



Botany Bay Hash House Harriers Convict Trash



Run: **1524**
 Date: **23rd November 2015**
 Hare: **Sunbean**
 Location: **Narwee**

Hareline

<i>Run no.</i>	<i>Date</i>	<i>Hare</i>	<i>Run details</i>	<i>On In</i>
1525	30/11/15	Goldmark and Venus	Thai Kitchen, Shop 15, 191 - 201 Ramsgate Road, Ramsgate Beach NSW 2217. Australia.	Same - Bucket will be different so you'll have to follow the trail to find it, so there.
1526	7/12/15	Rabbit	Carrs Park – Blakehurst	Self-Cater in the park
1527	14/12/15	Top Bunk	TBA	
1528	21.12.15	Cannon Mouth	5 Poplar Place, Kirrawee	Same – Annual Christmas Run
1529	28/12/15	Hannibal	TBA	
1530	4/1/16	Dundee	Dundee's Annual Bush Bash TBA	
1531	11/1/16	Holeproof	TBA	
1532	18/1/16	Slops	TBA	
1533	25/1/16	Grewsome	23 Kiwong Street, Yowie Bay	Same

BBHHH website: - www.botanybayh3.com

(check out the web site it's worth the visit)

Run 1524

RUN 1524 – Sunbean - Narwee

RUN REPORT:

Another very muggy Monday found us in Narwee, where most of our older male members went to high school. SUNBEAN had promised lots of bush – his idea of lots seems to be a little warped.

Off we went under the railway line to the first check on Chamberlain. The pack milled around until ON-ON was called in Chamberlain on through Wallace Park to the next check on Cardinia, more milling, things were going well the pack was staying together.

Then the trail led left – right, right –

left to an on-back in Mona road. Trail was found in Munmurra road and into Bonds road onto the next check at Eldon street.

A long straight run found the pack at an on-back in Turner Street.

On-on was called in Webb Street and took us back under the railway line. A couple more lefts and rights and finally bush in Riverwood Park. This was our second post code and heading back in the direction of a nice cold beer.

Left right, right left and so on for awhile and finally found us at the last check at Methuen parade. Trail was found in Hannans road and led us back to the bucket.

A long hot run plenty of checks, plenty of arrows –

not enough on-backs and a very small map. Alright a full page map with only a ¼ having the trail on it

ON ON QR

Circle Report

SIRA – **Duck** again began proceedings by reiterating Bucket Fees are due & payable & **Goldmark** is collecting stuff for our Christmas raffle. He wasn't too aware that Narwee was the bible belt of Sydney but fully aware that it was where dumb arsed hashers went to school – his terminology not the scribes.

Run Report

Merkin was awarded the task of issuing the last rites to **Sunbean's** run & decided to do it backwards for some reason which escapes me – not sure if that had something to do with his schooling or his latter day dalliances in Oxford Street. He then mentioned something about motor bikes & someone falling over them or something, think **Sir Les** may have been involved but not sure about that either.

He then continued to berate poor old **Bingo** & her distinct lack of direction by suggesting we were running towards Beverly Hills when we were going in the completely opposite

direction. Then he rambled on about being 5 kilometres, which would have been about half way but not sure what that was about either. Then we heard about **Sunbean's** bag being the same as the one he used to carry to school & I thought he was going to drift off on another tangent to discuss his first root in the area but no he returned to track & suggested it was a good run with plenty of arrows, worthy of 9.5 out of 10.

Visitors: - M&M & Rootile

Athletes: - Rabbit – 200 runs

Birthdays: - None. But it was thought that **Bower Bird** being married to **Canon Mouth** for 50 years would be worth a free beer, I thought it would be worth 10 years holiday on her own & an elephant stamp.

Prickette and Prick nominations

Dirty Weekend was nominated by **Jungle Jane** for hearing a duck quack ahead & thought it was her husband.

She was also nominated by **Holeproof** for something about oral & anal sex but I think she just made that up to enjoy the sound of her own voice.

Hannibal then made an appearance for the first time that night, fully cloaked & ready to perform but **Duck** was too busy enjoying himself at the expense of others & pushed him away.

Dundee was nominated by **Duck** for his typo, **Rimmy** for the wrong run address in the trash as previously explained & **Holeproof & Jungle Jane** for being sexist, which means they'll really hate this edition.

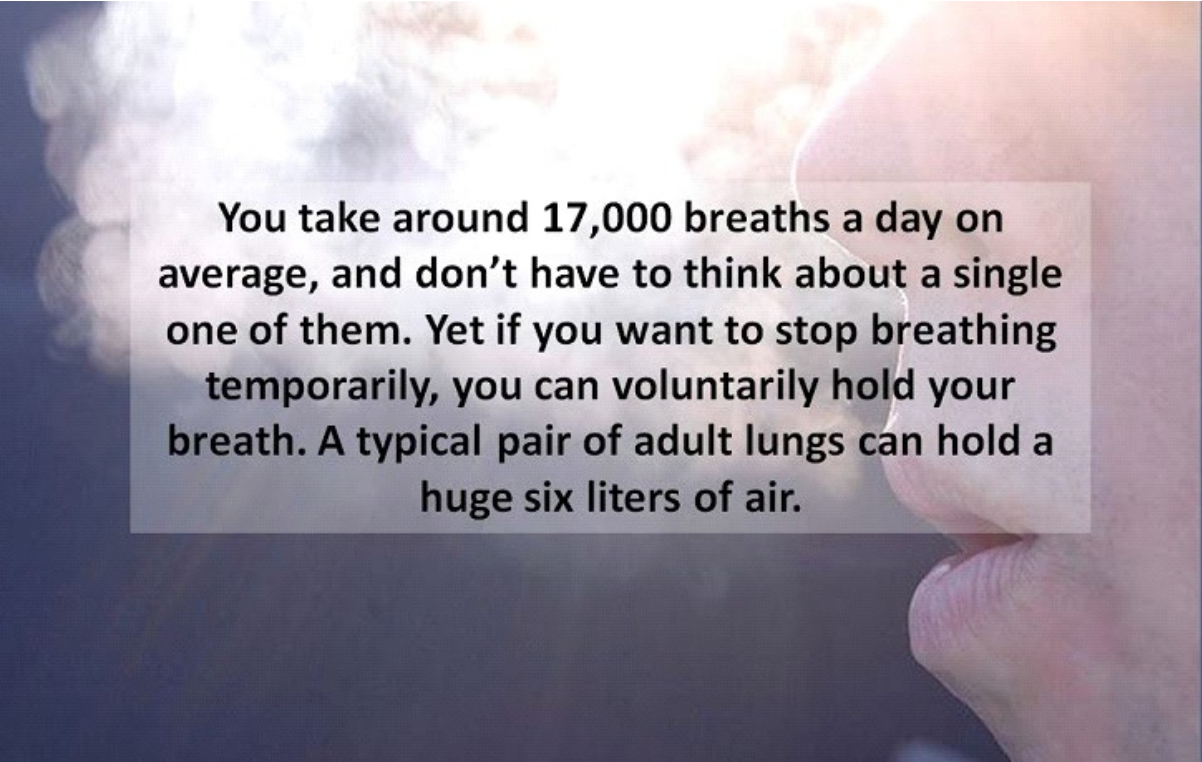
So the winners were the same as last week – boring. Come back **Hannibal** all is forgiven.

