




## ***HASH HOUSE HARRIETS PENANG***

P.O. Box 1153 GPO, 10850 Penang Malaysia

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<b>VGM:</b>		<b>Speed Hound</b>	<b>0164584721</b>
<b>On Sex:</b>		<b>Hari Hari Mau</b>	<b>0174255668</b>
<b>Hash Cash:</b>		<b>Grandma</b>	<b>0125007787</b>

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**MEMBERS ONLY**

**Date: 6<sup>th</sup> January 2013**

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## **Newsletter 2135**

### **Note from the GM**

Ah the first run of the year and I was so looking forward to the exercise, especially after the indulgencies of the last two weeks. I **NEEDED** the workout! I felt out of shape, ha ha! But I do love pushing myself on these runs. Alas it was not to work out how I planned!

As you all know I love to cook and pretty much do so everyday. We eat fairly spicy food and hence during the afternoon I was chopping and pounding (the old fashioned way with mortar and pestle) chillies, amongst other lovely ingredients. I was then running a bit late and hence I was rushing to get to the run-site and obviously didn't wash my hands thoroughly enough because, as I put in my contact lens my right eye in particular started to smart. But being late I left it. How I got to the run-site I'm not sure since my eye was watering and stinging by then. I managed to wash it with some saline solution Mike had in his car but when I started on the run it was so bad I had to return back to base and **REALLY** wash it out again and again and again!! After that it was much better but it left me with a headache and a swollen eye. So my well laid plans went up in smoke as nearly did my eye!!

Molly had contracted the run, which by all accounts was a simple one but still it takes time and effort to complete and really gets the heart pumping and the sweat flowing, but she had laid on a great spread of foods for the hungry hashers. I don't know whether it was the weather or the place or the time of year but the turnout was lower than normal and so there was plenty to go around. Many of who did and did so again! After that it was doggy bags home!! What a pity if you missed it!!

Thanks Molly it was great food and I believe the run was good too!

## **The Circle**

**The Foster family did a quick bunk off once again this week just as we started the circle, so again we were unable to formally welcome them to our Hash. However they are always welcome and we wish them well for their return home. Instead Inspector Gadget was welcomed as he too is a guest these days.**

**The GM then called Sai Seng to the ice . His crime was for always having something to say especially at circle time but it was also recognized by the GM that he is forever helpful and lends a hand to everyone whenever he can be of some assistance.**

**The GM then called out Jerry to the Ice Throne. Jerry was commissioned last week to write the burst and he did it very well. "One of the best bursts I've read" commented the GM. She then told how on the run he became a Good Samaritan by first of all staying with her as she could not see and then insisting that she go back, which she did. However the GM then press-ganged him into writing the burst again this week as she could not do it!!!**

**The final icing of the evening was reserved for the Bunny, Molly. She had contracted out the actual setting since she cannot do it herself these days but she did organize a great spread for the hungry hashers, with food aplenty and cake and jelly to follow. It was food worthy of the first run of the year. So many thanks Molly, a very generous and good evening.**

**Just as we were about to sing her a song Gadget brought the crowd's attention to Toddy Tan who was SLEEPING during the Circle! A charge which brought Toddy to the ice to accompany Molly! "But I know what was going on" he said which he then guessed, seeing as who was sitting on the ice. TUT TUT Toddy NEVER let yourself be caught out again!!**

