancer, but it would be lower still if we didn't drink at all, while the idea we can ‘swat out’ a hangover is a myth.

Hangover headaches are caused by dehydration, because alcohol makes the kidneys produce more urine. Sweating during exercise dehydrates us further, increasing the risk of injuries such as cramps and muscle strains. “A hangover is part chemical imbalance, part tiredness. Neither would be impacted by sweating,” Porter says.

He believes the urge to exercise after drinking is caused by a combination of dopamine, the neurotransmitter responsible for motivation released when we drink.

**Alcohol and exercise**

Aerobically fit people are more than twice as likely to be moderate or heavy drinkers as those who are out of shape.

Alcohol is more



# Mexico City 700th



Left: Can you spot the hasher in the flock of farm animals?



Locals shepherds (they are the ones at the back) are amazed to see the hashers go by.





The Friday Pub Crawl makes a stop outside a Sex Shop

# Report on Run 700!

Despite the fact that our beloved GM left the country a few days before the event the 700th went off surprisingly well. In fact, it was brilliant.

Anyway - despite (or possibly because of) the GM's absence the 700th was an undisputed success.

## Wednesday

We started with a Committee Meeting where **Total Banker** elected himself Big Bwana in Charge of the Hash, Polanco, and the Western Hemisphere. Sarcasm aside, he actually did a great job keeping us in order. **Prego** previewed his excellent designs for a badge and the only criticism was for the committee member who selected an Indian restaurant that was closed.

## Friday

A great pub crawl (well, a great pub crawl for **Dancing Queen** - I personally was in bed by 11.00).

Highlights: **Easy Access** grabbed a strange man off the street and paid him to pretend to be her husband.

**100 Years of Tacos** nearly came to blows with two 14-year-olds who pushed her out of the way.

It was great to see the return of **Bumper** and **Two Timing Hyman**. They played such a vital role in getting the hash restarted after COVID.

The Puerto Vallarta - contingent was as lively as always and I particularly enjoyed them sharing dickpics with each other.

**Drug Peddler** suddenly fell to the ground but she had just fainted, it was not a Mafia hit. **Polly** came running through shouting, *'Let me through, let me through, I am a dentist;'* **Drug Peddler's** arm is still broken, but her teeth have never been so shiny.

There was a picture stop outside a sex shop where **Creamy Jeans** went a bit white - no doubt worried they might have some of his old movies in stock.

Star of the pub crawl was of course **Dancing Queen** who lasted until 5.00 am. At that point there was no point going home so he walked across town to the meeting point and slept on a park bench.

## Saturday

We gathered on time - thanks to the committee lying to everybody and saying we would start at 9.00 am when it would actually be 10.00 am!

To general surprise, **Burro** had remembered we were coming and had the house ready, including flying the new Hash Banner (to be displayed at every run until we lose it. (Thanks again to **Prego**.) Great t-shirts and badges were handed out and our late replacement hares **Lucy** and **Dark Chocolate Bush** set off.

**DCB:** I am only being a hare because nobody else wanted to.

**Shakes:** Is that the same reason - nobody else wanted to - that you are dating Total Banker?

So, we set off in pursuit, through the dusty streets that would have made a fine setting for a western shoot-out and into the dusty countryside that would have made a fine setting for a western ambush. A loop of the rodeo stadium and then back into the cactus and ant-infected countryside. A great run. **Shakes** - running (as opposed to walking) on a hash for the first time in three years - found himself once again an FRB. The walkers managed to get to the beer stop before the runners and quickly finished all the beers.

It was then back for a good circle, run by guest GM **Polly Mouth Full** in which **Big Bobby Smoosher** and RA **Shakes** entered into a battle of wills over whether BBS would stand or sit in the circle.

Then it was On On to dinner at the local garden restaurant. Despite the size of the communal plates, one table was quickly raiding the other tables for their leftovers. It seemed **Easy Access** had eaten ALL the sausage. Yes, the girl loves Mexican sausage.

So, on on to the bus. We dropped **Dancing Queen** in the outer suburbs of the city - this the first time he had been home for 3 days - and passed through the flooded streets to the Legion.

## Sunday

Half a dozen hashers turned up to watch **Total Banker** in the Marathon. A good performance for a hangover hash marathon.





Run 701 on Sunday was to cheer *Total Banker* in the Mexico City Marathon

# A beer with Hazukashii



*Hazukashii missed the 700th but he and Calcoholic were in town two weeks later for Run 702.*





# 100 GREAT HASH KENNELS

## PART 2

Part 2

East Grinstead H3

Edinburgh H3

Edmonton H3

Frankfurt H3

Friends of the Mole H3

Gold Coast H3

Hamersley H3

Hanoi H3

Hashemite H3

Himalayan H3

### Criteria for consideration

1. The kennel must still be active with relatively good numbers.
2. First consideration is given to kennels with a long history going back 50 years or 1,000 hashes. Staging Interhash or one of the major regional events adds brownie points.
3. Most of the kennels included will have an international reputation and have fathered other important hashes.
4. However, kennels with a shorter history that have brought new energy to hashing in their region might also be considered.
5. Kennels that do not necessarily meet points 1-3 but have a strong presence in a region not considered a hash stronghold have been considered.
6. Where a city has two hashes with a similar shared membership only one of the groups has been included.

**EAST GRINSTEAD**

**ON  
ON**



**HASH HOUSE HARRIERS**



# East GrinsteadH3 (England)



Founded: April 1982

Founders: Tim Waller

Who ran with: Mother Hash

Current GM: ?

RA:?

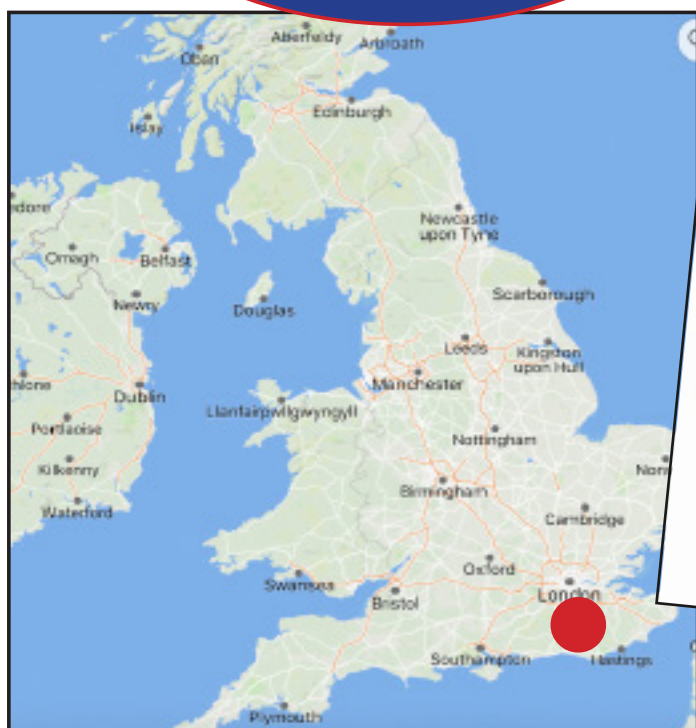
Meet: Runs are on Sundays in the winter and Mondays in summer.

**Hash Legend:** Dave Robb came to East Grinstead via hashing in Cyprus, Jordan, Germany, Belgium and Denmark. He met Tim Walker of Mother Hash and together they set the first run. Dave completed 83 of the first 90 hashes and hared 18 of them.

The editor celebrated his 60th birthday by running with East Grinstead H3 and was the youngest person there!

## Facts

- East Grinstead is one of England's most distinguished kennels. They date to 1982 and claim 120 members, with between 35 and 50 turning out at any one time.
- They are known as '*The Civilized Hash*'. However, when everybody was younger and wilder they had a reputation for finding and throwing shiggy. This was a habit they proudly cultivated at Nash Hash and at Cardiff InterHash where they laid the '*English Shiggy*' trail.
- In 1986 several UK hashes, including Surrey, Wessex, Berks and East Grinstead were surprised to find themselves flying out on the same plane going to Pattaya Interhash. It was quite a flight!
- East Grinstead H3 celebrated their 1000th hash in 2010.



# Edinburgh H3

## (Scotland)

The bad boys of hashing have calmed down but still put on a good show.



Founded: February 1981

Founders: Willie Couper

Who ran with: Singapore H3

Current GM: Septic Sporrán

RA: Used to Be Nice

Meet: Sunday 11 am

**Hash Legend:** At one point Charlie *The Brewer* Tucker had completed 1000 out of a possible 1111 hash runs with Edinburgh. A Scottish hash legend, having clocked up over 2000 runs with both Edinburgh H3 and TNT H3. Has also laid more runs than any other Edinburgh Hasher. He created and manages the Edinburgh website. His hash name was given when he brewed 30 gallons of 6 different beers (as well as Slow Gin for the Harriets) for a New Year hash party.

## Facts

- Hashing in Scotland dates to the formation of Edinburgh H3 by Lt-Colonel Willie Couper in February 1981.
- Jakarta InterHash had a considerable impact on hashing in Edinburgh, their representatives coming back far more world-wise and aware of what hashing really was about. In the years that followed Edinburgh cultivated a reputation as the wildest hash in the UK, dating partly to their behaviour at the 1983 UK Nash Hash.
- They were great hosts, as demonstrated with the 2nd Commonwealth Games Hash in 1986 and the 1989 Nash Hash. The latter included a 3-hour run on Bannockburn, the site of a great (and rare) Scottish victory over the English.
- By 1984 Edinburgh H3 had become so popular that the kennel closed membership. Some hashers were meeting to jog on other evenings and this led to the forming of New Town H3 (April 1984). This part of the city was indeed new, but only in 1767 when it was founded.





# EdmONTON H3

## (Canada)

One of Canada's senior  
hashes.



Founded: September 1991

Founders: John *Splash N Dash* Cosco and Mike *Love Canal* Rust (both former Vancouver H3).

Current GM: ?

RA: ?

Meet: From April through September are held Mondays at 6:30 pm and runs from October through March are held Saturdays at 2:00 pm.

