

Piss Not Peddler

Official Organ of the Bangkok Hash House Bikers

PILLION & CYBO PUT ON A GOOD SHOW!

Yet another well planned, organised and executed BIKE HASH bump started BHHB's roll into it's third glorious year. The PACK was well pleased with covering 20 to 30 kms in around two and a half hours but, the HARES had been thwarted by road grading and water spraying machines which had inadvertently washed away their sacred flour TRAIL, cut a two kilometer swath into it, and effectively eliminated a "huge" loop. The moral of the tale is to watch out for those wicked machines and trash them on the spot.

PLEASE MAM'SELLE PLEASE M'SIEU,
COME WITH ME NOW TO MY HOME

WITH
PLEASURE

"AND DON'T
SAY, 'BLAH, BLAH,
BLAH, BLAH.'"

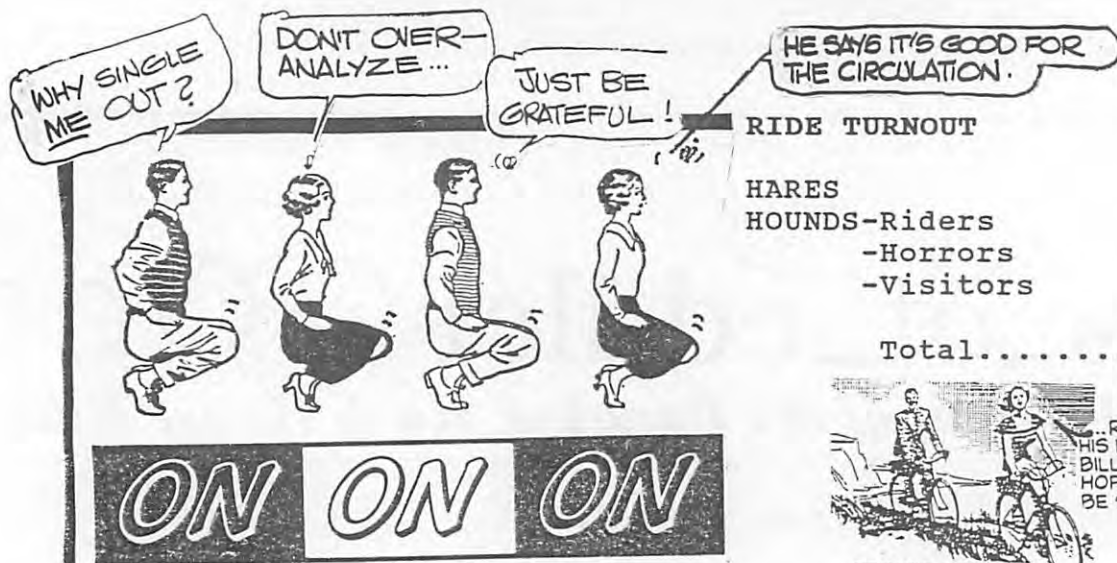


To the HARES further credit they managed to get "Spinning" Jenny to execute a near perfect klong dive which scored a creditable "Klong Divers" shirt after adjudication by the PACK. A veritable buffet of fried chicken, mashed spuds, beans, salad, prawn crackers etc. washed down with our beloved amber fortifier rounded off a most enjoyable afternoon.....and next time we promise to CHECK deeper and finish off the TRAIL the HARES so lovingly set. Luckily for the PACK super scribe "Limbo" has put pen to paper to give we readers an insight into how much he enjoyed and perceived Pillion and Cybo's masterpiece...so read on inside in the words of our scribe.....

AT"?" & "MAD" MAX EICHNER are the HARES for RIDE #22 on Sunday February 13, 1994 meeting at 14:00 & Rolling-off promptly at 15:00.