Prickette – Dirty Weekend

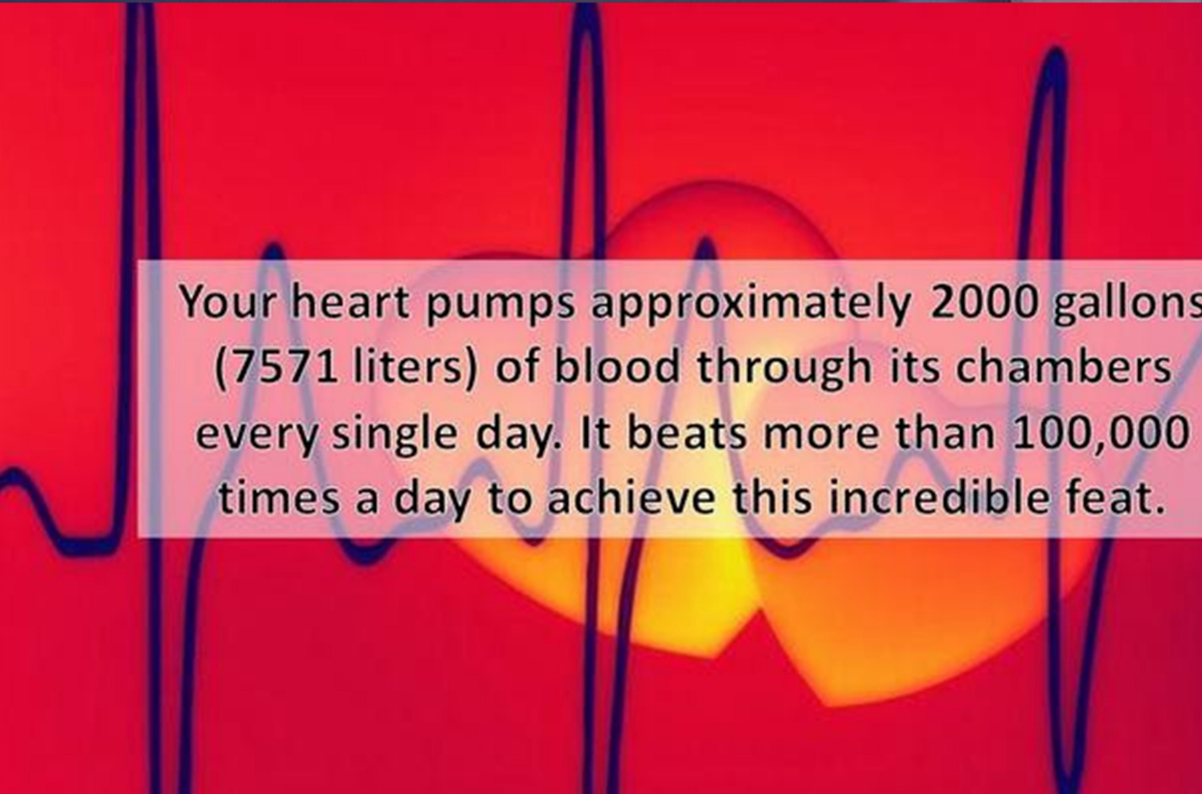
Prick – Dundee

Dundee's thought for the week

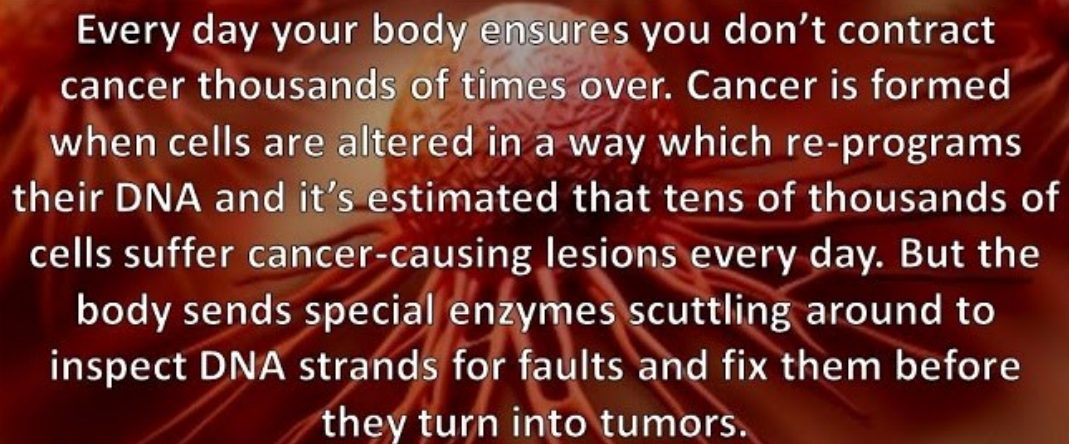
Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place inside of it? There is so much going on and everything fits together so well, that it's almost impossible to comprehend it. This presentation will remind you that there are miracles going on inside your body every single day.



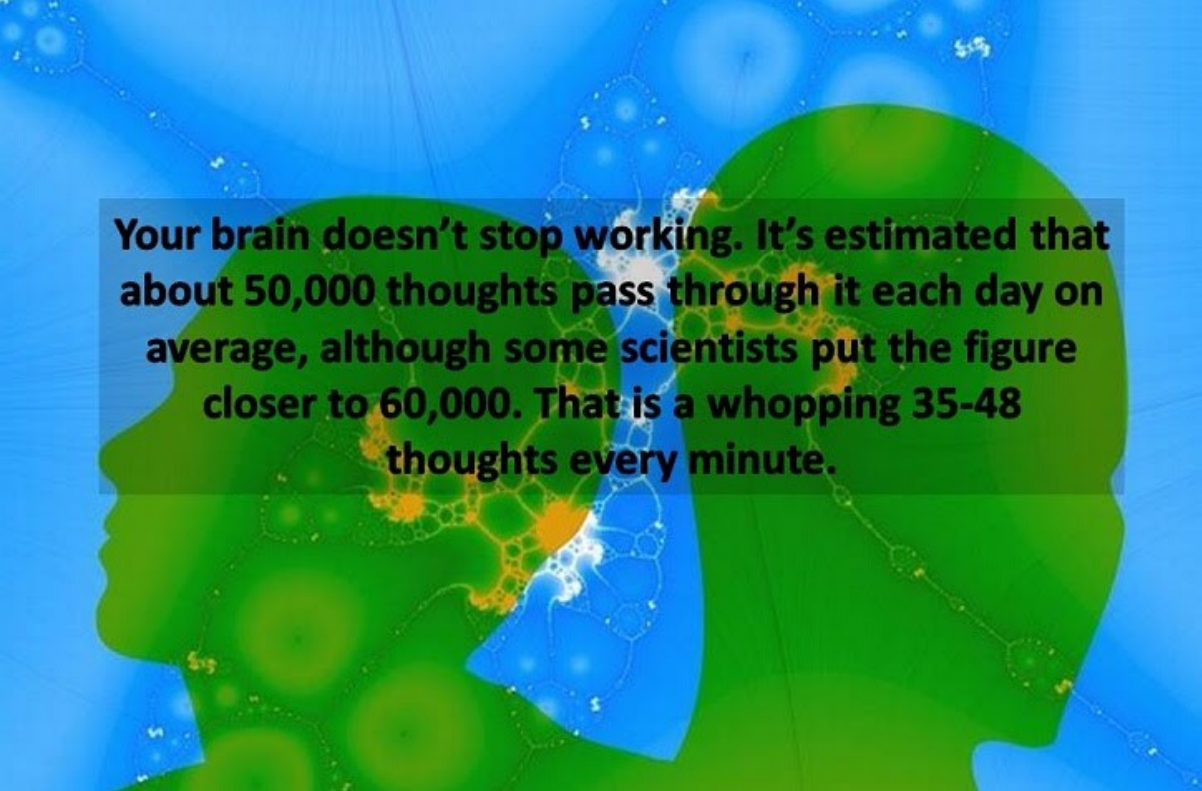
You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge six liters of air.



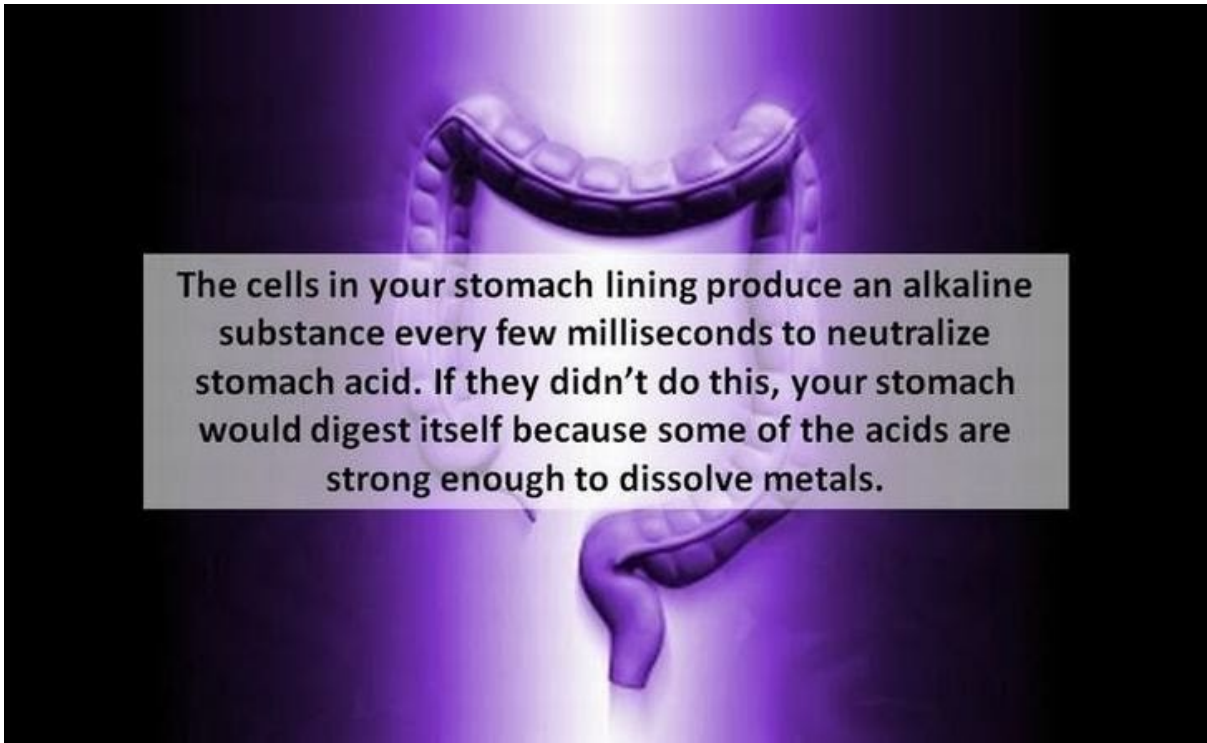
Your heart pumps approximately 2000 gallons (7571 liters) of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.