## **Other Announcements**

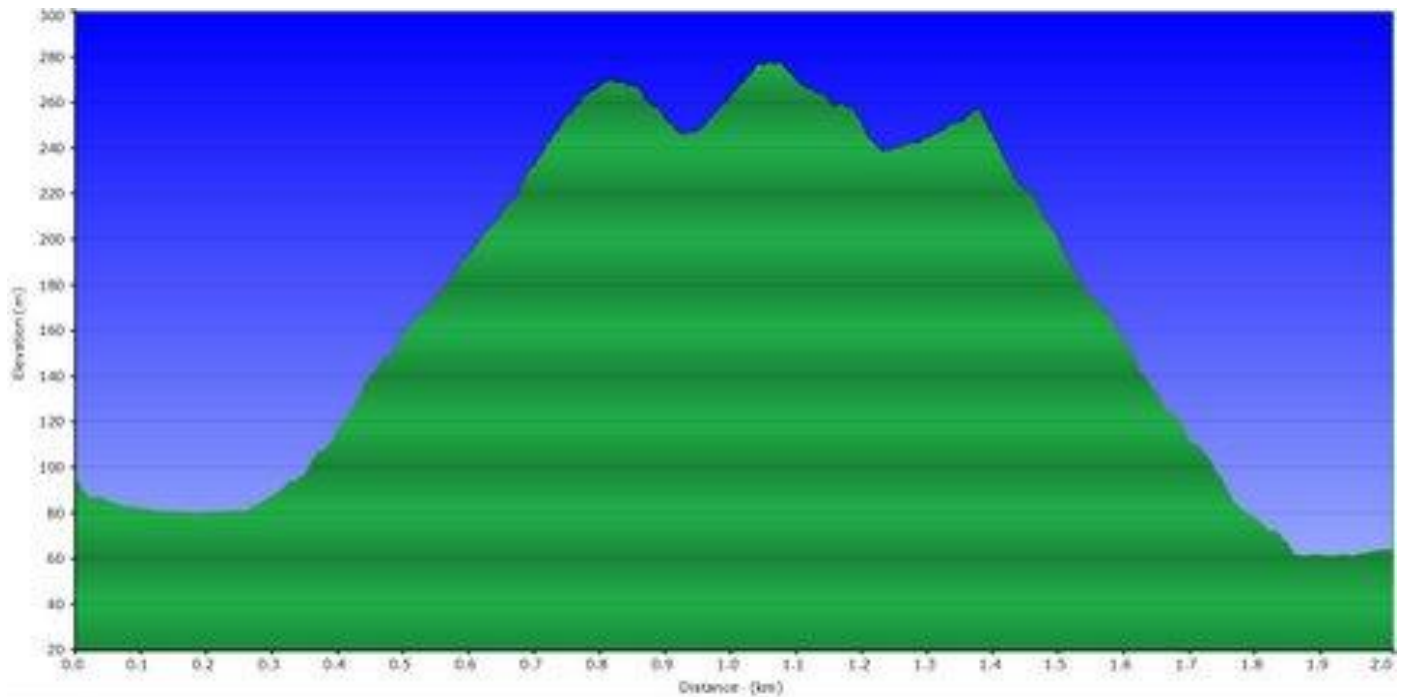
**Garuda Hash from Sungai Patani are holding a Ponggal Run on the 2<sup>nd</sup> February in SP. The cost is RM50 but I need the names for submission together with T-shirt size before the 10<sup>th</sup> January.**

**Please note that the subs are due for 2013. Please pay up!!!!**

## The Bunny of the Day



**Molly**





## The Burst

**Run No: 2134**

**Date: 3<sup>rd</sup> January 2013**

**Bunny: Molly**

**Scribe: Jerry Low**

**Just great!....look like I landed myself another burst this week, Geez ..I hope this ain't gonna become regular for me. Today was Molly's run at Cangkat Tembaga Waterfall in Green Lane and the run was set by our jolly and affable Max Yong aka Sai Seng. The run-site chosen was absolutely serene with an Indian and Chinese temple sitting just side by side and a beautiful waterfall at the back serving as backdrop. I arrived promptly at 5.30pm, put on my pair of mud sodden shoes and hasten to join the crowd who were busying themselves inside the temple premise arranging food and getting things in order amid calls for subs to be paid by the GM. Not much of a crowd too this week, about 20 odd runners I believe. At precisely six, the GM called circle and we quickly gathered around her waiting for the word "go" to start the run. After the usual blah...blah...blah.....off everyone went. There were a few drops of rain to an otherwise perfect and cooling downcast day.**

**On our way up the first few stairs, I noticed our GM kept rubbing her right eye which looked rather raw and was lagging behind the rest. She had complained that her right eye was sore when I met her earlier. I advised her to turn back as it would be uncomfortable for her to carry on in this condition. She then said to me " I have come along to do the burst" and I replied that I will tell her about the run when I come back ...which she literally translate as " You will do the burst then" and that's how I landed myself this task.. I suppose "kindness" doesn't always pay hahaha!**

By the time we finished our little talk and I looked up, the usual FRB were no longer in sight, not even a whiff of them....sigh. By then too, I was practically the last person at the back and up front I spotted Hugh, Yolanda, Tania and cute little Simon and his little sister. I hasten my pace and few minutes later caught up with them on the uphill where they had stopped for a little breather. I told them that if they find it too tough to continue, they could just walk up a little further up and then circle back to base. Apparently, as I later found out, they went even further than that and were duly rewarded with a pretty view of Air Itam town. Well done guys.