MIS-DIRECTIONS:

Head North to Rangsit. Exit Expressway and head west to Pathumthani on route 346. At the first traffic lights after the bridge zero your odometer, continue straight on route 346 for 6kms then STOP and park on the RIGHT just opposite an ESSO petrol station. Get your gear ready for a cross country RIDE.....



BHBB ROLLING SPOKE LINE 1994

12 March

"Chas" Frazer-Saturday OUTSTATION @ SRI-RACHA.
TDH3 Fri P.U.@ Seafood bistro +BHBB RIDE Sat
a.m.+TDH3 run Sat p.m.+ Sun a.m. Horrors run.

XX April

"Willing" by name? DATE?

XX May

"Mercury" & "Crisis" Curtis?

XX June

G.S. & J.S.'s, Second Summer Solstice Classic!

XX July

Bill & Jonathan Black?

XX August

Chris & Belinda Moor?

XX September

"Leaking Wolf" & "Weaver"?

XX October

Famille Schnieder.

XX November

John & Patrick Stall?

Give your RIDE date, mis-directions etc, to the TRAILMASTER
around two (2) or three (3) months in advance so that they can
be published in "P3".

HON-ON-SEC requests that JANUARYS HARES DO FEBRUARYS WRITE-UP and
so on.....

NEWSPOKES-Ariane"Solong"JUZEN came in from the wilderness of non-
membership when Hash-Cash proudly displayed Ariane's joining fee!
Marc Lavoie also joined a BHBB RIDE for the first time, bienvenue.
Sawat-di-krap and ON-ON your BIKE!!!!!!!!!!!!!!!!!!!!!!

BHBB MIS-MANAGEMENT

GRAND SPOKESPERSON

Tricia"Goose"Morgan (253-7130)

JOINT SPOKESPERSON'S

Bob"Saddle-Sniffer"Boulter
(398-0158)

Clyde"Bonnie"Albrecht
(237-8993)

		'Phone	Fax
Hon-On-Sec:	Peter"Wheel-Wobble"Battram	541-1970	541-1436
Hash-Cash:	Bob"Raincoat"Rayner	236-0293	
Haberdash:	Karis"U-Bend"Battram	252-3677	
Hash Flash:	Rod"Thespian"Turner	252-2246	
Hash Quack:	Nanette"Little-weed"Miller	260-1726	
Bike Quack:	Bruce"Lily"Miller	269-1771	
R.A:	Bill"Cranky"Hobbs	541-1970	
Trailmaster:	Lem"Gander"Morgan	253-0191	
Hash Music:	Chantelle"Gigi"Schneider	286-0666	
Klong Divers:	Pete"Leaking Wolf"Petrie	Bruce"Lily"Miller	
	Nanette"Little-Weed"Miller	Liam"Gone"Moushall	
	Nigel"Slimy"Pike	Frank"Blackwater"Allum	
	*Gwen"Sexy-snake"Western	Micheal"Rainhood"Rayner	
	Natalie"Nails"Lavoie	Jenny"Spinning"Turner	

CHECKBACK RIDE #21 @ Somewhere north of Muang Thong Thani or was it east.....

Locating the site with the Mis-Directions was in itself something of an accomplishment, but eventually the pack grew to a respectable size and at the appointed time we were given the ON-ON by the Hares.

Off we rode through the Sunday strollers along the banks of the placid blue/green waters of lake Whitchie Thaha, and then we were lost. But only temporarily, a spot of flour led off to the left and away we went deep into to the suburbs of North Muang Thong Thani. A few good checks kept the pack together and then led us over the main water source for Bangkok's pleasure parlors and back again.

Finally we came upon some bike country with "Lily" leading the pack into a check. Off goes "Raincoat" and then down goes "Raincoat" head over sprocket. On-On was whistled off to the right and away we went along the cabbage patch to the hay stacks (wishes were made all around) on the dusty road. "Leaking Wolf" and "Lily" disappeared off into the dust searching for the white stuff, with the call of On-On the pack followed close behind, then a sudden stop along the smelly klong to get our bearings and check our sense of smell. The sound of the whistle lead us left through a shady lane to the front door of a bewildered family and then on back to "Raincoats" tumble site, a nice big circle...