A microscopic view of several cancer cells, characterized by their irregular, spiky shapes and reddish-brown color. The cells are clustered together, with some showing prominent nuclei and radiating filaments.

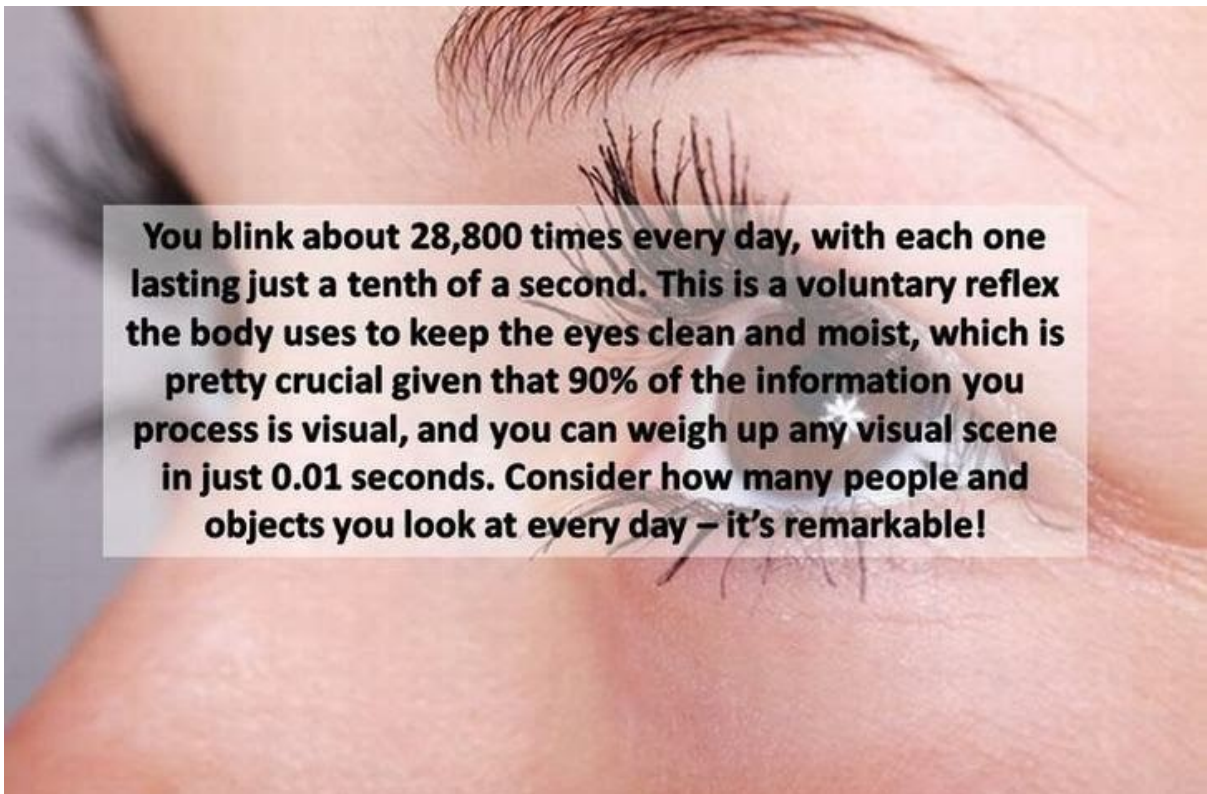
Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which re-programs their DNA and it's estimated that tens of thousands of cells suffer cancer-causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fix them before they turn into tumors.

Two green silhouettes of human heads facing each other, set against a blue background with a network of white and yellow lines representing neural activity or brain connectivity. The lines are more dense in the brain area, suggesting active thought processes.

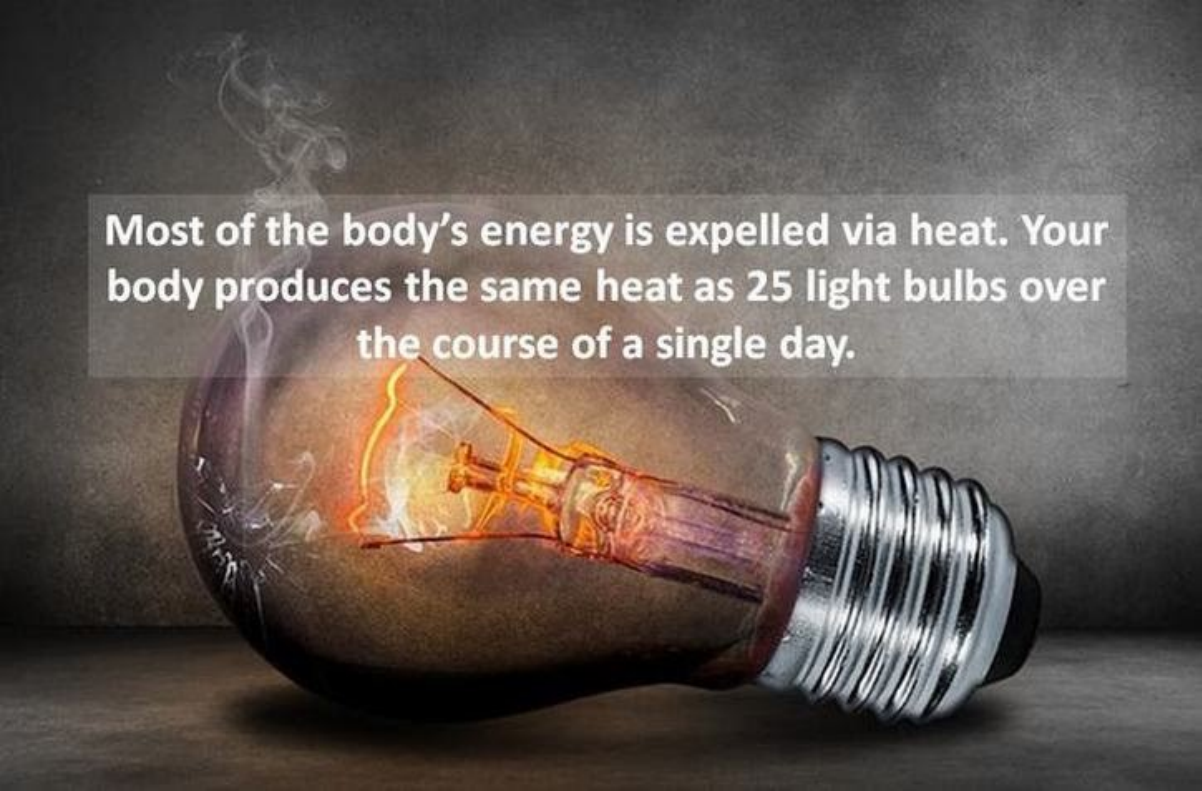
Your brain doesn't stop working. It's estimated that about 50,000 thoughts pass through it each day on average, although some scientists put the figure closer to 60,000. That is a whopping 35-48 thoughts every minute.