**Hash Legend:** David *Dr Diddle* Checker was drinking in The Fort Saint George pub in England when he met the newly formed Cambridge H3. The next morning (despite a serious hang-over) he pedalled about 10 miles to take part in their 4th hash. He later moved to Edmonton (Canada) where there was no hash at the time. By the time he returned to Canada, Edmonton H3 had been founded and he joined them on their fifth run on October 7, 1991. He has now clocked up over 1000 runs with them and has mismanaged each of the several other Edmonton kennels.

## Facts

- It was 1991 before hashing arrived in Edmonton, with the founding of EdmONTON H3. They have a Canadian bloodline, being founded by John *Splash N Dash* Cosco and Mike *Love Canal* Rust, formally of Vancouver H3.
- The first run had 9 hounds and 2 hares. The pack has grown to an average of 80, with 170 active members.
- Since then over 2000 Edmontonians have run at least once with the EH3. They currently have over 200 active hashers with an average pack of 80.
- Edmonton produce the world's finest "Hash Trash" published by *Lucky Stiff*.
- The Red Dress Run is a big event
- In 2002 Edmonton launched an impressive, but eventually unsuccessful, bid to stage Interhash.



# Frankfurt H3 (Germany)

Possibly the most famous hash in Germany.



Founded: April 1987

Founders: Jürgen *Double D'* Decker

Who ran with: Baghdad H3

Assisted by: Alfred-Kurt *Gutten Tite* Zuber

Current GM: Niceboy

RA: Made 2 Cum

RB: Semen Commander

Meet: Summer meet on Thursdays at 7.00 pm. In winter on Sundays at 2.30 pm. *Sometimes we run in the city but we usually run within half an hour up to an hour's drive of Frankfurt.*

**Hash Legend:** Wolfgang *The Wolf* Gust was introduced to hashing in Korea in the early seventies and as a Lufthansa employee spent the next two decades hashing around the globe. He was one of the 5 surviving veterans of every InterHash and was co-founder of InterScandic on which he had a 100% attendance record. For many years he divided his time between Korea and Norway where he helped establish the Oslo hash as one of Europe's top kennels. He later returned to Germany, becoming a central figure on the Frankfurt Hash and a major organizer of international events and trips.

## 5 Facts

- Frankfurt organised EuroHash in 2001 and in 2005 and celebrated their 1000th run by staging the German Nash Hash for the third time.
- Sometimes they run in the city center but usually drive into the surrounding countryside.
- Hash stats show almost no difference in turn-out between summer and winter.
- The Vineyard H3 is best considered a sub-kennel of Frankfurt H3 that organises two Vineyard hashes each year, one in spring and one in autumn. These are usually in Germany but might cross the border.





# Friends of the Mole H3 (England)

Founded: August 1988

Founders: Brian *B.J.* Tudor

Who ran with: Wirral & Chester H3

Current GM: ?

RA:?

Meet: Sunday winters, Monday summer

**Hash Legend:** Ron *Mr MaGoo* Corkhill with 1000 plus hashes about 700 more than any other survivor on this hash.

While the tunnel was being built an influx of hashers from across the world, plus use of the company vans to get to the pubs, made this one of the wildest hashes in the UK.

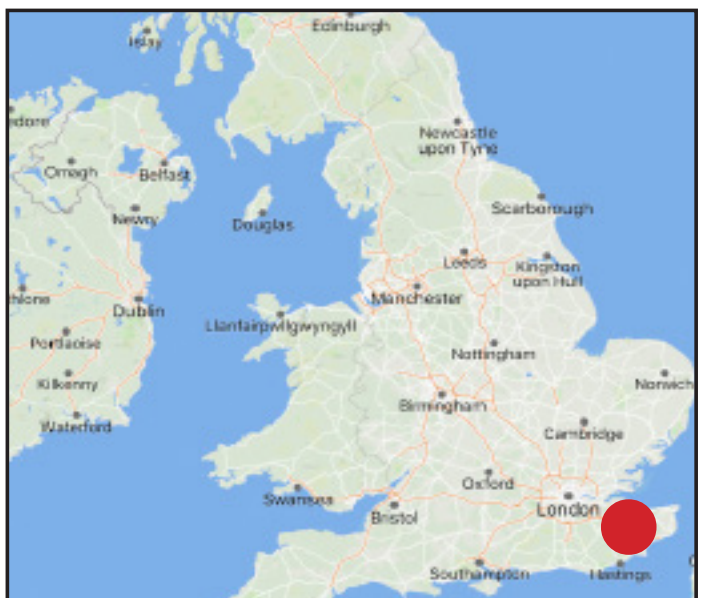


**VIRIDIS IN AGRIS  
ID AGUNT TALPAE**



## Facts

- **Friends of The Mole H3** was founded in 1987 by the engineers working on the Channel Tunnel.
- Many of the original members had hashed around the world and the company provided a minibus for the evening so there was no problem with drinking - the result was some of the wildest and most 'traditional' hashes ever to be staged on British soil. The 2 or 3 survivors still running with the Mole fondly remember days when they were banned from numerous local pubs!
- The name *Friends of The Mole*, came from the Tunnelling Engineers' nickname for the six Tunnel Boring Machines that were used to bore the three tunnels on the UK side of the English Channel. The club mascot had to be and still is, a mole!
- The tunnel was finished in 1994 but the Hash has been kept going by a handful of locals. Given their tunnel links, they regularly cross over to France for a run.



# **GOLD COAST HASH**



**AGPU/700TH RUN  
17.6.91**



# Gold Coast (Australia)

10 hashers with over a thousand hashes.



Founded: May 1978

Founders: Terry Morrow

Who ran with: Sydney

Current GM: Fanny Charmer

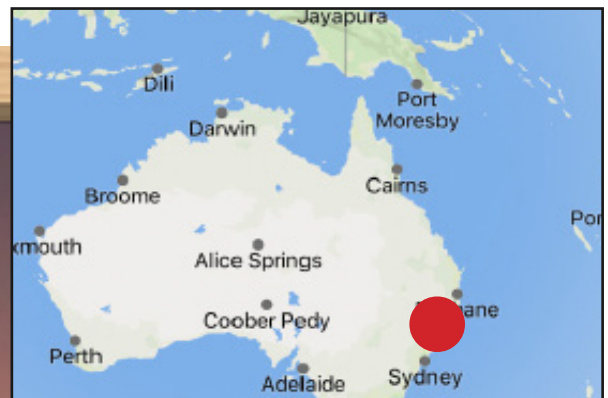
RA: Mademoiselle Latrine

Meet: Monday 18.15

Motto: The Gourmet Hash

**Hash Legend:** Sir Bruce *Slab* Gibson started hashing in 1975 with Brisbane H3. He has completed over 1600 runs with Gold Coast H3.

- In early 1978 Terry Morrow moved from Cairns to the **Gold Coast**, where he met Geoff Lewis and agreed to form a hash club.
- A small committee arranged a pre-inaugural meeting at which they voted to be a male-only hash.
- Fifty turned out for the first hash. At the On-On the formation of GCH3 was officially announced and the membership was immediately closed.
- Hashers are knighted on achieving 1000 runs. Ten hashers are listed as having received this honour.
- A Splinter Hash was formed on Monday 30th September 2002, It was then moved to the last Friday of each every month. No running is involved, just good food & wine and great company.



**The Sirs...Gold Coast Hash House Harriers**

# Hamersley H3

## (Australia)



## Facts

- **Hamersley** are based in North Perth, which in the early days was considered to be on the edge of civilization. The Australian presence in PNG was winding-down bringing several experienced hashers home, these being collectively termed the Wanker Banker generation.
- The result was a traditional Monday, men-only group noted for friendship and singing. They quickly established their rituals which include generous give-aways, their own beer trailer, GMs only standing for one term only and outlandish acts at every Interhash since Jakarta.
- In the mid eighties Western Australia opened a prestigious new casino on Burswood Island and one of the Hamersley hashers decided it would be a good laugh to stage a run through the main hall. Casinos tend to invest heavily in security and the guards, having been initially caught out, were quick to respond. The hashers started heading for the nearest doors and most managed to escape, although one representative of the pack was apprehended and briefly detained.
- Hamersley are famous for their Interhash acts. Things got off to an 'interesting' start back in Jakarta where *Gurney* put on the first show and was thrown into the Shippy Pit for his performance! *(Ed: I would love an article on Hamersley Interhash acts if any of you guys have remembered how to write! On On to a great hash!)*

Founded: November 1978

Founders:

Who Ran with:

Current On-Sec: Squirt (2023)

RA: Soud (2023)

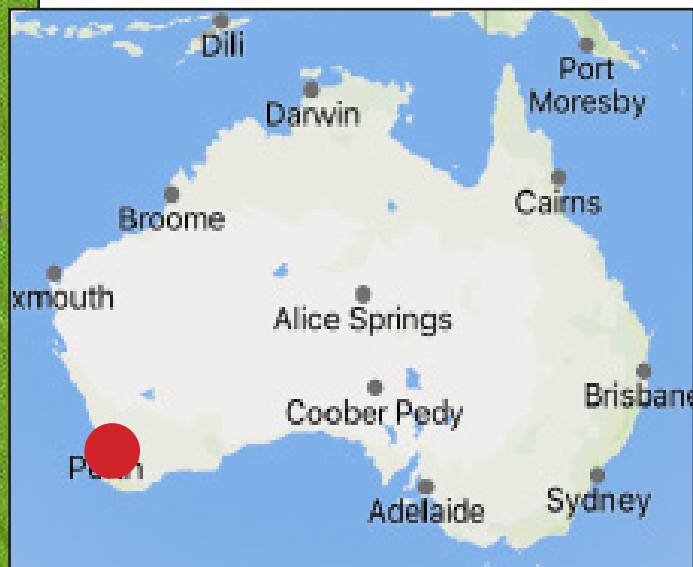
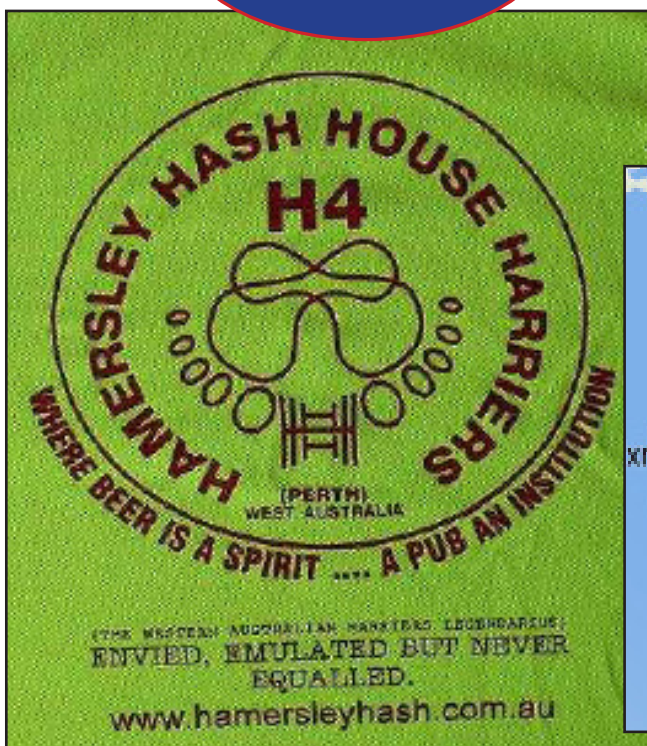
Meet: Monday 6pm in the suburbs of Perth

Motto: Envied, emulated, but never equalled.