As most of the pack stood around contemplating their "Wheel-Wobble" and "Son of Limbo" went back again to try and get it right, whistles brought the pack to the dusty road again for another smelly discussion. By this time "Mad-Max" had had enough and muttered something about his balcony.. as he rode off towards Lam Lukka. Eventually "U-bend" canvassed the pack and we headed off after "Mad-Max".

500 meters down the road we found a few patches of white leading to BKK's potable water source, over the dike and back on the road to the drink stop. Low and behold we interrupted "Leaking Wolf" and "Lily" enjoying a little chat with the local shop keeper, and of course "Mad-Max" stopped to join in.

"Wheel-Wobble" and "Gaston" sped off towards Lam Lukka in search of the trail followed shortly thereafter by the rest of the pack. No white stuff, no paper (we were told by the hares no paper) nothing, just great big trucks and road graders. Eventually "Wheel-Wobble" returned to tell stories of many kms and nothing in site. A few more desperate checks lead no where so as the sun was sinking in the haze (in LA they call it SMOG) we decided to give up peddle home along the banks of Muddy (Blues) Waters, some to the left some to the right.

Then it HAPPENED head over sprocket she went "Jenny KLONG DIVER Turner" earned her shirt. Lucy was a close second but didn't quite make the water only a few cuts and bruises to remember her Sunday in country. Back over the Klong and on in, but wait.... more to come "Cybo" & "Pillion" sent us straight in the shiggy. "Rainhood" & "Mudmagnet" were first in, ("Neveragain" you should have seen "Dainty" dip her toes into the stuff). "Blackwater" gave our new spoke the right example, Ariane (without her Mum) hung her shoes around her neck shouldered the shiny new wheels and waded through the mucky gooie stuff to the safety on the other side. Only then was it the really ON-IN to the refreshments.

In the circle the usual acknowledgments were handed out, the new spoke Ariane even paid without being asked and was rewarded accordingly. Our Klong Diver received her well earned shirt, and "U-Bend" + "Sp(B)anner" were chastised for finding the short way home and I got this stringer job for the Piss Pot Peddler Post from the bloody On-Sec.....

THANK YOU "LIMBO" FOR YOUR SCRIBING - TRES BIEN - B+



Competition corner

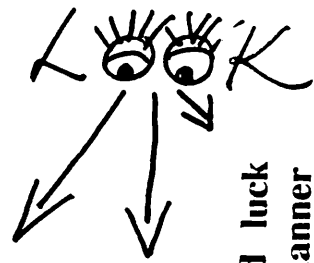
(WINNING)

Mudmagnet's jentry in clockwise order.

- 1) Dante, Inferno, Canto 1.
- 2) W.H. Auden, "As I walked Out One Evening"
- 3) Alfred North Whitehead, Modes of thought
- 4) P.S. who am I? Alien or not?
- 5) Spot the bicycle! Three old crates
- 6) Walt Whitman, "Grass," from Long of Myself
- 7) William Blake, "Night."
- 8) Liane Ackerman, "Lady Faustus".
- 9) Franz Kafka, "The Building of the Temple".

{Another Winning entry}
Caption Competition.

Fasten your safety belt,
No more "kloncy diving" for me.



HASH HABERDASH-1994 COLLECTION.

Send your HIP and INSIDE leg measurements to "U-Bend" if you wish to order a beguiling pair of BHHB "Après Velo" trousers which will be lined and will cost approximately BAHF 250.00

HASH FLASH, begs you to ask him for 'photo's of yourself taken during BHHB RIDES. Contact "Thespian" for your copies.

IIASH R.A. "Cranky" has left for Lafayette, so its ON-OFF and good luck to him and applications for his post should be submitted in any manner you wish to her divineness the G.S.