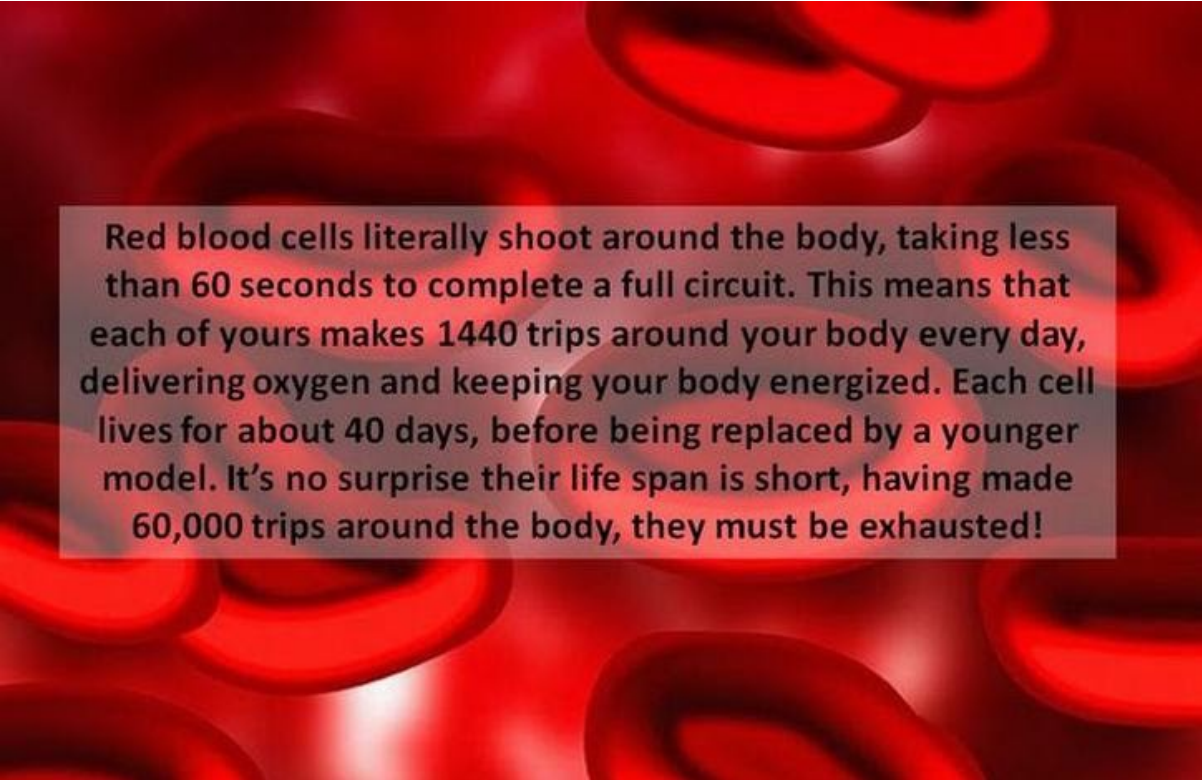
The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.



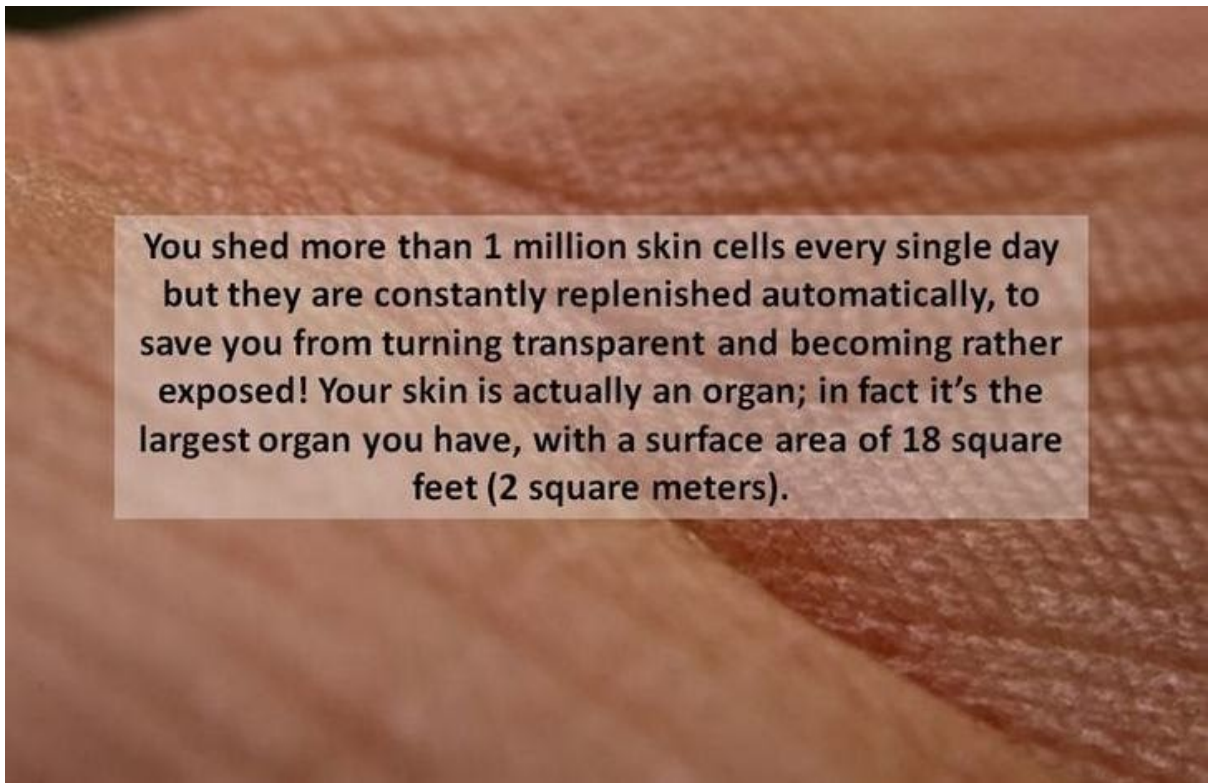
You blink about 28,800 times every day, with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual scene in just 0.01 seconds. Consider how many people and objects you look at every day – it's remarkable!



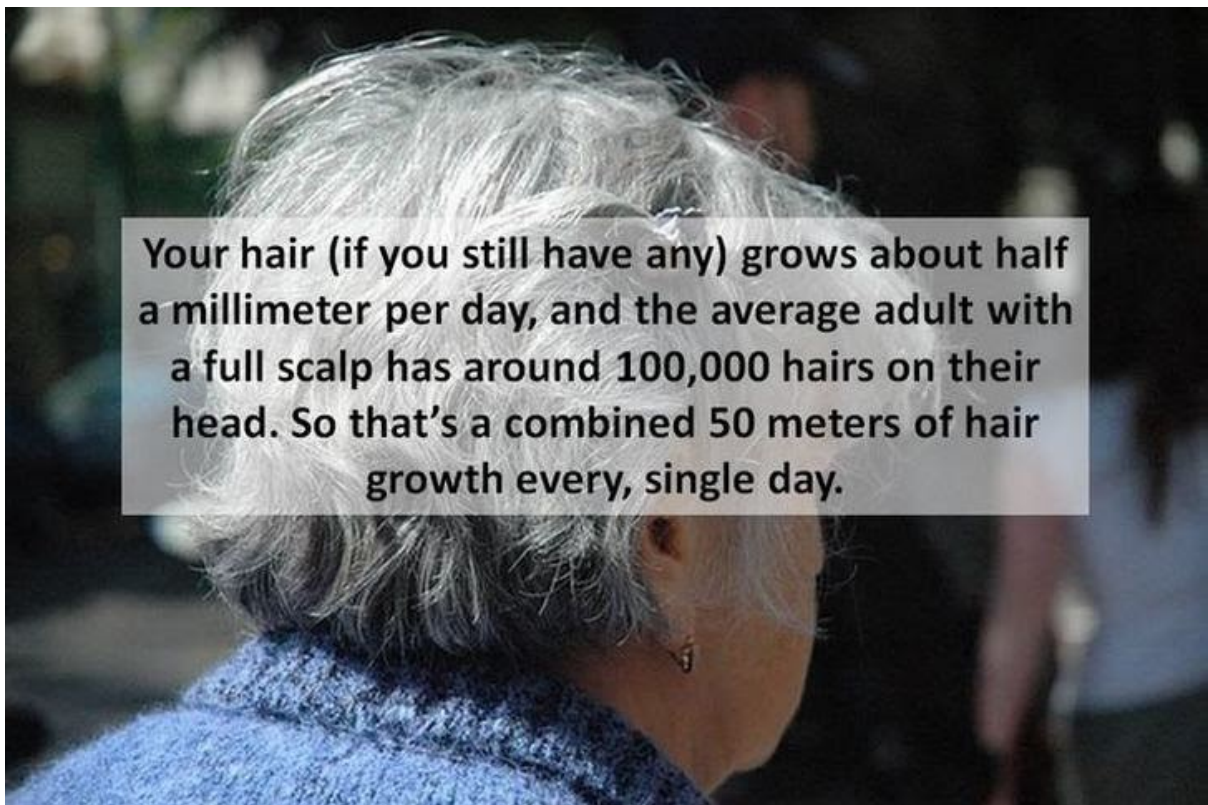
Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a single day.