Numbers: 25-50 (Men Only)

**Hash Legend:** Paul XYZ Szijarto is a Hamersley legend. He started hashing in 1980 and was GM in 1997. His CV includes being Grand Master of the Pan Asia Hash in Perth and GM of Perth's Interhash.

A world wide reputation! Nothing more needs to be said!





# Hanoi H3 (Vietnam)

Hanoi is not quite  
like anywhere else in the  
world!



Founded: 1991

Founders: Terry *Testicles* Tslikleas

Who hashed with: Capital H3

Current GM: Finger in Van Dyke

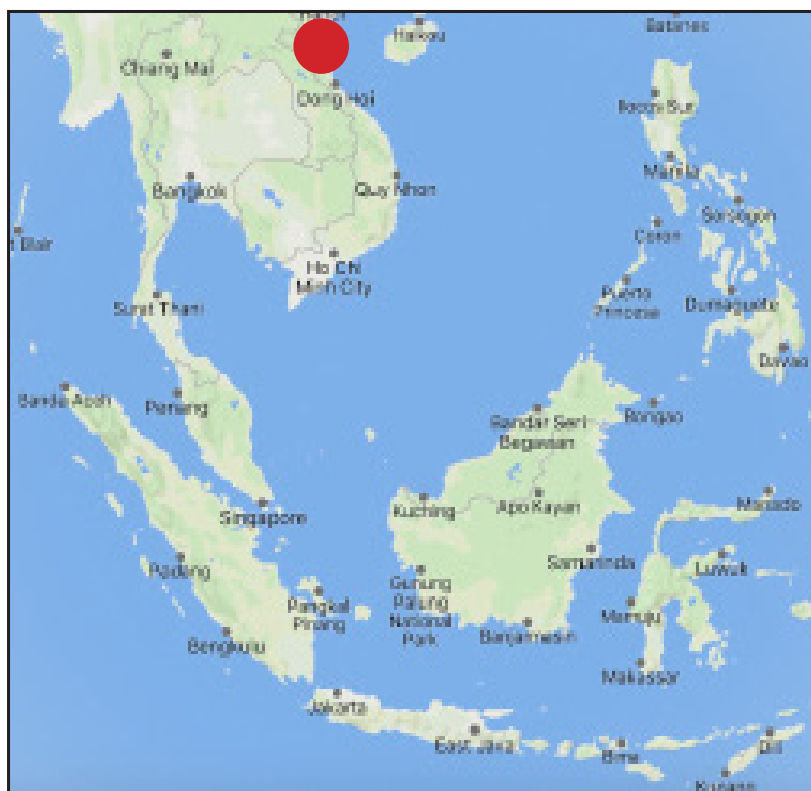
RA: Eau De Toilette

Meet: Normally, the Hash bus leaves at 13:30 from 34 Ngo Quyen (close to the American Club on Hai Ba Trung Street). Run Starts at 15:00.

**Hash Legend:** *Peterfile* spent 7 years hashing in Hanoi, including a spell as Grand Master (2008-2009) before founding Hoi An H3.

## Facts

- *Magic* believed that a **Hanoi Hash** might have been active around 1983 but the group upset the authorities and was banned for being 'a traffic danger'.
- In January 1987 *Bloody Ha Noi*, a Swede based in Hanoi, offered to set the first run in city. Knowing the event would attract police attention he laid the trail late in the afternoon with long stretches set live. Even so, *'the next day I had a visit from two very polite policeman. They filled in some forms and that was it.'* The city however was clearly not ready for a hash yet.
- A Hanoi H3 was finally founded in October 1991 by Terry Testicles Taikleas (ex Capital H3). In these early days, hashers could enjoy a jog around streets that had almost no cars and the Swedish Embassy remained an important gathering point.
- While such quaint times have passed, Hanoi has retained a very different feel, being quieter than Saigon, more serious and stuck in a bit of a time warp. Today, Hanoi offers family runs within an hour of the city.



# Hashemite H3 (Jordan)



## Facts

- Situated in the centre of the troubled Middle East, Jordan is a beautiful and friendly country that attempts to steer a middle path. **Hashemite H3** is based in the capital, Amman.
- The kennel nearly collapsed as soon as it started as 2 of the 6 Hashers on the inaugural run caught typhoid a few days later (not from hash food). Both hashers and kennel survived and the eighties became a golden period for the kennel.
- Ex-pats seemed to have a different attitude to life in those days and for many a hash day started with a morning round of Buck Fizz.
- Over the years they have organised some great away trips. The 500th run went through the magnificent ruins of Petra and their 10th anniversary involved a train ride to an old desert fort. Former Hashemite H3 Hashers carried out important missionary work within the region, for example taking hashing to Kuwait
- Conflict in the region had a positive impact on the hash, with several NGOs basing their offices in Jordan. Most notably the contingent training the Iraqi police force would bus out 30 or so runners for every hash. After 2006 the numbers of ex-pats started to decline and many local runners had little experience of hashing elsewhere in the world. As a result the kennel moved towards a less hash-like atmosphere.

Founded: July 1979

Founders: John Ward

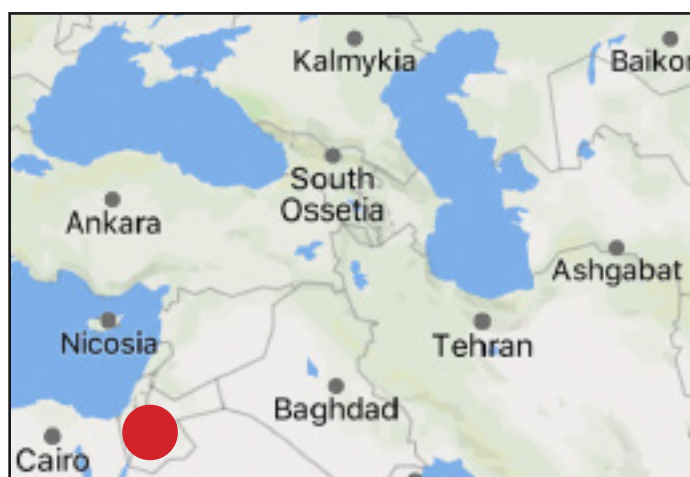
Who ran with: Tehran H3

Current GM: ?

RA: rotates

Meet: Monday Weekly, Monday, 1830

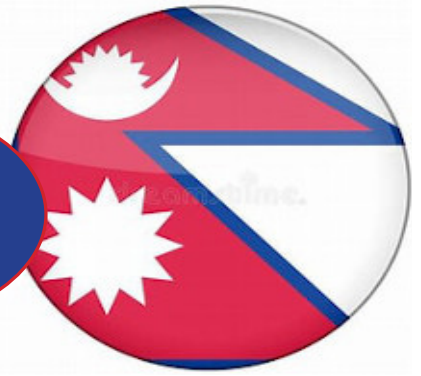
**Hash Legends:** King Khalid was an enthusiastic member of Hashemite H3 during their early years. By 1991 he was on 236 hashes, placing him second behind Cecil Gullen who had recently left Jordan. He went from Whipper In to RA. Judging from comments in the yearbook he seemed to own a sportswear shop - this being considered an insufficient qualification for the role of hasherdashery!





# Himalayan H3 (Nepal)

Some of the most challenging  
trails in the world!



Founded: 1979

By: Keith Robinson

Who ran with: Dhaka

Meet: Every Saturday at 3.00pm

Motto: *'Trashing the Valley since 1979'.*

Current GM: ?

RA: ?

**Hash Legend:** Herman *Finger in the Dyke* Grimminck came to Nepal as an engineer, helping to build several hotels and hospitals in Pokhara and Kathmandu. He became a central figure on the hash, serving as a long term Grand Master who *'saw the Hash through years of mismanagement, providing weekly supplies of paper and drinks, and being a creative Hash Trash. He planned and oversaw several Hash Weekends and published Hash souvenir books.* Herman died in April 2005.

