

HOW I TAUGHT MY WIFE TO STOP WORRYING AND LOVE THE HASH

Before I found the Hash, my life was empty, a void. Evenings, destitute of purpose, aim, target, or ambition, I would shuffle, shabbily and shiftily from bar to bar, unsteadily and uncertainly, bleary-eyed, lost. Weekends were the worst of all. It would begin before lunch on Saturday and frequently with a late start on Sunday morning, go on until the early hours of Monday. I was left quite unfit for my work the following week. My performance fell, my life was failing. My few remaining friends were drifting away.

The turning point in my life came when the man on the bar stool next to me said: "You look like a little exercise would do you good. How about coming to the Hash this afternoon?"

There I found a new life; things have simply never been the same again. Hashing has given me peace of mind; my eating habits have improved; I sleep better but require less sleep; I find myself better able to cope with the stress of work and life; my consumption of alcohol has fallen; my relations with my colleagues, my friends, my wife, have improved immeasurably; my existence breathes success.

I did have a little trouble with my wife at first when she could never understand why after such a long run, I could not manage the last 12 stairs at one o'clock in the morning and normally had to sleep Monday, Wednesday, Thursday and Saturday nights in the carport with the Doberman. But 20 years



'Tuan' Duncan today, with his Suzuki and faithful hound 'Anthony Benton'

later she understands everything and has joined the KL Harriettes. Who knows what the next 20 years may hold for us?

- J M B Duncan
Circa 1981

THE ROYAL BORDIGHERA HHH - THE WORLD'S SECOND HASH?

The tale begins in Malaya sometime in 1939/41 with two Mackay brothers, Rupert, a businessman in Kuala Lumpur, and Gus, a Gurkha officer posted outstation. Gus spent leave periods with his brother, and ran with the Hash, which he clearly thought the greatest institution he had ever encountered. Rupert was in due course captured by the Japanese, and survived, but was no more a part of the RBHHH story. Gus by contrast escaped the 1942-5 Malayan holocaust, later fighting in Italy where he was taken prisoner during the battle of Anzio.

Gus subsequently found himself incarcerated with an Italian officer named Giovanni Paradiso, a grandson of King Victor Emmanuel III. Leaving the army after the war, he settled in Bordighera, on the Italian Riviera a few miles from the French border, and there on 2nd April 1947 founded the Royal Bordighera HHH, following the

format he had learnt in Malaya those eight years before; in which creation he was associated with his friend Giovanni Paradiso, from whose presence stems the 'Royal' title.

Unknown to the rest of the Hashing world, which was anyway then confined to Kuala Lumpur, the RBHHH ploughed its lone furrow for some sixteen years, closing in the early 1960s - around the time that the Singapore HHH, which we know as the world's second Hash, was being formed. The reason for the demise is not known, but it is reasonable to speculate that the retired military people who formed the core of the membership may have been feeling the weight of Anno Domini, although a very significant exception to this generalisation would be Anna-Maria Mackay, the Italian lady that Gus had married. Gus died in 1971; Anna Maria is still very much alive, although sadly

confined to a wheel-chair.

But this was not to be the end of the Royal Bordighera HHH story. The founding of the Bordighera Arena for Science, Technology, Arts, Research and Development in 1984 brought a new supply of potential Hashers, and the RBHHH was revived. By 1990, the club was reported to have membership of 40, with 25 the average turn-out. But apparently it was leading a precarious life at best, and has now amalgamated into 'The Royal Milan and Bordighera HHH', recorded as running irregularly on Sundays at twelve noon in winter, but on the second and last Saturday of each month at 17000 hrs from April to September. One hopes they still maintain the observance of the Gus Mackay Annual Memorial Run on 6th July.

- John Duncan
(We are indebted to Tim Hughes of the Harrier, Bangkok, for the story of the Royal Bordighera HHH.)