CALANDA OF 1994

XC: CROSS COUNTRY-CRC: COUNTRY ROAD CIRCUIT-MBC: MOUNTAIN BIKE CIRCUIT- MTB: MOUNTAIN BIKE

RACE DAY	EVENTS	DISTANCE	FEE	DEADLINE ENTRY	ACCOM.
<u>DEC'93</u> 19	XC.RUN-KHAO KHO XC.BI-ATHLON (MTB)	10 K 10+20-3K	250 350		PHUPET HILL RESORT KHAO KHO
<u>JAN.</u> 15-17	VIETNAM MARATHON-HOCHIMINH MTB.TOURING KANCHANABURI	42.195K 21.1 K TRAINING	\$30 3,100/2	DEC.30 PAX-JAN,15	BAHT 12,500/PACKAGE PUNG WAAN RESORT
<u>FEB.</u> 12-13 27	MTB. TOURING-PETCHBURI CRC CHA AM 15 K RUN	TRAINING 15 K	280	FEB.1 FEB.14	METAVALAI HOTEL
<u>MAR.</u> 13 13 20	XC RUN 10 K-PAK CHONG XC MTB CRC PATAYA HALF MARATHON	10 K 35 K 21.1 K	250 350 300	MAR.1 " MAR.7	PHUTAWAN RESORT " SIAM BAYSHORE HOTEL
<u>MAY</u> 29-6 15 21-22 29 28	VANCOUVER MARATHON XC KWAI NOI RUN XC MTB MTB. TOURING -RAYONG CRC SUKHOTHAI HALF MARATHON MBC SUKHOTHAI RACE	8 K 25 K TRAINING 21.1 K 35 K	250 350 300 350	APR.1 MAY 1 MAY 10 MAY 16 "	HOME PUTUEY RESORT PYLIN HOTEL "
<u>JUN.</u> 25 26	MBC MAESOD CRC MAESOD RUN	35 K 25 K	350 300	JUN.13	MAESOD HILL
<u>JULY</u> 23-24	MTB. TOURING	TRAINING		JUL.10	
<u>SEP.</u> 17 18	MBC RIVER KWAI CRC RIVER KWAI HALF MARATHON	30,60 K 21.1 K	300 500 250	SEP.5 "	PUNG WAAN RESORT RIVER KWAI VILLAGE
<u>OCT.</u> 16	XC RUN RAYONG XC MTB - RAYONG	10 K 35 K	250 350	OCT.3 "	ORCHARD PARK
<u>NOV.</u> 5 6	MBC LANNA CRC LANNA INT'L RUN	25 K 25 K	250	OCT.20 "	LANNA RESORT

ATTEMPTED SUICIDE AT RECENT BIKE CLUB MEET # 20

An exclusive report to the Piss Pot Peddler

BANGKOK, THAILAND

An attempted suicide marred a recent Bangkok Hash House Bikers event. Interviews with several eye witnesses spelled out the near tragic sequence of events. It was at the third, or was it the fourth check, on Ride 20 held in the vicinity of Soi Maha Chai on the afternoon of December 10th as the lead riders sped out into the countryside looking for the onward trail. The pack was standing down on a dusty bridge over a stinking klong when newspoke Wendy Prieve suddenly and without warning threw herself onto the road at the wheels of an oncoming 10 wheel truck. The startled pack were frozen into inaction as the speeding trucker threatened to squish this lovely but obviously troubled lady. It was only at the last second that the driver, probably high on some amphetamine or similar, apparently skillfully swerved to the opposite side of the road thereby saving a life.

It was noted by this reporter, in many interviews, that not one biker rushed to the aid of the fallen rider. Several stated that they were stunned into inaction as this was the first attempted suicide they had ever witnessed. It was also apparent that the husband of the victim immediately tried to distance himself from the scene.