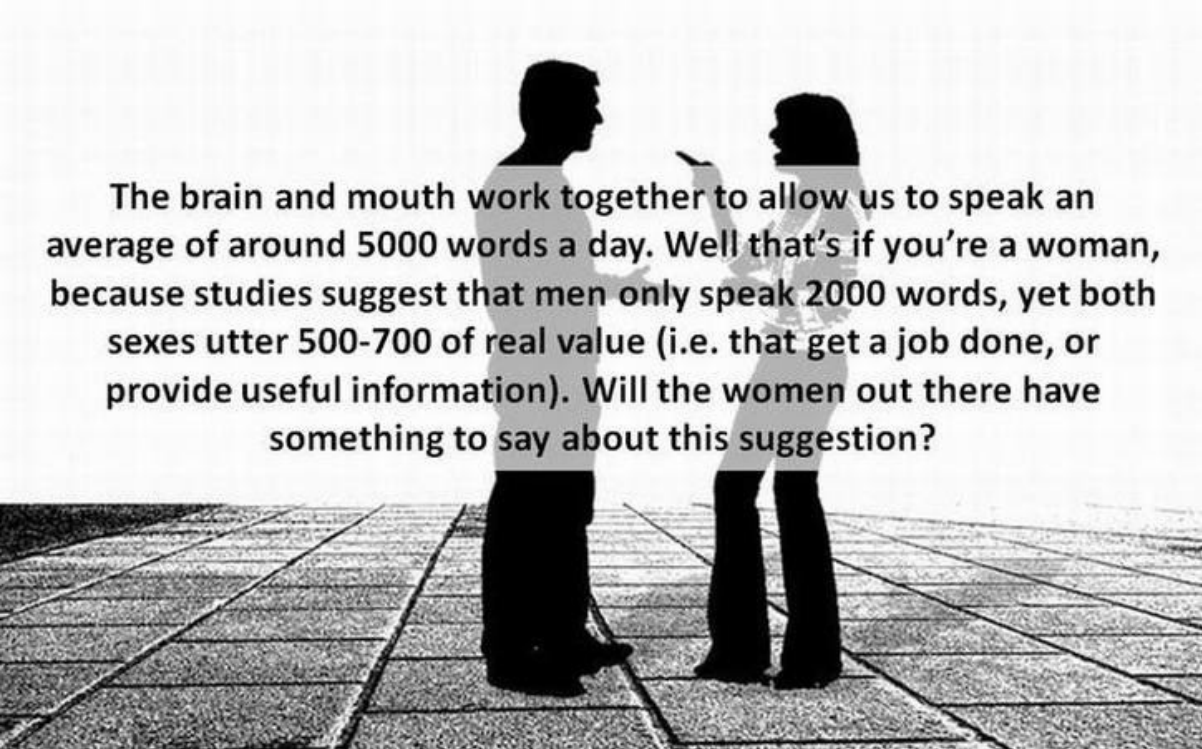
Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!



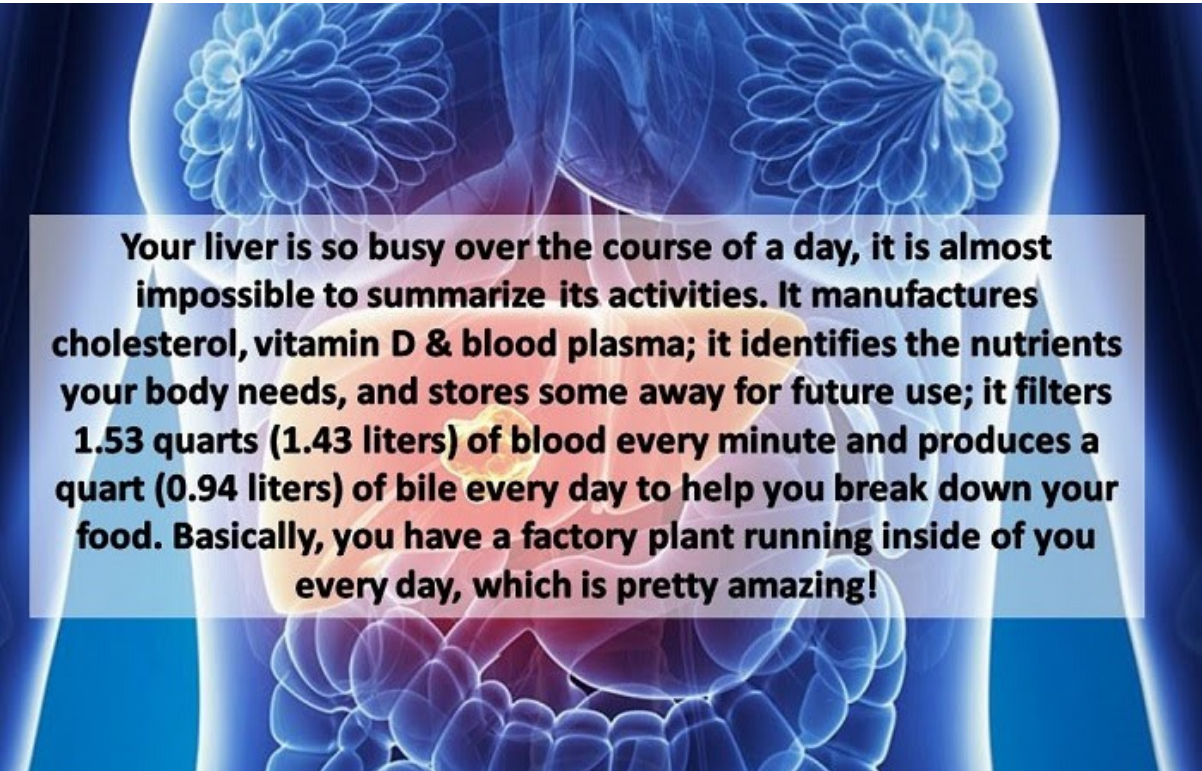
You shed more than 1 million skin cells every single day but they are constantly replenished automatically, to save you from turning transparent and becoming rather exposed! Your skin is actually an organ; in fact it's the largest organ you have, with a surface area of 18 square feet (2 square meters).