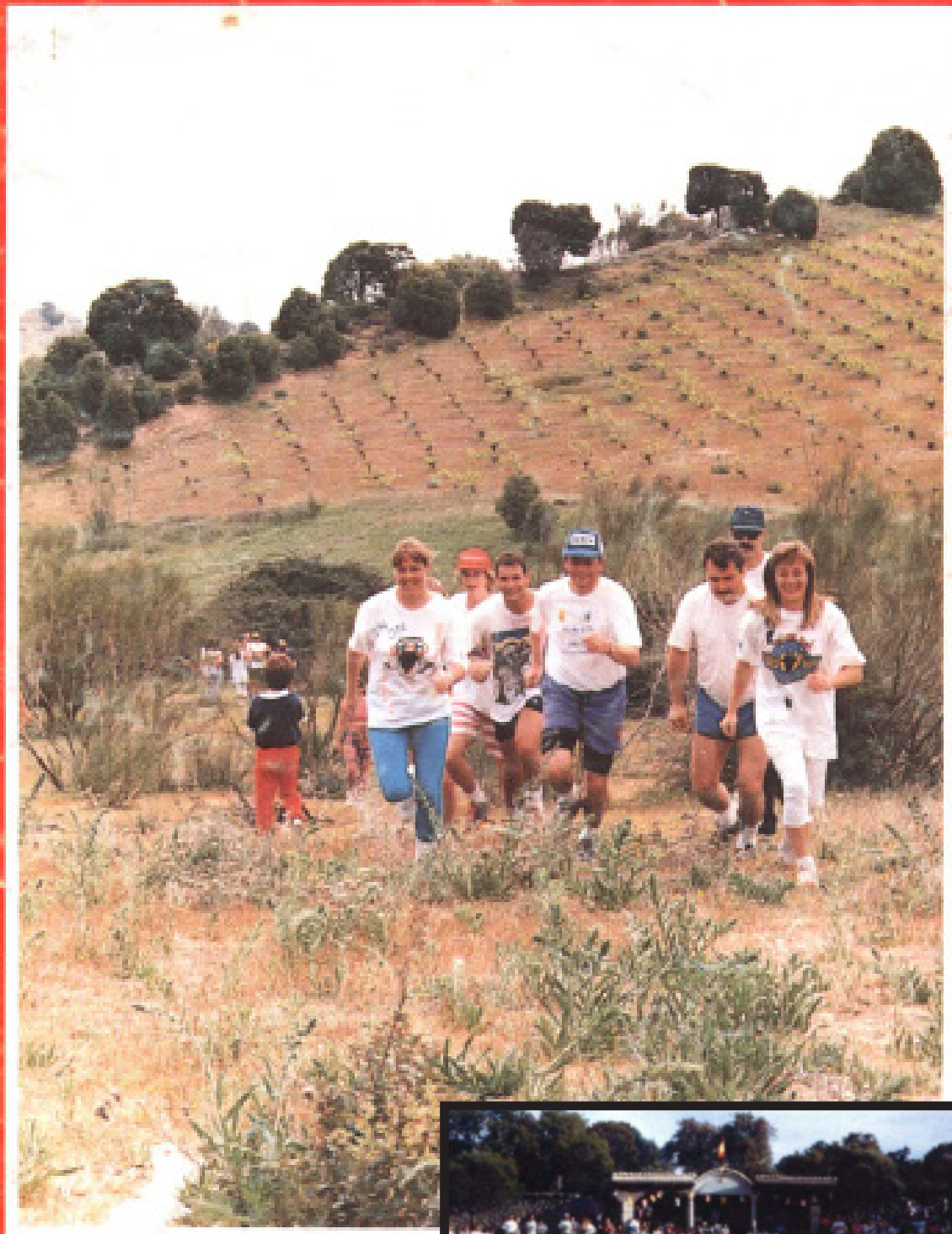
## Facts

- The original **Himalayan H3** was founded by Keith Robinson (ex Dhaka) who laid the first trail with the assistance of Roger Binks in 1979. Eight turned out for that first run, including John Wyatt-Smith, a legend of the pre-war days in KL.
- The hash evolved as 'a gentlemen's run' with British Gurkha officers playing a central role, one attraction being that the officer's mess had imported beer that was hard to find at the time.
- In 1983 the hash held a run to the north of Kathmandu, where one of the Malaysian visitors died of altitude sickness. Since then the pack has tended to stay away from the higher attitudes, although in later years this was as much to do with the deteriorating political situation as anything else.
- The weather can also be an issue, with the valley tending to be either too hot, or in the middle of the rainy season. The latter makes river crossings dangerous and in 1992 a hare was swept away. Rescuers run along the bank and managed to drag him from the water.
- In the early 1990s the Men's group faded out *'due to dreadful mismanagement'* and hashing was kept going by the Mixed kennel. They moved to the Saturday spot and dropped the 'Mixed' from their title. Today they consider themselves the direct descendants of the original hash, and operate under the motto *'Trashing the Valley since 1979'.*
- Finding good trails is becoming more difficult as the urbanization of the Kathmandu Valley forces hares to go further and further beyond the Ring Road. Crossing the Bagmati River is also considered a 'no no' on account of the high level of pollution. Nepal has also become less welcoming to ex-pats.
- Nepal was the first kennel to use a toilet seat as a hash-shit. (Ed: full story of that next month).



# The Eurohash Bull Sheet

The Official Magazine of Eurohash '93 Madrid, May 28th-30th 1993





# EuroHash 1993

## Madrid

- Paris staged the first EuroHash in 1992 and it was a magnificent success, attracting 1000 runners. The short distance to the French capital resulted in a notable English contingent. Paris had been organized as a one-off event but a meeting of GMs voted to do it all again the following year.

- The second EuroHash was staged in Madrid from May 28-30 1993. It coincided with the **Madrid H3** 500th anniversary.

- Much credit for the successful of the event goes to Chris *Ding Dong* Bell *'ever toiling never-tiring.'*

- Thursday saw Run 498 with the Bangkok **'Thinking Drinking Hash'** setting an excellent trail in Casade Park. Run 499 took place on Friday.

- The 500th could therefore now take place on Saturday 29th

- One run took hashers to the start on the city's famous cable car. Some hashers stayed in the gondola with a crate of beer and repeated the journey several times. (*Ed: Presumably until thrown out.*)

- A friendly motorcycle policeman allowed a hasher (*Flapper*) to take a photo on his bike only for *Flapper* to drive away, dump the bike a few hundred yards up the road and run off.

- **Turo H3** moved the tents of another hash (Hearts?) and in return had extremely smelly open rubbish bins placed in their own tents.

- The main run took place at 13.00 and was followed by the Euro Down-Down Championships



in which *Hooray Henry* added the European title to his World Interhash victory. The venue was a bullring where real - if young - bulls were produced for those who wanted to try their luck. *Rambo* and a ScandiHooligan hasher. (*Ed: possibly Scar with Two T's?*) stayed in the ring and tried their luck.

- The ScandiHooligans, not finding cups, tore the horns off their plastic Viking helmets and drunk from those.

- The buses returned to Madrid at 22.00

- There was another hash (501) on Sunday and a Eurotour started on Monday.

- Hashers left Madrid with no immediate plans to meet again and there was a feeling that EuroHash would switch to every two years.



# Hashers

A to Z

## Letter R

### Ra

Matthew Kleinosky

#### Cairo (Egypt)

Ra was born in the USA and started hashing in 1985 at age 26. His first hash was run #25 of the original **Kuwait H3**. He moved to Cairo in 1989 and started hashing with **Cairo H3**. Ra took over as Religious Advisor 3 months after arriving. At that time, **Cairo H3** had no hash names and a single circle song, so he introduced “kid friendly” namings and expanded the circle singing. He was ‘re-elected’ R.A. for the next 14 years. His hash name is a reference to the Egyptian sun god ‘Ra’. During his time in Cairo Ra held every **Cairo H3** mismanagement position at one time or another. In the late 1990s, **Delta H3** (Alexandria) started renaming visiting Cairo Hasher and within Egypt Ra was also known as *Forever Dumb Fuck*. He first attended Interhash in 1994 and has attended every Interhash since. He has MC’d 10 Interhashes and numerous other events including InterAmericas, Pan Asia,

etc. Returning to North America, Ra hashed while living in Florida and DC before marrying H2Ho in Toronto. He is a member of the Interhash Council and upon *Flying Booger’s* retirement from H3 publishing, took over Half-mind.com which was the official H3 Regional Directory of club contact info. He invented the ‘Where Have You Hashed’ online tracker. His most recent hash project is interviewing hashers around the world and publishing the On On Podcast. (Ed: the podcast interviews are indexed in this issue).

### Rabbit, Sir

Peter Graham

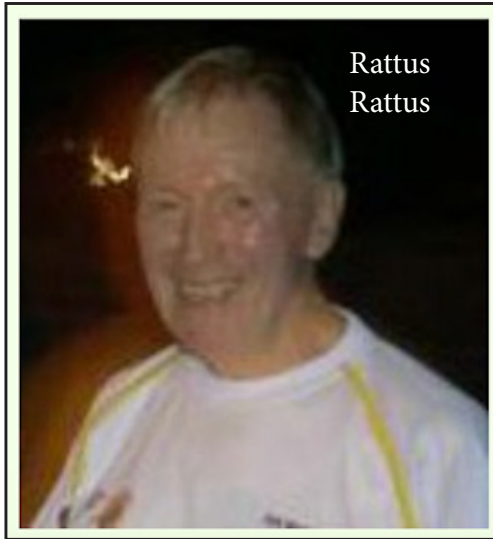
#### Gold Coast (Australia)

Peter *Sir Rabbit* Graham, is a handyman in real life and has been an influential figure on the **Gold Coast Hash** since joining them in May 1981. He reached his 1000th run landmark on 24th February 2003, thus being granted the hash title, *Sir Rabbit*. His hashing then picked up momentum and he required just 107 opportunities to complete his next 100 runs (a 93.4% turnout). Over the years he has held virtually ever committee position including GM in 1995. *Sir Rabbit* also founded the **Gold Coast Mountain Bike Hash** in 1994 and the **Splinter Hash** in 2002. This is an alternative hash for those Gold Coast hashers unable to attend either Nash Hash or InterHash.

### Ra - in the Cairo Raft Race







Rattus  
Rattus

### **Raging Bull**

**Sandy Neill**

### **Hong Kong H3**

*Raging Bull* was a Scotsman who acted as GM of the Hong Kong hash from 1983 to 1984. According to the website he was, 'taller when lying down than standing up. Spoke no language understood outside 'Star Trek'. Spent most of his year of office underground, recceing drains, culverts, watercourses, sewers etc etc. One to stay upwind of at the bucket.'

### **Rail Jerker**

**Juned Ahmed Choudhury**

### **Night Runners of Bengal (Bangladesh)**

At 80 plus *Rail Jerker*, now *Sir Rail Jerker*, is still turning up for the big international events. He started his hash career in 1987 with **Chittagong H3**, then an active hash with great countryside runs. Although neither an athlete nor a big drinker, he took to hashing with a passion. The following year he made the trip to Malaysia to run with **Mother Hash**. He regularly travelled to events in India by overnight train which led to *Digit* giving him the hash name *Rail Jerker*. *Rail Jerker* continued his hash passion after moving to Dhaka. His journals have added to our knowledge of hashing and *Rail Jerker* was involved in organizing the Goa 2002 Interhash.