In an exclusive interview with this reporter the intended suicide victim, Ms. Prieve, explained, "Yes I was somewhat depressed at being passed by several small horrors [hashspeak for children] and finding myself at the back of the pack. However my suicide attempt was more of a spontaneous act of despair at the thought of the miles of dust and dirt still in front of me before that ice cold beer. (ed. note - cold beer is the object of life for all BHHB bikers) Luckily for me I was covered in dust and the driver of the vehicle did not recognize me as Farang. The outcome may have been very different." This reporter has learned from the victim's husband that all that was left to remind them of this unfortunate incident was a large bruise on the subjects posterior

What is the opposite of cock-a-doodle-do?

Ans: Cock-a-doodle-don't.

What do you call a man with jelly in one ear and custard in the other?

Ans: A trifle deaf.

Who earns a living by driving customers away?

Ans: A taxi-driver.

What did Tonto say when he went into the bank?

Ans: I want so see the loan arranger.

'My brother's a professional boxer.'

'Heavyweight?'

'No, featherweight. He tickles his opponents to death.'

Pilot: 'Mayday! Mayday! Starboard engine on fire!'

Ground Control: 'State your height and position.'

Pilot: I'm five feet eight and I'm sitting in the cockpit.'

What did the goat say when he only had thistles to eat?

Ans: 'Thistle have to do.'

'Mum, you know that vase that's been handed down from generation to generation?'

'Yes.'

'Well, this generation's dropped it.'

'My big sister can play the piano by ear.'

'That's nothing. My big brother can fiddle with his whiskers!'

When does a horse have six legs?

Ans: When it's got a rider on its back.

What's the difference between Father Christmas and a warm dog?

Ans: Father Christmas wears a red suit and the dog just pants.

Why do welders work so hard?

Ans: Because they find their work so riveting.

How do you start a pudding race?

Ans: Sago.

Do you know what burglar-proof houses are called?

Ans: Sure-lock homes.

What is covered in breadcrumbs, fried and travels at 100,000 mph?

Ans: An intercontinental ballistic rissole.



Thinking about drinking

Alcohol is one of the commonest, and least understood, addictive drugs

EAST is East, and West is West, and never the twain shall meet." Kipling could well have been thinking about booze. Westerners have turned the consumption of alcohol into an art-form. Connoisseurs pose over decades-old bottles of claret as though they were Renaissance masterpieces; Christians centre their rituals on a goblet of wine; the port passes to the left. The Japanese, on the other hand, have the tea ceremony.

Cultures vary. They also learn from each other. Tea is now popular in Britain; whisky-drinking in Japan has reached something approaching cult-status. But the underlying pattern persists. Bert Vallee, of Harvard University, puts forward an explanation from social history. Europeans dealt with the dirty water supplies that come with growing populations by reaching for the bottle, and its germ-killing alcohol. Dr Vallee thinks that the history of the West has been lived in a state of mild inebriation. Orientals, in contrast, have understood for longer the value of boiling water to sterilise it, and of adding pleasant herbs such as tea to improve the flavour.

There may be another explanation for the difference in drinking habits. Most Europeans have a gene that allows them to make an enzyme (pronounceable only when tipsy) called acetaldehyde dehydrogenase, or ALDH. Many East Asians lack a working copy of this gene, and therefore of the enzyme. As a result, they tend to flush red after a drink, to get drunk quickly and to sober up more slowly. East Asians also tend to find that drinking induces nausea much sooner. It is by thwarting the action of ALDH that Antabuse, a drug given to chronic alcoholics, achieves its deterrent effects.

Both explanations could be true: genes might explain the social choices, or the social choices may have given rise to the genetic difference (ie, Europeans who were unable to deal with alcohol died from drinking dirty water). Nothing as complex as the enjoyment and abuse of alcohol can be reduced to simple molecular biology. But better understanding of the biology of alcohol and its effects might lead to treatments for people whose drinking has become a disease.