Continuing on. I soon had Ah Nee, Eddie Punk, Edna and Shirley in sight and we made the climb up together. I then picked up my pace and soon left them behind except for Shirley who kept pace with me throughout the way up to the top. The hike up wasn't too tough and most of the time we were walking through woods and later at the top part, through some high bushes. All in, it was a pleasant hike made better by the cool weather and firm ground. Then about 35 minutes up, we heard noises on our right and saw the first of the FRB Money Manfred crashing through the brushes about 50 meters away. I must say I was a little more than tempted to walk over to where I saw him and do a short-cut but quickly dismissed the idea as it was still bright and I still had air in my lungs. So we continued to trudge our way up and about 15 minutes later reached the top and start of the on-down..

I guess the rest of the runners tailing behind us wasn't quite as enthusiastic because we could no longer hear anyone following and guessed they must have followed the FRB on their way down. Some parts of the on-down were a bit steep and tricky but otherwise it was a pretty straight forward walk down. It took us about an hour and a half to complete the whole run and we got back just before darkness fell. It was a very satisfactory run for me and I couldn't really ask for more. We were the last home and back at base the party had already begun and the alluring smell of good food were awaiting us. Thanks for a great evening Molly.

★★★★ Next Run ★★★★★

**Run 2135 – 10<sup>th</sup> January 2013 – Good Licker – Bkt Gambir**

### Hareline2013

	2013		
2136	17 Jan	Rupiah	Lower Car Park Mar Vista
2137	24 Jan	Mark Chong	TAR College
2138	31 Jan	Toddy Tan	Ivory Towers
2139	07 Feb	Whatever	
2140	14 Feb	Bibi Tulips	
2141	21 Feb	Chinese New Year Run	
2142	28 Feb	Kim Looi	
2143	07 Mar	AGM	



2144	14 Mar	Hari Hari Mau	
2145	21 Mar	Black German (Jaya)	
2146	28 Mar	White Lion	

**If you cannot make your date, please let the committee know at least 8 weeks in advance. Less than this and YOU will be responsible for finding somebody to exchange dates with.**