Ed: I had the privilege of knighting *Rail Jerker* on the Bangladesh Nash Hash.

*Rail Jerker* is a big guy and at eighty his knees are not as dependable as they once were.

It took six of us to get him back to his feet after the ceremony.

### **Rambo**

**Peter Graham**

### **West London (England)**

A London hash legend with 1000 runs with **London H3** and 1498 with **West London**. Was one of the London contingent that turned up for the first **West London H3** hash. Included amongst his many achievements was staying in the ring with the bulls at Madrid Eurohash. He is, as one hasher who knows him claims, 'the only person I know who can sleep in a crowded bar standing up.'

### **Rambo**

**Reid Whitlock**

### **Kigali H3 (Rwanda)**

**Rambo** started hashing in Sri Lanka after members of his soccer team took him along to a run. Much of his long hash career would actually take place in Africa. First stop was the Ivory Coast. Having served in the US special services he loved to set trails through dense undergrowth and he received his hash name for taking the pack through an area with dangerous animals. After several other postings he founded **Bamako H3** in 1989. He then returned to the US where he co-founded **Charlottesville H3**. After several years teaching in the local university he returned overseas to some tough posting including a spell as RA in Baghdad. Then it was Juba where you had to pick the run site two weeks in advance to give the mine clearers time to check the area was safe. Expats in Juba were given R and R every three weeks so *Rambo* became a regular hash visitor with **Kampala H3** and **Nairobi H3**. In 2008 he moved to Rwanda where he would spend ten years as RA and GM of **Kigali H3**.

### **Rambo**

**Stewart Bondi**

### **Teign Valley (England)**

Stewart took up running at Exeter University where he studied zoology. He later turned to hashing and acquired his hash name after climbing Mount Blanc. According to *Pottsie*, writing in the Nash Hash Magazine, Stewart *Rambo* Bondi was 'one of the UK's top hashers'. *Rambo* was certainly a hash legend in Devon, where he hashed with three kennels and founded the local Full Moon Hash. As a result he had clocked up some 1300 runs by the end of the 20th century. *Rambo* also took part in ultra distance races and was a local beer-drinking champion. *Rambo* passed away in August of 2022 after some health problems.



Voted the three best dressed men at Henley.  
*Left to right: Rat Shit, Bonkers, Sleazy,*

### **Randall, Lloyd**

#### **Port of Spain H3 (Trinidad)**

Lloyd Randall of the **Port of Spain H3** is probably the most distinguished sportsman to be a regularly hasher, his first class cricket career including several test appearances for the West Indies when they were best cricket nation in the world.

### **Raper, Jim**

#### **Surrey H3 (England)**

Jim Raper learnt his hashing in Singapore and having, in the word of the Surrey hash magazine, made his money through '*clever but slightly dubious property deals*' returned to England where he attempted to recreate an identical hash in Surrey. That proved impossible – Monday had to give way to a weekend run and the women would not be kept away. Thanks to this adaptability, **Surrey H3** prospered and during the early days Jim was the driving force behind the kennel. However, there was a dark side to the man and when his dubious business activities caught up with him he fled England. In his absence he was sentenced to jail for 'contempt of court'. He returned to the UK once to attend his mother's funeral (probably sneaking in over the Irish border) and stayed on to run the Monday hash. With European laws tightening, Jim moved from Monaco to the Philippines and has since disappeared from view. The numerous Jim Raper legends include Surrey hashers tuning into Police 5 to see their GM featured. Another story has Jim being released from a Bangkok jail, jumping into a limousine and driving straight to the hash!

### **Ruptured Duck**

#### **Phil Riddell**

#### **Sydney (Australia)**

Phil Riddell was an Englishman who arrived in Australia via KL and co-founded the **Sydney Hash** with Mike Miall in August 1967. As one friend commented, Phil '*just oozed good fun and humour*.' He was noted for singing and one of his favourite songs was '*Ruptured Duck*' which inspired his hash name. After short spells overseas he returned to Australia to raise a family and create a successful printing business. In later years, his health declined but Phil attended the Sydney 500th. He passed away in March 2020 at just over eighty. *On On Ruptured Duck.*

### **Ratcatcher**

#### **James Howard**

#### **Manila H3 (Philippines)**

James *Ratcatcher* Howard started hashing in the wild days of **Jakarta H3** and then, in 1973, founded **Manila H3**. Not a bad Hash CV! His original Manila hash folded due to political unrest and for many years was forgotten. Hash historians have rediscovered its existence and when *Ratcatcher* appeared unannounced at the On On for the 1350th, an impromptu circle finally honoured him as founding father. During the Maynila Nomad Sports Club's 100th anniversary in 2014 James was honoured at the same bar from which he hared the first unnumbered trail almost 40 years earlier.



**Rat Chucker**

**Rick Head**

**Beijing H3 (China)**

A China Nash Hash has been staged every year since 2002 and has become an increasingly popular event. It is usually held around April. The first event was staged in Beijing and organised by Rick *Rat Chucker* Head who was Beijing GM in 2003.

**Rat Shit**

**Rashid Karim**

**Creek H3/ Cambridge H3 (UAE/England)**

Rashid discovered hashing in Khartoum in 1980 when *Bonkers* noticed he was wearing rowing shorts (rowing being a passion for both of them). Rashid was invited to the next hash where he immediately recognized that he had found his spiritual home. On returning to England, he made the long drive from Cambridge to London to hash every week. After three months, and a near car crash, he discovered the Cambridge hash was based in his local pub! He has continued hashing as his business travels take him around world and has often accepted assignments for the hash opportunities they offered. These include long spells in the USA and then in Dubai. *Rat Shit* is a key organiser of the annual **Hooray Henley Hash**.

**Rat Walker and Rat**

**Ingvar Lind**

**Hanoi H3 (Vietnam)**

By the 1000th Hanoi run in 2010, the leading hashers were *Rat Walker*, a Swede with 550 runs, and his dog *Rat*.

**Rattus Rattus**

**Robin Radcliffe**

**Hong Kong**

Hong Kong GM from 1993 to 1994. Described as, *'Doddering Old C..t Mk II. Bean-counter from the old school. Progressed in life from a Mercedes to a Mazda 121'*.

**Ravencroft, Guy**

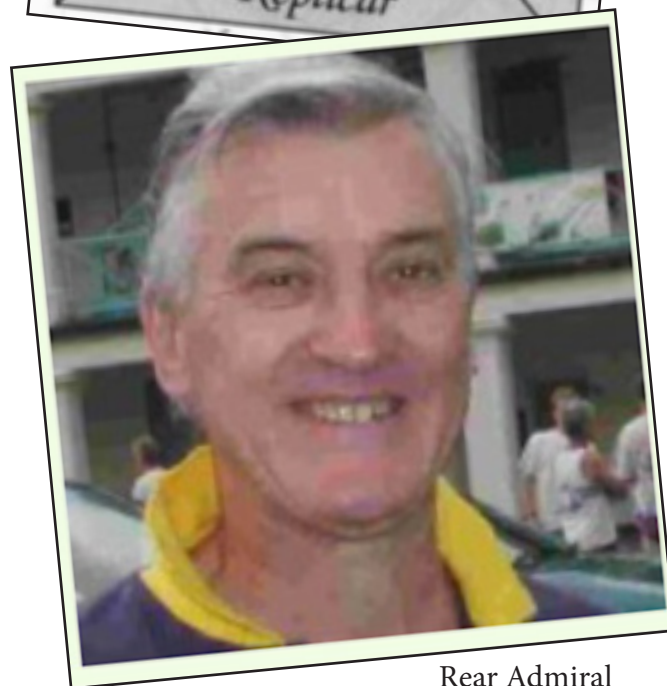
**Bangkok H3 (Thailand)**

Had the distinction of being on Bangkok Number 1. After that the story gets a bit vague, but he is believed to have been posted to Sierra Leone where he established **Mobimbi-Mokanji H3** in a mining camp.

**Mike Read**

**Westcombe H3 (England)**

Around 1971 Mike Read seems to have returned to England from somewhere in Africa, probably Nigeria. At this point his name appears in hash records



Rear Admiral

as founder of **Westcombe Park H3**, the oldest UK hash in continuous existence. However, there is a mystery here as he could not have been introduced to hashing in Nigeria at that early date.

**Rear Admiral**

**Chris Pooley**

**Hong Kong**

Another Hong Kong GM, in this case from 1999 into the new century. *'A captain of industry, with a car AND driver; knew fuck all about anything, bar occasionally how to shout a bit, blame people, and then pass out.'*

**Rear Entry**

**Daniel Tani**

**Mount Vernon (USA)**

Daniel *Rear Entry* Tani is the hash representative on the NASA space shuttle. Daniel is an expert on using the robotic arm, has spent time stationed in the space lab and completed several space walks. He lists his hobbies as golf and hashing.

# Brasilia

## Notes from Welf Herfurth

*Welf is a great supporter of the magazine and widely acknowledged as the man who keeps hashing going in this part of Brazil. I have asked him to write about hashing in Brasilia.*

In 2016, I assumed leadership of the kennel, and for approximately two years, we teetered on the brink of collapse. By the end of 2016, most Hashers had been posted to other countries, leaving only four members, including myself, here. Prior to my tenure, the Hash was predominantly composed of expats, with hardly any Brazilians involved. So, for two years, we faced challenges, often setting trails without anyone showing up. Nevertheless, we persevered, convening every second Sunday, regardless of the weather.

Over the past seven years, we've only halted

Robert *Inbred Fred* Pogue played a vital role in keeping the kennel alive during the lean times.

Opulence: *We set several trails where nobody showed up which was very disheartening, so having had him by my side kept me going. Although he briefly disappeared during the COVID-19 pandemic,*

our activities on four occasions. Three of these instances were during the COVID-19 pandemic when strict lockdowns prohibited gatherings of more than two people. The fourth pause occurred in 2018 when Brazil played in the football World Cup. Today, we've achieved a healthy balance of Brazilians and expats, with a robust turnout at our Hash - 35 participants just today. I must extend my gratitude to all our members who participate in Hashes, set trails, organize social events, assist with community clean-ups during Hashers Not Trashers events, and help with recruiting. Without them, the Brasilia Hash House Harriers wouldn't be the close-knit family that it is. The saying goes, "Hash is family," and I can genuinely affirm that this holds true for our kennel in Brasilia. We are a tight-knit group. That concludes my update. Once again, thank you for the magazine, and I fully appreciate the hard work that goes into producing it.