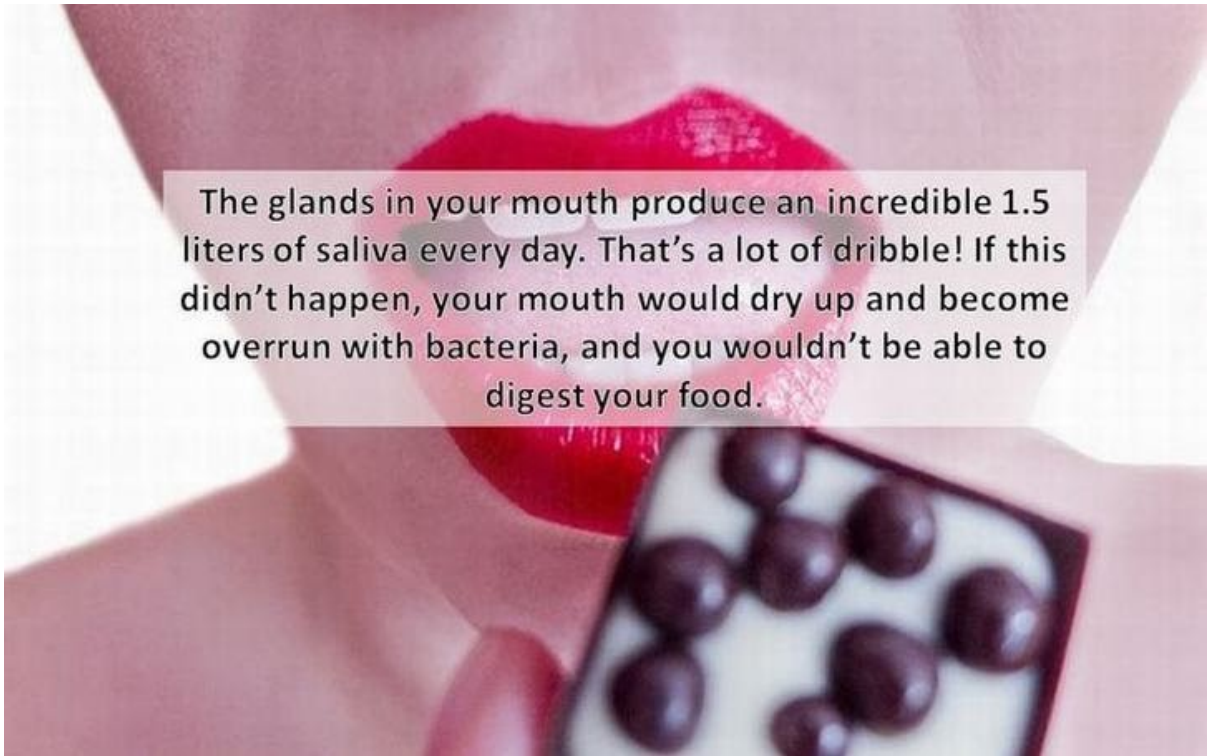
Your hair (if you still have any) grows about half a millimeter per day, and the average adult with a full scalp has around 100,000 hairs on their head. So that's a combined 50 meters of hair growth every, single day.

A black and white photograph showing the silhouettes of a man and a woman standing on a rooftop. The man is on the left, and the woman is on the right, holding a smartphone. They appear to be in conversation. The rooftop has a grid pattern of tiles or panels.

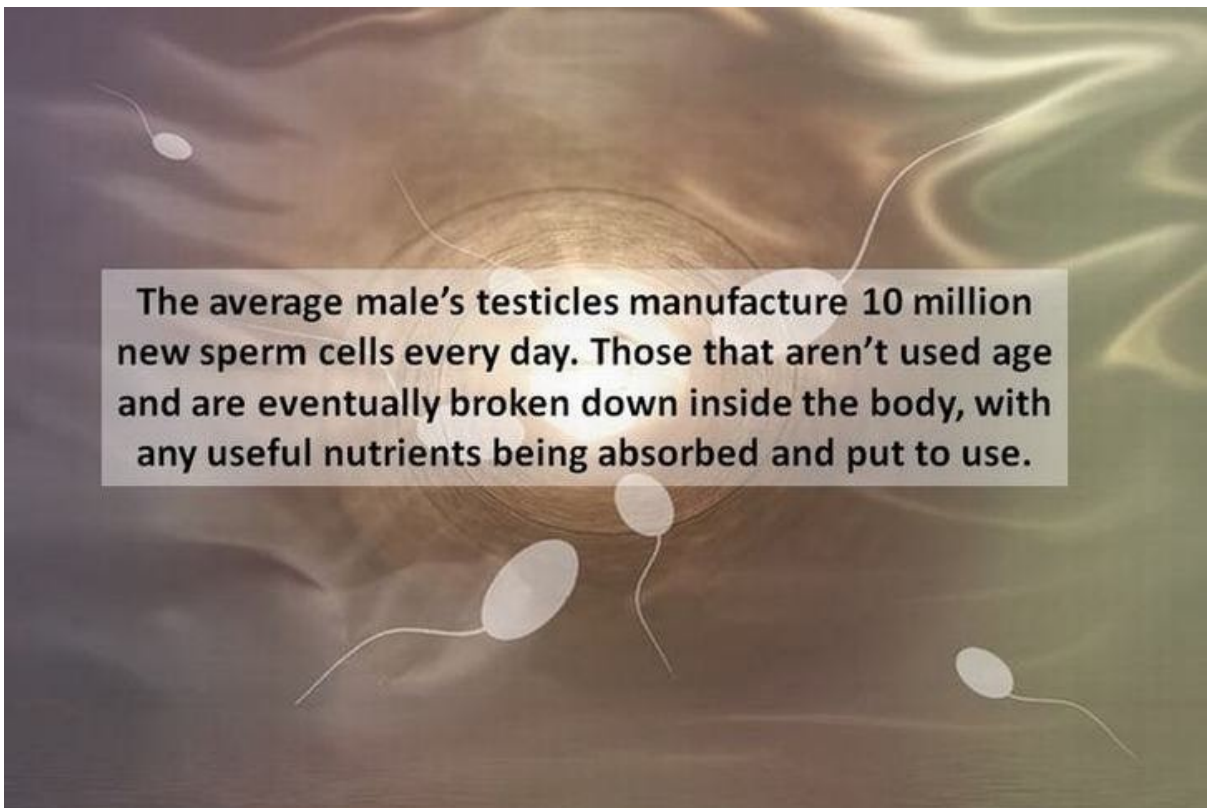
The brain and mouth work together to allow us to speak an average of around 5000 words a day. Well that's if you're a woman, because studies suggest that men only speak 2000 words, yet both sexes utter 500-700 of real value (i.e. that get a job done, or provide useful information). Will the women out there have something to say about this suggestion?

A stylized anatomical illustration of the human torso, focusing on the abdominal region. The liver is highlighted in a bright yellow-orange color, while other organs like the stomach and intestines are shown in various shades of blue and purple. The background is a dark blue gradient.

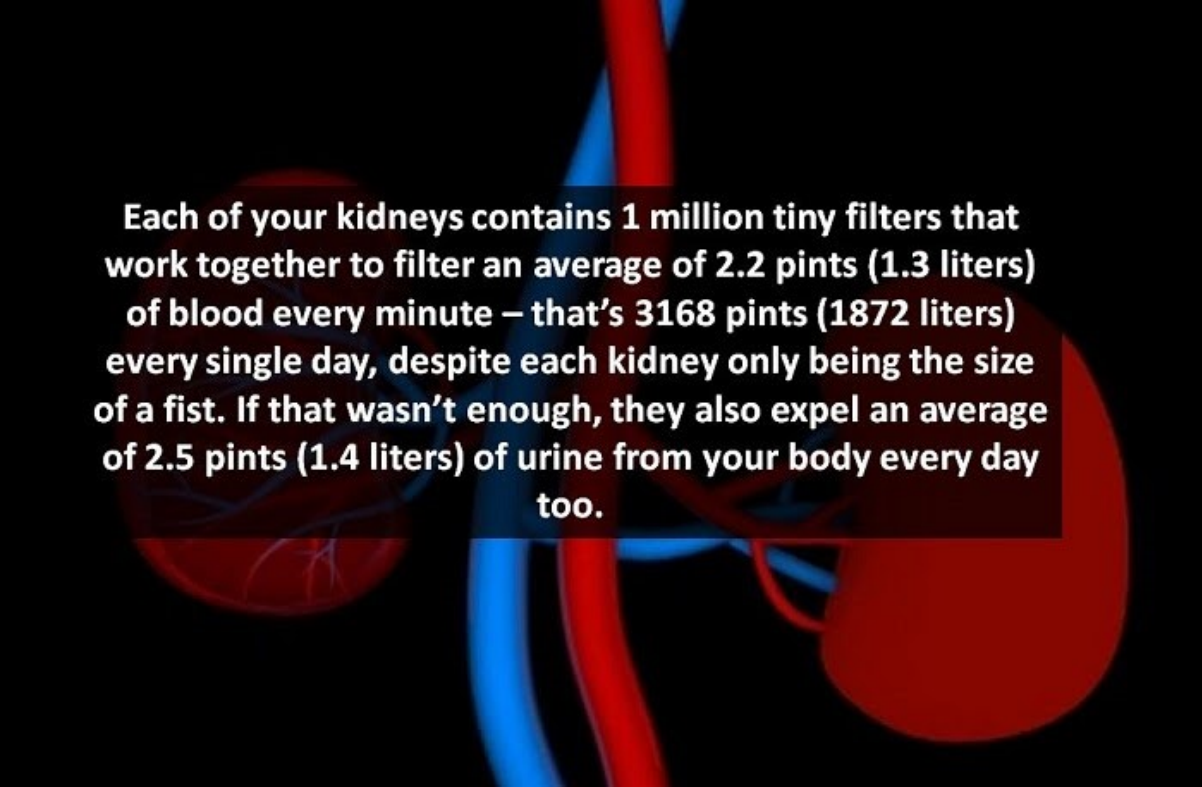
Your liver is so busy over the course of a day, it is almost impossible to summarize its activities. It manufactures cholesterol, vitamin D & blood plasma; it identifies the nutrients your body needs, and stores some away for future use; it filters 1.53 quarts (1.43 liters) of blood every minute and produces a quart (0.94 liters) of bile every day to help you break down your food. Basically, you have a factory plant running inside of you every day, which is pretty amazing!