A heady brew

Alcohol is unlike other addictive drugs. Nicotine, heroin, THC (the active ingredient of cannabis) and most other mood-altering substances are highly specific in their chemical action. They interfere with the passage of a single neurotransmitter—one of the 60 or so chemical messengers that nerve cells use to talk to each other. Different neuro-

transmitters are used by different circuits in the brain, which is why different drugs have such varied, but often predictable, effects. Alcohol, however, seems to disrupt the whole network; researchers think it interferes with GABA, glutamate, dopamine, serotonin and the endorphins, to name only a few. This massive chemical hit produces alcohol's various effects—some nice, some nasty.

Endorphins, for instance, are the key to the pleasure circuits. Alcohol somehow manages to tickle these systems, rather than overwhelm them, as heroin and morphine do. Glutamate, on the other hand, is involved in forming memories via a process called long-term potentiation. That may explain alcohol-induced amnesia. And abnormal levels of serotonin are associated with violence—another symptom of over-indulgence.

Drinking also has longer-term consequences. Regular drinkers need more and more alcohol to achieve the same effect. Addicts suffer withdrawal symptoms—such as delirium tremens, the "DTs"—when deprived. The causes of these problems appear to lie deep inside a cell, rather than with the receptors on its surface that appear to be responsible for the drug's short-term effects. Alcohol, it seems, can reach into a cell's nucleus and throw the switches that control its genes.

Michael Miles, a researcher at the Ernest Gallo Research Centre at the University of California, San Francisco, has been studying the effect of alcohol on the ways signals are transmitted through the cell. Many of these pathways control the expression of genes, and thus the mix of proteins a cell produces. A few years ago researchers found that the production of cytochrome p450, another of the enzymes that breaks alcohol down, was stimulated by the presence of its quarry. Dr Miles has now found that exposure to alcohol influences the production of several proteins, including one which plays a role in assembling many of the neurotransmitters that the drug seems to act on. If alcohol has an influence on the production of neurotransmitters, that might explain a lot about how people learn to tolerate drink and how addiction comes about.

A couple of the genes for these alcohol-affected proteins seem to have something in common: slight changes to the stretches of DNA that control their expression can abolish the stimulating effect of alcohol. This observation could help to explain why, though drinking is widespread, not everyone who drinks heavily becomes addicted. Those who lack the crucial sequences may be immune.

If so, predisposition and immunity to alcoholism might both be inherited. Several studies have suggested that alcoholism can run in families in ways that are not wholly accounted for by upbringing. Children of alcoholic parents adopted into non-alcoholic families are at greater risk than their new brothers and sisters. Two recent studies, by Joachim Knop, of Gentofte University Hospital in Denmark, and Marc Schuckit, of the University of California in San Diego, have watched the slow process at work. They followed groups of non-alcoholic men in their early twenties and discovered that such people are more likely to have become alcoholics by their early thirties if their fathers were also alcoholic—a finding that applies to initially moderate tipplers as much as to heavy drinkers.

Recognising alcoholism as a biochemical problem rather than a character defect opens the door to chemical as well as behavioural treatment—and not just the aversion-therapy of Antabuse. A group of researchers at the University of Pennsylvania, led by Joseph Volpicelli, is attacking the problem through the endorphin pathway.

Naltrexone is a drug used to treat heroin addiction. It sticks to endorphin receptors without stimulating them—thus blocking heroin's effect. Dr Volpicelli has found that naltrexone has a similar effect on alcoholics, by abolishing the craving for drink.

Western-made naltrexone looks promising, but the last laugh may yet lie with the Far East. Wing-Ming Keung, another Harvard researcher, has been guddling around the apothecaries of Hong Kong, trying to tap China's long pharmaceutical legacy. He found that one treatment, the root of a plant called *Radix puerariae*, has survived for more than ten centuries—testimony to its efficacy. Extracts given to Syrian golden hamsters, which quite like a tot now and then, turned them into teetotalers.