On On

Opulence







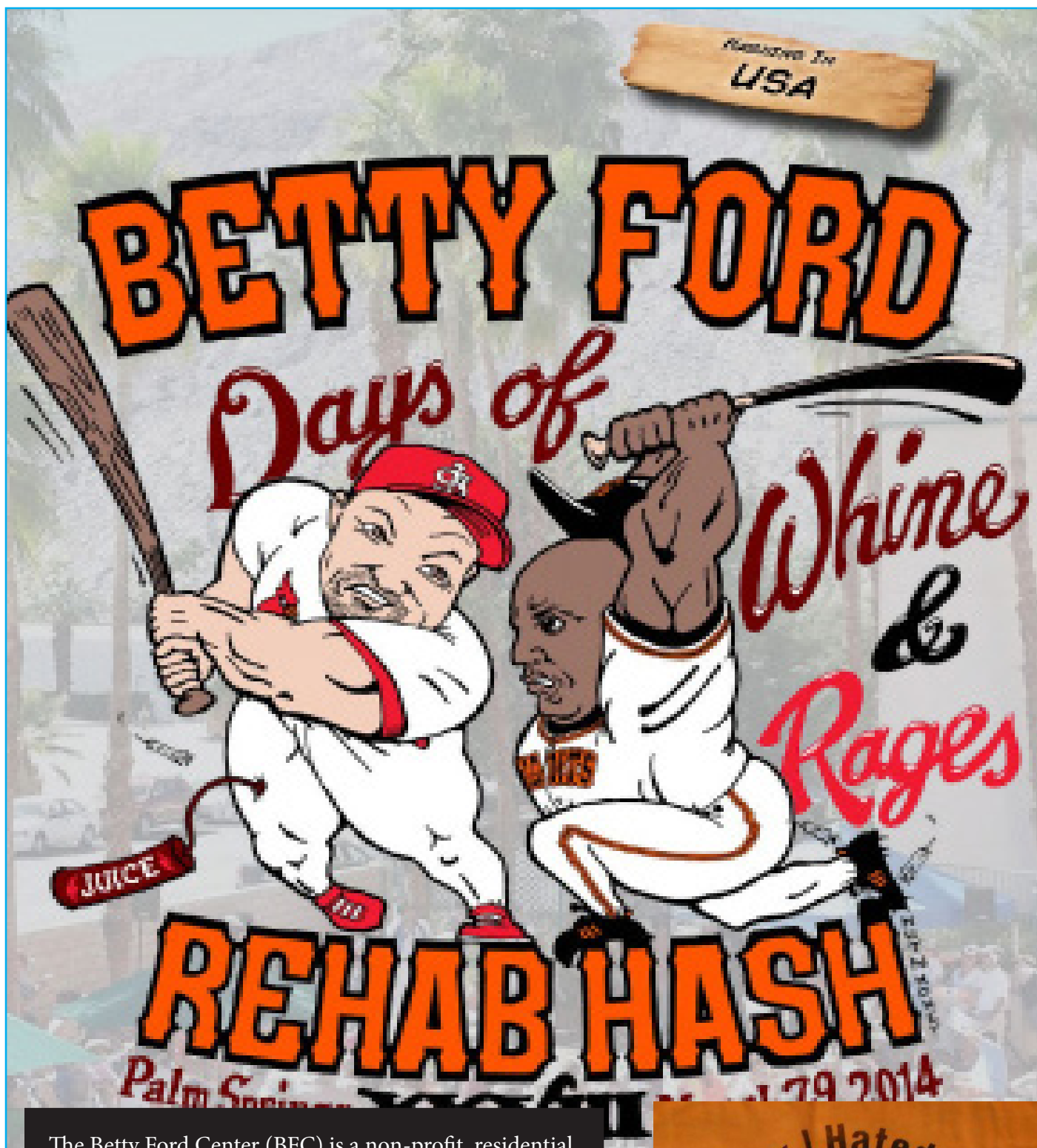
# Classic Hash events

## Betty Ford Rehab Hash

- An annual event staged by **Orange County H3** that dates back to 1987.
- It is staged at Palm Springs.
- The Rehab Run is a medium sized event with numbers limited to around 225. It takes place in early March,
- Hashers usually start the weekend by gathering by the hotel pool where there is the ceremonial opening of the first keg.
- Friday is a traditional and compulsory lingerie run.
- On Saturday you can expect a long run of around 11km.
- Then it is On On to dinner followed by skits.
- Sunday sees a short hangover run.
- Over the years at least two weddings have taken place on the Rehab Run, most recently *Lacy Bitch Britch* married *Deep Chocolate*.







The Betty Ford Center (BFC) is a non-profit, residential treatment center for persons with substance dependence in Rancho Mirage, California. It offers inpatient, outpatient, and residential day treatment for alcohol and other drug addictions, as well as prevention and education programs for family and children. The Betty Ford Center, which is adjacent to Eisenhower Medical Center but is under a separate license to practice, has 100 inpatient beds available on their campus and additional lodging for 84 clients in the Residential Day Treatment program. The Betty Ford Center opened on October 4, 1982.



# The Orange County Hash House Harriers Present

## The 1991 Betty Ford Rehab/Frank Sinatra Palm Springs Hash

5th Anal Benefit Concert, Benefitting Anheuser-Busch,  
Starring Betty, Jim & Tammy, Sonny & Cher, and Gene Autry



### FRANK SINATRA

Like You've Never Seen Him Before

*"I Did It  
My Fucking  
Way"*  
**HASH**

#### FEATURING:

Skits & Quality Hash Prizes  
3 Hashes  
Milli Vanilli Lip Sync Contest  
Breakfast & Dinner Saturday  
Dancing Friday & Saturday  
Lots of Beer & More

#### And Featuring the Hit:

**"I Chewed It Up, And Spit it Out"**

*With Flop Flop & His Orchestra*

NUMBER ABSOLUTELY LIMITED TO  
225 HASHERS!!

## MARCH 8, 9 & 10

# \$50

Hares Off 6:30 pm, Friday & (Sat pm & Sun am)

*(If Registration is Posted by Feb. 15)*

Make Check To: OCH3 •

Mail to: Pam Smith 404 Falling Star Irvine, CA 92714

Reservations: Rodeway Inn, (619) 325-2371

**Late Reg.:** Feb 16-Mar 1 \$60  
After Mar 1 \$75

# On On Orange County



# Betty Ford Rehab Hash over the years

Thanks to the Hash Boy website

<i>Year</i>	<i>Featured star</i>	<i>Theme</i>	<i>Cost</i>
2015	Joan Rivers	<b>Can We Tawk Hashin?</b>	\$110
2014	Bonds and McGwire	<b>Days of Whine and Rages</b>	\$110
2013	John Belushi	<b>Short Cut Your Life Hash</b>	\$110
1012	Amy Winehouse	<b>Habits, Vices and Grips</b>	\$110
2011	Janis Joplin	<b>Take Another Little Piece Of My Ass Hash</b>	\$ 110
2010	Johnny Cash	<b>Rings Of Flour Hash</b>	\$110
2009	Brian Wilson	<b>We're Drinkin' The Good Libations Hash</b>	\$105
2008	Jim Moyo Pisin`	<b>Hash On Thru To The Drunker Side</b>	\$105
2007	Jimmy Hendrix	All Along We Watched Flour Hatch	\$95
2006	<i>Not recognized by editor</i>	<b>Hot Totties Doilies And Darvon Hash</b>	\$95
2005	Sammy Davies	<b>Who Can Take A Glass Eye Hash</b>	\$90
2004	Judy Garland	<b>If I Only Had A Beer Hash</b>	\$90
2003	<i>Not recognized by editor</i>	<b>Who Said Head-less Hash</b>	\$90
2002	Jerry Lewis	<b>Great Balls On Fire Hash</b>	\$80
2001	Marilyn Monroe	<b>Gentlemen Prefer Blonds Hash</b>	\$80
2000	Dean Martin	<b>That's A Moray Hash</b>	\$80
1999	Casablanca	<b>Lay It Again Sam</b>	\$75
1998	Micky Mantle	<b>You Make My Liver Quiver</b>	\$75
1997	Jerry Garcia	<b>Grateful For Head Hash</b>	\$ 70
1996	10th anniversary	<b>Thanks For The Mammaries</b>	\$70
1995	Cleopatra	<b>Kiss My Ass</b>	\$69.69
1994	Michael Jackson	<b>Just Beat It!</b>	\$65
1993	Elvis Presley	<b>You Never Caught A Rabbit Hash</b>	\$60
1992	Liberace	<b>Oh How I Hated To Leave Me Friends' Behind</b>	\$50
1991	Frank Sinatra	<b>I Did It My Fucking Way Hash</b>	\$50
1990	Gene Audry	<b>Back In The Saddle Again</b>	\$45
1989	Sonny Bono	<b>I Got You Babe Hash</b>	\$31
1988	Jim and Tammy Faye Bakker	<b>Streaming Mascara Hash</b>	\$27
1987		No Theme	\$13

# Pod Cast Index

Name with number of  
podcast episodes

First kennel

Date of first hash

Podcast season

Ali Bar Bar	Kowloon	1978	4
Ali Wank Bonk	Wessex H3	198?	2
Audrey	Glasgow	1987	3
Automatic Balls	Frankfurt	1999	1
Babe Thruster	Mobile	19921	1
Balloon Balls	Bahrain	47 years	1
Bankrupt	Budapest	42 years	3
Ban the Cock (2)	Bangkok Bike	1998	3
Bent One	Borneo	1965	1
Bet Bet	Sierra Leone	2010	1
Biggles	Copenhagen	1992	1
Bird Brain	Tornado	?	1
Body, The (2)	Tokyo	1984	2
Bonsai & Shining Bobay	Bombay	1994	2
Brain Dead (3)	Hong Kong	1973	1
Brian, Just	Hong Kong	1974	1
Brrr	Dallas	25 years	1
Bruvver Jiff	Brunei	1993	1
B.S.H.I.T.	Panama	2005	2
Bubbles	Bergen	41 years	1
Buffalo	Dhaka	1977	1
Cat Woman	Emerald Coast	1990	3
China Brush	Barbados	?	1
Chippendale	Aberdeen	1991	1
Colonel, The (2)	Hong Kong	1987	2
Cosmo	Munich	1995	1