## **The Circle**



**Welcome to Gadget, an ex-member, who looks at though he is having a riot of a time!!**

**You're always welcome at the Harriets!!**



**Sai Seng has a lot to say but here the GM has it all to say!!**



**A Good Samaritan – whose penning is also very good!!**



**A great night...Many thanks to the Bunny**



**Toddy caught sleeping on the job. The ice woke him up!!**



## The Evening



**Ready for the off! But not Silent Man who co-hared.**



**Eye eye! The GM stinging in the rain!!**



**What do past GMs talk about??**



**The Good the Bad and the Ugly  
or the Three Stooges??**





**Are they Brothers or what??**



**It's all too much for the suffering GM!!**





**Akz Hole saying "Mine's bigger than yours, Money!"**



**"Oh I'm so happy to see you Gadget!"**





**Part of the rabble!!**



**The other part!**





**Guest Dominic out first again!**



**The recovery position. I thought that usually included a Tiger!!**





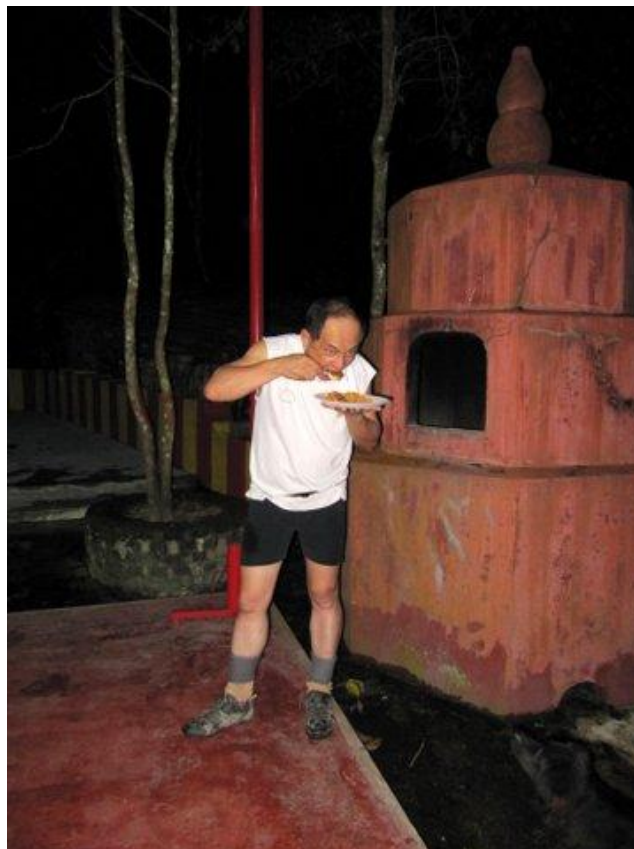
**YES!! We made it home!!**



**Jelly anyone??**



**Part of the Foster Clan**



**Eddie Punk is certainly enjoying the food!**





**As I think is Shirley or is she just in thought??**



**A well poised and polished scribe.**



**"Subs, subs come pay your subs!!"**



**Annelies's new friend!! The furry one that is!!**





**No it's not the Trevi Fountain but we do keep returning!!**

***This Week Birthday Greetings Go To:***

**Nikki**



**Happy Birthday to you!!!!!!**

## Invitation Runs

### January 2013

25th to 27th January 2013 - SAIH & Nash Hash 2013 at Shimoga India

### February 2013

2<sup>nd</sup> February 2013 – Garuda Hash SP - Ponggal Run –Taipan Square Sungai Petani RM50  
Please confirm by 10<sup>th</sup> January

### March 2013

Hash Challenge 2013 2<sup>nd</sup> March – Selangor- [More to be Announced](#)

### April 2013

**Philippines Nash Hash 2013** Apr 12-14, 2013 Subic Bay Philippines Contact TBA

[Philippines Hash Bash 2013](#) Apr 19-21, 2013 La Union, Philippines  
Contact Wild wolf/Proposition [jlv@jamesleevalentine.com](mailto:jlv@jamesleevalentine.com)

### May 2013

**19<sup>th</sup> World Interhash** Heidelberg Germany. 24-27 May. Go to: [www.worldinterhash.com](http://www.worldinterhash.com)

May 31-Jun 2, 2013

**Borneo Nash Hash 2013** organised by Bintulu Hash- Bintulu, Sarawak, Malaysia  
- Contact [Bintulu Hash](#) OC Stanley Sung 019 884 1380



## June 2013

**29 – 30 June 2013**

**Batang HHH Malaka 33<sup>rd</sup> Anniversary Bash**

(Will be a mixed event – harriets welcome!)

RM100 per head till 28Feb13, RM 120 thereafter

Closing date: 30Apr13

Venue: to be informed later

Club website: <https://sites.google.com/a/batangh3.com/bh3>

Contact: Antique Lim at 012-218 -1810

For registration: <https://sites.google.com/a/batangh3.com/bh3/registration-form>

## July 2013

**5-7 July 2013**

**PanAsia Hash 2013, Pattaya, Thailand**

Rego RM 400. To register, go to: [www.panasia2013.com](http://www.panasia2013.com)

Pattaya's bid was the winner of the secret ballot held at the 2011 event in Bandung, Indonesia

## March 2014

**Interhash 2014 Hainan Island, China**

March 13<sup>th</sup>-16<sup>th</sup> 2014 <http://www.hainaninterhash2014.com>

## July 2014

**11-13 July 2014**

**10th Malaysian Nash Hash 2014**

Hosted by the Sibu Hash House Harriers in Sibu, Sarawak.

See: [www.malaysiannashhash2014.com](http://www.malaysiannashhash2014.com)

## Funnies

😊 HAPPY NEW YEAR 😊 Stay Healthy, 😊 Exercise



By taking part in a Hash House Harriets Penang run or event, you agree not to hold the organisers or any affiliated individual responsible for any injury or mishap that may happen to you.