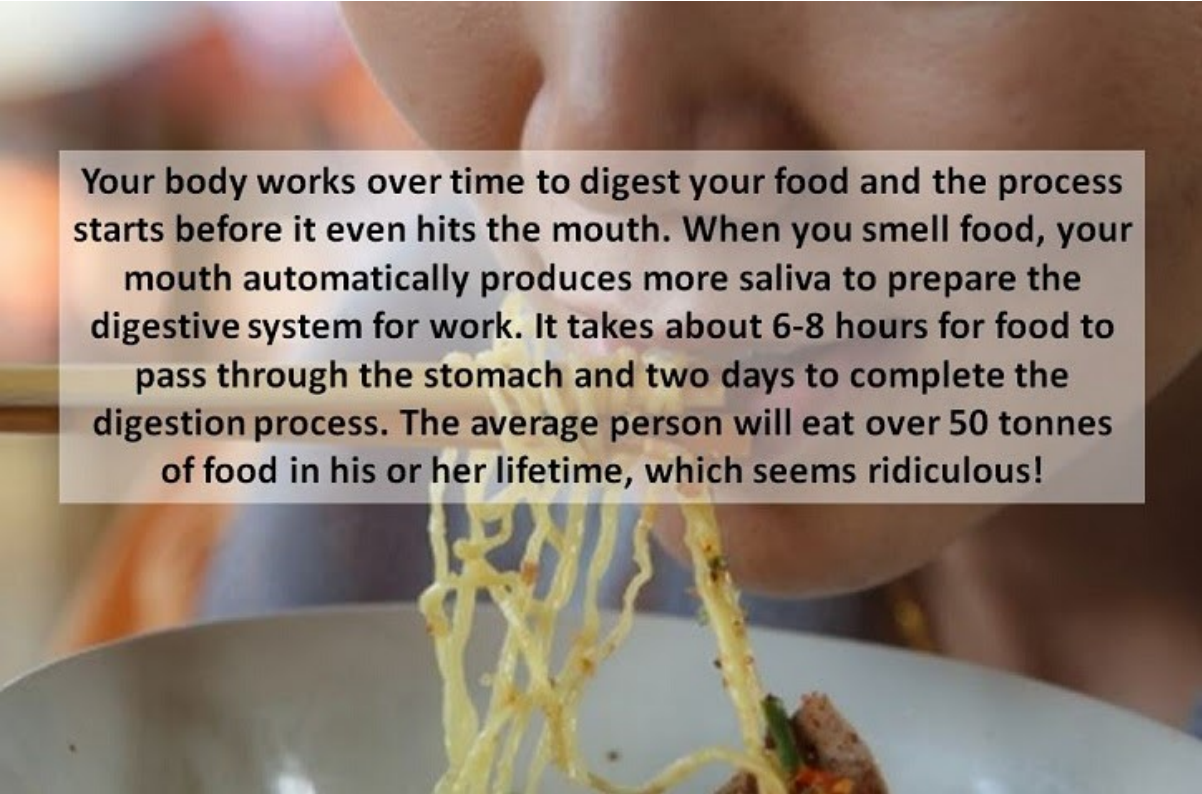
The glands in your mouth produce an incredible 1.5 liters of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria, and you wouldn't be able to digest your food.




The average male's testicles manufacture 10 million new sperm cells every day. Those that aren't used age and are eventually broken down inside the body, with any useful nutrients being absorbed and put to use.



Each of your kidneys contains **1 million** tiny filters that work together to filter an average of **2.2 pints (1.3 liters)** of blood every minute – that's **3168 pints (1872 liters)** every single day, despite each kidney only being the size of a fist. If that wasn't enough, they also expel an average of **2.5 pints (1.4 liters)** of urine from your body every day too.



Your body works over time to digest your food and the process starts before it even hits the mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about **6-8 hours** for food to pass through the stomach and **two days** to complete the digestion process. The average person will eat over **50 tonnes** of food in his or her lifetime, which seems ridiculous!



And most amazing of all, your body cells are regenerating themselves every single day without any prompting. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and even a new heart every 20 years.

Snickers' Serious Scientific Summations

After his simplification of Einstein's Theory of Relativity last week, I thought it would be the right time to have **Snickers** explain fully & in simple language how the Big Bang occurred. The long held idea that it was God giving Mrs God one over the office desk was wrong apparently as there were things called atoms involved, which kept bashing into one another. Bit like the dodgems at the show.

One or more of these buggers must've been on the Indian curry because there was lots of gas involved, which turned into hard bits bit like those hot vindaloos. Most of the hard bits then stuck together like it does on the side of the toilet bowl & some of them tried to escape extra fast because of the smell creating extra hot stuff, which was the first solar system.

And it's been happening for 13.5 billion years, hence the development of the human race, most of whom are full of shit.

Another brilliant insight into the world of science by one of its masters.

Announcements-



Join the Variety Santa Fun Run on Sunday 6th December - it's the jolliest event of the year and your chance to help Aussie kids in need this Christmas. You can run, walk, roll or skip it, dance to entertainment along the way, make a splash on social media and post a Santa selfie!

Returning Santas receive a \$5 discount if you enter by Monday 9th November (use Returning Santa as promo code when you register to receive your discount). We're aiming to raise \$250,000 to support kids who are sick, disadvantaged, or have special needs, so round up your colleagues and create a team challenge, or get involved with your family and friends.

The Sydney Variety Santa Fun Run starts and finishes at First Fleet Park next to the MCA at Circular Quay and takes a 5km accessible course around stunning Sydney Harbour.

Some other very merry reasons to get on board:

- It's only 5 kilometres! Walk, run, roll or skip on the day.
- Free public transport to and from Circular Quay on Sydney metro buses, trains and ferries.
- Groups of four or more receive 10% off registration price.
- The Santa suit is thrown in for free.

REGISTER NOW



The STH₃ Committee
Invites You to the

STH₃ Christmas Party

Sat Dec 12
7:00 p.m

The Bunker @ Coogee Diggers

Just \$15 for top company at a private hash party with boutique wines, craft beers and a full menu available. A full band will be playing much loved covers throughout the night.

Pay \$15 to the STH₃ Bank Account, before prices increase 1st Dec:

BSB: 112 879

Acc: 044 237 392

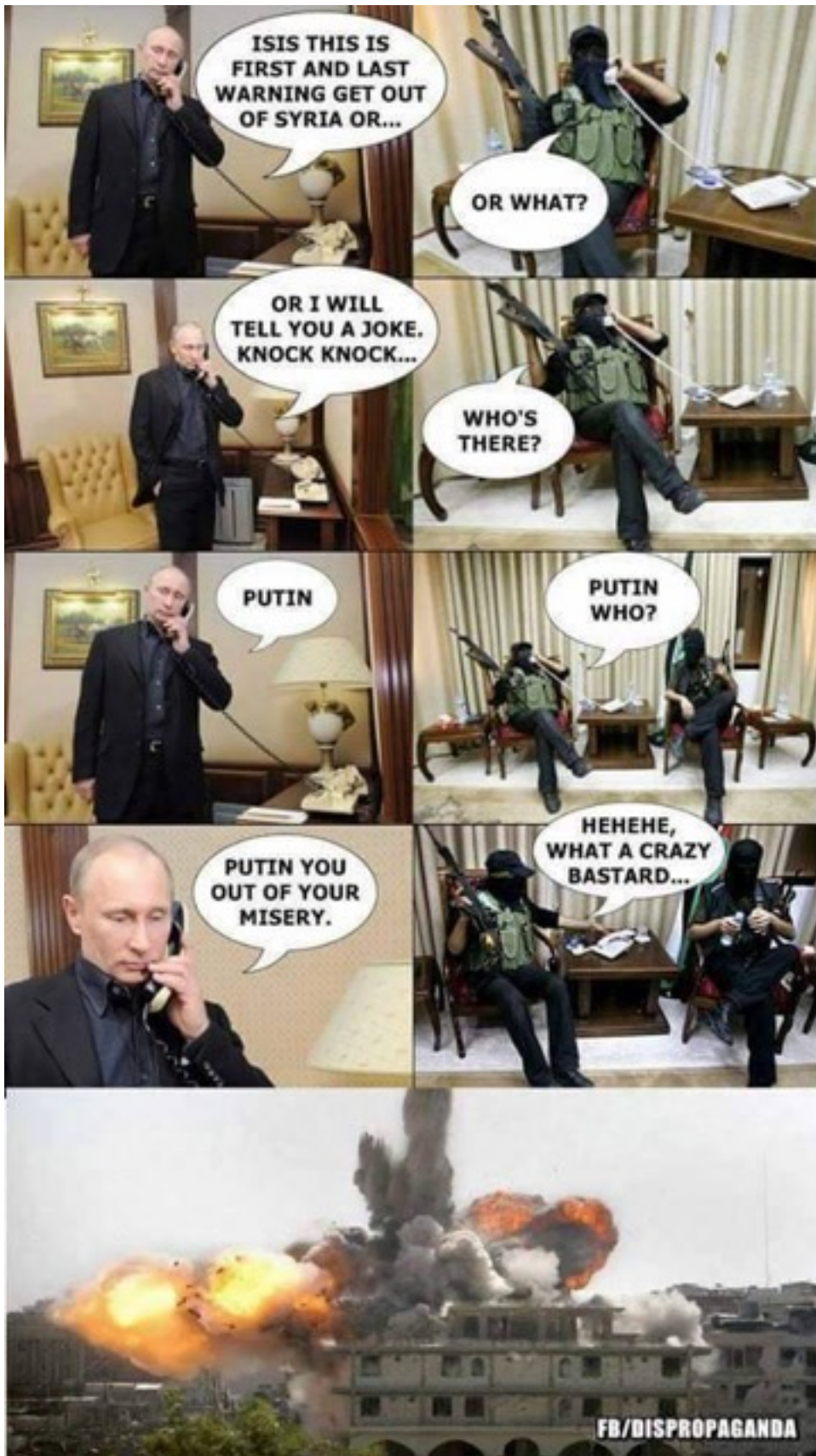
Dates for your Diary

<i>Date</i>	<i>Event</i>	<i>Details</i>	
20 th Feb. 2015	B2H3 Annual Pub Crawl		
19/2/17 to 26/2/17	Nash Hash- Ballarat, VIC	www.goldrushnashhash.com.au	

B2H3 Committee:

<i>Title</i>	<i>Hash name</i>	<i>AKA</i>	<i>Telephone</i>	<i>E-mail</i>
Grand Master	Goon	Rod Eckels	0416 812 054	rod@slekce.com
Grand Mattress	Goldmark	Deborah Griffin	0410 341 562	deborahgriffin58@hotmail.com
Religious Advisor	Hannibal Lector	Paul Henderson	0418 653 964	Paulhenderson1812@gmail.com
Trail Master	Queen Rodent	Jon Wilks	0408 962 428	
Hash Scribe	Dundee	John Coubrough	0413 833 319	johnacoubrough@gmail.com
Hash Cash	Moa Goa	Marilyn Harvey	0414 285 942	marilyn_harvey@hotmail.com
Bucket Master	Cold Duck	Brian East	0414 458 790	brianeast@optusnet.com.au
Hash Rags	Bowerbird	Elaine Bowers	9521 4157	Bowerbird@hotmail.com

Jokes



A farmer ordered a hi-tech milking machine. Since the equipment arrived when his wife was out of town, he decided to test it on himself first.

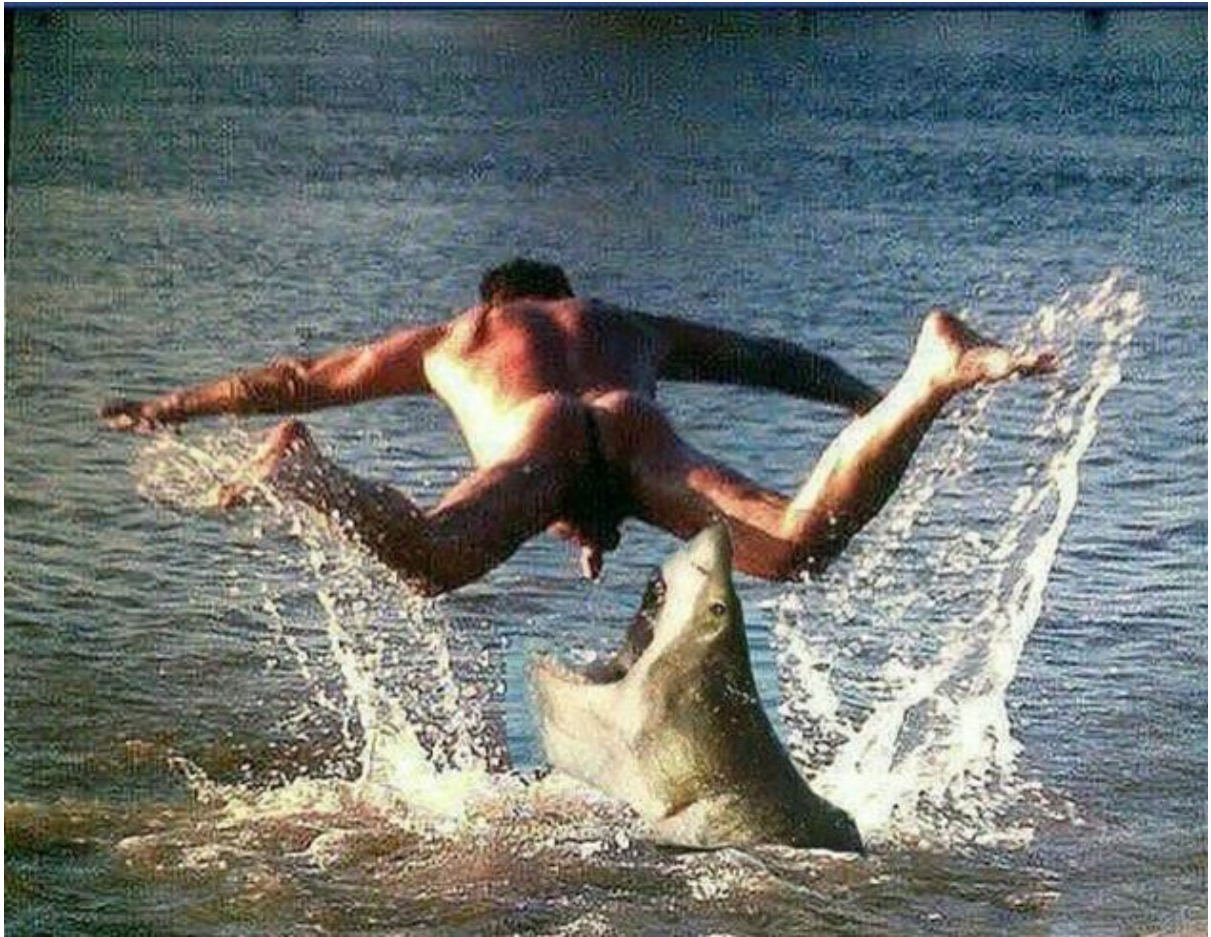
So, he inserted his "manhood" into the equipment, turned on the switch and everything else was automatic.

Soon, he realized that the equipment provided him with much more pleasure than his wife did. When the fun was over, though, he quickly realized that he couldn't remove the instrument from his 'member'.

He read the manual but didn't find any useful information on how to disengage himself. He tried every button on the instrument, but still without success. Finally, he decided to call the supplier's Customer Service hot line with his cell phone (Thank god for cell phones!).

"Hello, I just bought a milking machine from your company. It works fantastic, but how do I remove it from the cow's udder?"

"Don't worry," replied the customer service rep, **"The machine will release automatically once it's collected two gallons. Have a nice day!"**



Ozzie Circumcision



Ahhh, Summertime!

> Ya can't win em all...

> Nothing like the thought of sunshine, a Backyard BBQ, a Cold Beer,

> and maybe a SEXY blonde doing the cooking > *

> *

> *

> *

> Well shit, three out of four ain't bad.....Have a Super Day Anyway