*More Legs*



*Mr Peeenut*



Cougar & Big Stone	Hogtown	1998	3
Cock N Balls	Abuja	2012	1
Crotch Thump	Horses Ass	?	1
Crabby Pussy	KL Harriettes	2004	3
Cumby	Rumson	1979	1
Cum Brew Lay/Queen of the Jungle	Hanover	?	1
Dancing with Dogs	Hong Kong	1979	2
Darth Vader (2)	Los Angeles	1981	2
Dazed and Confused	Ankara	2004	1
Deep Throat, Lord	Hong Kong	1977	1
Deep Throat	Wellington	?	1
Delhi Boy	Delhi	?	1
Dennis the Menace (2)	Mother	1969	1
Dental Daayamn (2)	Seattle	2015	1
Dildo Dan	Dar es Salaam	1999	3
Dip Stick, sir	Tornado	1998	1
Disco Wanker	Bali	1993	1
Dog and a Half	Hong Kong	1971	1
Doofus White Boy(2)	Bahrain	1992	1
Doormat	Brunei	?	2
Drainoil (2)	Penang	1966	1
Dr PP	Manneken Piss	?	1
Ducky(2)	Vulcan	?	1
Easy Head Job (2)	A Kilted Hash	2006	2
Ex Pat	Kuching	1975	3
Fantum & Shadow	Prague	1971	1
Farkin (2)	Panguna	1971	2
Fast Food	Manila	35years	1
Fat Arse	Malaysia	48y	1
Fat Bastard	Saudi	25 years	1
Father	Rotorua	1978	1
Fireman (4)	Mother	1974	2
Flakey, Sir	Dirt Road	1984	1
Flying Booger	Half Man web.	?	1



*Webfoot*

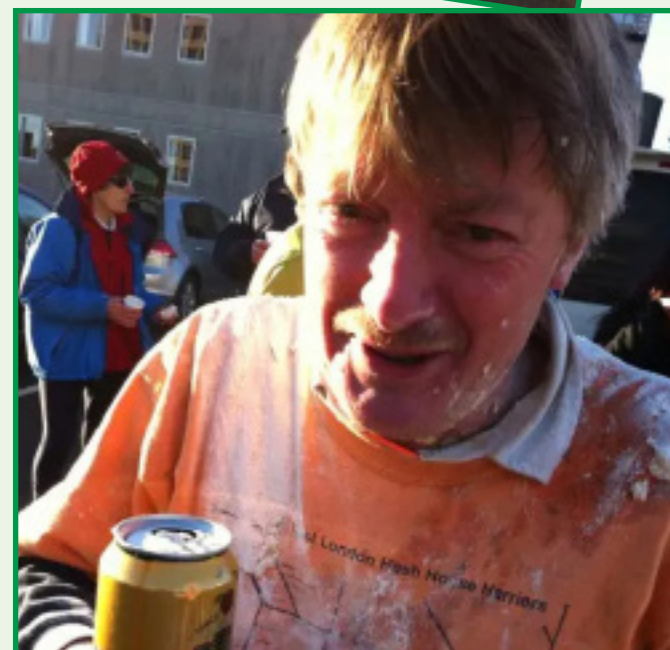


*Dazed and Confused*

Froggy (3)	Bandung	1978	1
Fuk Stik	Blue Hen	?	1
Fuktard (2)	Kabul	2024	2
Garfield	Nairobi	46 years	1
Gatekeeper	Philadelphia	1984	2
Glamour	Brunei	1989	2
Global Screw	Vanuatu	2002	1
Grandpa	Brunei	1989	2
Groin Bitter	Hamburg	25 years	1
Halfwit	Singapore	2001	1
Hardy Boy	Mother	34 years	1
Hazukashii	Gotothetash	?	1
Headgear (2)	Lagos	1979	3
Hema (2)	Mother	1975	1
Higgins (3)	Manneken Piss	1991	2
Hops	Washington DC ?		1
Horn E	Chicago	1985	1
Ibo Ibo (3)	Manila Mixed	1984	2
I-Feel Tower	Richmond	1997	1
I Like Your Boobs	Carthage	1979	1
Liquor Up/Occupied	Hawaii	?	1
IMF	Dhaka	2014	2
Jack Off	Irian Jaya	1985	3
Jock (2)	Taipei	1979	3
Juror and More On (3)	Singapore	1960	1
Kamikaze	Tianjin	1993	3
Kanga, Keith	Mother Hash	1972	2
Keyhole	Delta	?	1
Keyhole	Summit	1991	3
King Shit	Calgary	1991	1
Leecky Willie (3)	Bandung	1995	2
Liquor Up & Occupied	Hawaii	?	1
Little Bunny Poo Poo	Phoenix	2012	3



*Ducky*



*Lecky Willie*



Little Dinghy (2)	Subic Bay	1982	2
MaBouch	Paris	?	1
Madam No Blow Angel	Tornado Valley	2006	1
Maid Marian (2)	Manila Ladies	1980	1
Mamma San	KL Harriettes	1983	3
Master, The	Westcombe	1971	1
Mellow Yellow Foreskin	Whitehouse	1992	1
Messiah	Hurinia	?	1
Midget Molester	Puget Sound	?	1
More Leggs	Colombia	1986	3
Mountain rescue	Brunei	1963	3
Moon	Pittsburgh	1985	1
Mountain Rescue (3)	Brunei	1963	3
Mouse	Seoul	1985	1
Mr Beaky	Brunei	1978	1
Mr Jackson (3)	Rumson	1978	2
Mr Peeeenut (3)	Edmonton	1993	3
MTM	Sofia	30 years	1
Muffalotta	Tallahassee	1995	1
Mu Stick	Okinawa	?	1
Muthatuka	Wellington	1988	3
Neptunus	Hash Museum	?	1
Nightjar	Singapore	1965	1
Noodles	Trinidad	?	1
Nookey, Sir (2)	Edmonton	?	1
Olympick (2)	West London	1985	1
One Eye Snake Charmer	Fresno Clovis	?	1
One Left One	Seoul	1975	2
Opee & Tuna Melt (3)	San Diego	1989	1/2
Oraytor (2)	TNT	1984	1
Penguin, The	Jakarta	1972	1
Pirelli	Brunei	1969	1
Penis Head	Dayton	1987	3
Polly (2)	Kuala Belait	1982	1



*Above Keith Kanaga*

*Below Headgear*



Popeeye	Singapore	1984	2
Porkless	Dayton	1998	3
Proposition (2)	Kaohsiung	1986	2
Put It In My Mouth	Memphis	2017	3
Pylon	Vancouver	1987	1
Queenie	Kampala	1993	1
Quick Drawers (2)	Taipei	1977	2
Qraytor (2)	TNT	1984	1
Rail Jerker	Chittagong	1985	1
Rambo	Colombo	1993	1
Rat Shit	Khartoum	1980	3
Rong Jon (3)	La Jolla	1985	2
Rose Eh	Hogtown	?	1
Run2eat	London	1996	1
Ryde & Tablewhine	London	?	1
Saloon Door	Aloha	2016	3
Sasquatch	Budapest	?	1
Scud (2)	Mother	1971	1
Sex Toy	Hogtown	?	1
Shakesprick	Dar es Salaam	1982	1
She Mussel Bitch	Austin ?	?	1
Shit Happens	Charleston	?	1
Skin Head	Jakarta	1986	1
Sloppy Stool	Prague	?	1
Snot Rag	Atlanta	2006	1
Spare Rib	West Rhine	?'`	1
Strok E Bear	Mr Happy	2005	1
Sux2Blow	Nittang Valley ?		1
Thanks for the Mammaries	Orlando	2007	1
Thar she blows	Leavenworth	1992	1
Trigamist	Algarve	1982	1
Urine	Cyprus Interhash	?	1
Vulcan	Little Siawan	1983	1
Watergate, Gopher, Piggy	Guam (2)	?	1



*Mountain Rescue*



*Mr Jackson*



Webfoot (2)	Singapore	1975	2
White Trash	Dubai	?	1
Willie (2)	Washington	1975	1
Woolly Jumper	Guangzhou	2003	1
Yark Sucker	Mannekin Piss?		1



## Extras

### Season1

Season wrap up

Out-takes

### Season2

I minuet blast (Mother Hash vote to include a Harriet)

### Season 3

Hazukashii on hash history

# Pod Cast

## What can we learn?

### Ali Bar Bar

#### Hong Kong (1971)

*Ali Bar Bar* moved to Kowloon from Hong Kong Island and his new flatmate was a hasher. (Ed: *The fact that he had never heard of the hash while on the Island suggests the hash was not as high profile as it would later become*).

He reminds us that it could be dark in winter and describes a line of torch lights as the returning hashers come over a hill. (Ed: *Like a scene from The Hobbit*)

The hash trash arrived by post! (Ed: *I believe a Singapore idea.*)

Even as late as 1971 bank employees had to ask

The Podcasts are fun and we can catch up on old hash friends, but do they tell us anything interesting about the history of hashing?

*Shakes* listens to the podcast of *Ali Bar Bar* and extracts an impressive amount of hash history.

permission of their firm to marry and this was never granted on a first posting.

#### Bahrain

It was an all men hash, nearly all expat and largely British. The pack averaged between 20-30. (Ed: *Bahrain would later become a mixed hash and attract packs of over 100*)

For most people work finished at 4pm so making the 6.00 pm start was easy.

#### Hong Kong (1977)

Things has changed in the short time he had been away. *Drianoil* was now in town. A Harriettes group had been formed and the first Chinese men had joined the Hong Kong runs.







*unmentioned flour incident).*

## Abu Dhabi

It has been previously documented that *Ali Bar Bar* was one of the founders of the **Mainland Hash**.

He suggests Peter Clark was keen to establish the new kennel because he hadn't been made GM of the Island Hash! *(Ed: He makes no mention of hashers wanting a dog friendly kennel that is occasionally mentioned as a reason for the second kennel).*

Despite the Mainland name the first run actually took place on the island (although right by the bridge). Only 7 turned up and that was more or less the size of the pack for the first few weeks.

## Ghana

He points out that Tema Harbour had a hash but this pack was largely made up of visiting Accra Hashers.

## Kosovo (2000-2002)

He confirms the founding of the Pristina hash to Don Oxyoron Smith. *Ali Bar Bar* mentions that although the countryside was now peaceful there was the danger of left over explosives. *(Ed: However he does not mention any particular incidents).*

## Vienna

He mentions one run so cold it was abandoned at the first check.

As far as I know the only time I meet Cameron was at a Bagamoyo Relay in Dar es Salaam. He and his family had come out to the venue but were not staying overnight so around 9.00 pm they started the drive back to Dar es Salaam. The road was in poor condition with a real chance of robbery so I was quite impressed with this.

Over the years his name has come up in various hash records, being present on the first five Interhashes, a hash founder in Abu Dhabi, a central figure of the Gambia hash etc. I was not aware of his hash name and having chosen *Ali Bar Bar* for this article was delighted to see it was actually Cameron.

Please note all the information here comes from the first two of four interviews.

*Cameron, please get in touch, Shakes.*

stockholmbob@gmail.com

## Brunei

There was a waiting list for membership but as an experienced hasher *Ali Bar Bar* was told just to turn up anyway! *(Ed: I had always suspected experienced hashers might be accommodated).*

## Lusaka

The hash was mainly for expats. They often run from farms so big that you could lay the trail without ever leaving the property.

## England

*Ali Bar Bar* attended the Donnington and Cambridge anniversaries which were held over the same weekend. *(Ed: This is often portrayed as something many hashers did that famous weekend. Ali Bar Bar makes it sound as if doing 'the double' was actually quite unusual. To go to the second event seems to have been a late decision, reminding us that many events in those days did not require pre-registration leaving organisers to worry if nobody - or too many - would turn up!)*

As he was approaching one of these events *Ali Bar Bar* was stopped by the police who asked if he knew anything about all the white powder placed along the road! *(Ed: A very early and previously*

# Hash Beer - Bintang

*Bir Bintang, literally "Star Beer", is a brand of beer from Indonesia that is produced by PT Multi Bintang Indonesia Tbk. It is a beer with strong links to the Hash.*

## Time Line

**1929** Construction of a brewery started in Surabaya. This was during Dutch colonial rule of Indonesia.

**1949** Following Indonesian independence, the brewery was renamed 'Heineken's Indonesian Brewery Company'.

**1957** The Indonesian Government took over the brewery.

**1967** Heineken resumed operations of the brewery, which was later renamed 'Multi Bintang Indonesia'.

**1971** Hashing arrived in Indonesia with the founding of **Jakarta H3**. They started as a Bintang hash.

**1973** **Jakarta H3** switched from Bintang to Anker after Run 88. This was a traumatic decision in a two-brewery town.

**1973** With growing sales Bintang opened a second brewery in Tangerang, a city on the edge of Jakarta.

**1974** **Medan H3** took hashing to Sumatra. They were, are, and probably always will be a Bintang hash.

**1975** **Surabaya H3** was founded as a Bintang hash, 'attempts to introduce Anker or, even worse, San Miguel, ended in failure'. The Bintang distribution manager in Surabaya, **Tineke Tan**, became a hasher and travelled to all parts of Indonesia to take part in Hash events sponsored by Bir Bintang.

**Surabaya H3** had many fun parties at the Bintang Brewery, especially for the annual Dutch Carnival.

**1977** **Nightjar** founded **Bali H3**. The hash was closely linked with the Beggar's Bush Bar & Restaurant, which "dispensed the best Bintang Draught beer in Indonesia".

**1986** Medan boys posted to Jakarta founded **Batavia H3** so that the capital once again had a





Bintang hash. The rivalry was intense, with hashers not being able to stage a run from restaurants that supported the rival brewery.

**1988** InterHash came to Bali and Bintang was the official beer. There were commemorative beer cans.

**1997** Production moves to Surabaya.

**2012** Bali (2012) and Java (2016) stage interhash with Bintang once again the official beer.

**2011** Bintang beer wins a gold medal for Lager (Class 2) and Champion Beer for the lager category at the Brewing Industry International Awards in London.

The beer is styled as a pale lager, gold in colour with an ideal serving temperature of 7 °C. The 4.7% ABV Pilsner has a malt and hop flavour.

Because it is a localised version of Heineken, its taste is similar and comparable to Heineken, and the Bintang bottle is reminiscent of a Heineken bottle; the red star on the bottle is the same as Heineken.

*Bintang  
advertisements  
from various  
hash  
publications.*



Enjoy the best beer  
this side of Europe.

**BINTANG**

Bintang is specially brewed  
under the supervision of  
Holland's leading brewery.

The next time you taste a Bintang, close your  
eyes for a second. Bintang's light, refreshing flavour  
will remind you of the great beers of Europe. And  
so it should.

Bintang is brewed and bottled under the super-  
vision of Holland's leading brewery.

There's a great beer waiting for you. Bintang.

Ask for it today and  
enjoy the best beer this side of Europe.



**BINTANG**  
the friendship beer



Bir Bintang sebagai Bir Official BNH :  
mengucapkan " Selamat dan Sukses  
kepada Panitia Hasher Balikpapan  
atas terselenggaranya  
10<sup>th</sup> Borneo Nash Hash 2005  
di Balikpapan

# Nicaragua

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By Ed *Hazukashii* Howell, 7 April 2023

Nicaragua can be best summed up as the land of fire and water. Fire describes the 19 active volcanoes residing within the country, as it resides on the Middle American Trench of the "Ring of Fire" that surrounds the Pacific Ocean. Water describes the coastlines of the Pacific Ocean to the west, and the Caribbean Sea to the east, as well as the numerous lakes within that are dominated by Lake Cocibolca (a.k.a. Lake Nicaragua) to the south of the capital city of Managua, and Lake Xolotlan (a.k.a. Lake Managua) to the north of Managua. The country has a population of just over 6 million, and is bordered by Honduras to the north and Costa Rica to the south.

According to the Smithsonian Institution, five of the active volcanos (Concepcion, Masaya, Momotombo, San Cristobal, and Telica) have erupted within the past 15 years. These are all stratovolcanoes (composite), with the exception of Masaya, which is a caldera, where you can stand on the rim and see the orange glow of the magma below. Lake Nicaragua is noted as the only lake to have a multitude of oceanic life that includes sharks, swordfish, and tarpon . . . but recent surveys have been unable to locate any remaining fresh water sharks there.

Spanish is the predominant language, but there are nearly a dozen other languages commonly spoken in various regions of the country. It is also common to find that each major town and city has its own unique dish and drink, accounting for well over a thousand of each, according to the Encyclopedia Britannica.

The Hash House Harriers can also be found in this amazing Central American country. According to the HHH Genealogy the first hash in Nicaragua was the **Managua H3** founded on 21 Jan 1990,

by Theo *Bananas* Vlaar, who had previously hashed with the **Surabaya H3** before moving to Nicaragua. Bananas was assisted by Ray Kohut and Graham Watkins, and they kept the hash running consistently for many years.

On a recent visit to Nicaragua I was reminded that, like many cities around the world, sometimes one hash club is not enough. On 10 Apr 2005, Eckard *Smiling Scharnhorst* Zimmerman, with the support of other rebellious teenagers, the **Pussy H3** was formed to accompany the Managua H3. After a period of time with two hash clubs running regularly, the Managua hash faded out, leaving only the Pussy H3 to entertain the local harriers. Once again with only one club, dedicated hashers continued searching for trail through spats of political upheaval, and like much of the rest of the world, some virtual hashing during Covid. *Smiling Scharnhorst*, the last of the original protagonists, recently departed Nicaragua after over 500 pussy hashes. Looking to find new direction, the hash club reverted back to being called the Managua H3, but soon the new mismanagement decided to rebrand themselves as the **Nicaragua H3** to allow for greater opportunities.

I had the good opportunity to visit Nicaragua last month, and after climbing volcanoes and enjoying the local cuisine, I was also able to find the hash. Start time was set for 9:30 am on Sunday, and Google Maps said it was going to be about a one hour drive to the small town of Granada. From there, we found the road out to Isletas de Granada, and finally down the dirt road to Rayito de Sol. At this point we parked the car, and jumped into the hare's truck for the final 2 kms out to the run site (and home of the hares) at a beautiful setting on Lake Managua.





As often can be the case, just finding the start can be half the challenge in hashing, and this was what happened on this day. Fortunately, we made it to the site without issue, but some of the locals did have some problems, causing the start to be delayed about an hour until they arrived (we heard some hashers actually got frustrated and went home . . . hope that was only a rumor).

A pack of about 30 hashers eventually gathered round the GM for chalk talk, which was all in Spanish. My interpreter did a wonderful job of explaining to me what was going on . . . except I had to ask about some of the trail markings, and something was lost in translation. All I got was "there will be lots of arrows and plops" . . . so asked if an X was a false or intersection? It's a false, so then asked if a circle was a check, and was told yes . . . but it was not, it was also a false (well, it was actually a circle with an X in it, but yes, also a false, as I would find out on trail after running down some arbitrary paths only to be called back. Most of the pack were walkers on this brilliant trail of about 3 miles, but there were a couple other runners. It was an awesome shiggy trail, on dirt paths and roads. To get a good sweat on and add more enjoyment, some of us took another lap around trail before taking on some of the local cervezas.

Once the pack had the opportunity to rehydrate, circle soon followed, and it was all in Spanish of course. The GM was energetic and the pack par-

ticipated with enthusiasm. Not so fluent in Spanish, I could make out about every 5th word, and others would throw in a few more at times. Soon they called in the visitors, and asked us to entertain them . . . so we sang them a couple fun songs. In return, we were served up a nice lunch of local delicacies. After chatting for another hour, it was time to make the hour drive back to town. What a great adventure, on a great trail, and making new friends. Many thanks to the hashers in Nicaragua for such a fun day.

If you are ever fortunate enough to visit Nicaragua, the hash meets on the last Sunday of every month somewhere in or around Managua.

