



CHATTIN' CHAINS

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Committee Meeting Buzz


- **Advertisements from members on the web and notice board** - Advertisements from members related to cycling equipment: the committee agreed that they best be placed in the newsletter. These are to be at Editor's discretion.
- **Situation vacant** – Assistant Social Activities Coordinator.
- **Electric bikes and tandem bikes at club meetings** – It was moved that Electric bikes and Tandem bikes are acceptable on club rides.
- **Publicity** – 55 members have requested a hard copy of the newsletter to be sent by post. This entails James (Publicity Officer) having to photocopy 55 printed newsletters, collating the pages, putting them in envelopes and posting them, a lot of work, resulting in an annual postage bill of about \$240. James is to try to reduce this number by converting some to email. It is hoped that members will assist by agreeing to receive email copies.
- **Car Watch** - The list is full to year end. Sandra Miller currently contacts duty members each week before the ride as a reminder. Many empty dates for 2016.
- **Have a Go Day** - Successful set-up thanks to Steve Napier and Gary Thomas. The stand was manned all day by willing volunteers. Feedback on stand to be an agenda item prior to next year's event.
- **MERCHANDISE OFFICER** The position of Merchandise Officer will become vacant in the New Year. Duties consist of ordering and selling of Club bits and bobs - ie, mirrors, nose guards and whistles - to members, plus the sizing, ordering and distribution of Club apparel. Aspirants to the position are encouraged to contact President Graham grahammiller2@bigpond.com or Heather stronsaywa@bigpond.com

From the President *Graham Miller*

 We have lost several dear friends this year and I'm sure over the Christmas period we have all be thinking of them and remembering the friends we have lost. It is heartening to know that our club and its members played a significant part in their lives and that we are here as an extended family to support those they left behind.

There have been many happy occasions that we have shared this year - the club camps, the 30th Anniversary ride to Busselton, club barbecues, the Christmas lunch and of course our regular club rides and end of ride gatherings where we can catch up and have a natter. We've also shared in our own miracle when Graeme (Gus) Barnett was resuscitated from a serious heart attack and is back again cycling with his mates in the club.

The Over 55 Club isn't just any old club, it's a club where the members can come and enjoy themselves in a welcoming environment, keep fit through cycling, make new friends and know that they are genuinely all loved and respected - it's a truly great club.

I thank you all for your participation in our club and for your friendship. I wish you all a happy and healthy 2016. 

On a Sad Note

My very dear friend and fellow club member Tom Curtis was tragically killed while cycling on Sunday morning 6th December. Tom was cycling from his home to join other club members to catch a train from Warwick Rail Station to Mandurah, from there to cycle back to Duncraig to join friends at a barbecue at Neville and Kay Taylor's home to celebrate Tom's 60th birthday. Unfortunately Tom was hit by a vehicle and suffered head injuries and cardiac arrest. His heart was re-started at the scene of the accident by paramedics and he was taken to Royal Perth Hospital and put on life support. Unfortunately he didn't recover from the head injuries and died that afternoon.

Tom was a really wonderful man, full of fun and energy - a real 'gentle giant'. I will really miss him as will all who knew him.

Recent Events

Film Shoot – On 31st October, the following club members represented the club at a film shoot for a TV advertisement for the Dome Café organisation – Ann and Alan Cooney, Jill and Michael De Leo, Vicki Wakefield and Colin Mellows. The club received a \$750 donation from the Dome organisation in recognition of their effort in participating in the film shoot.

As well as the money the above members raised for the club, I'm sure that they will also have assisted in promoting the club by appearing in the Dome's publicity material.

Nannup Camp - The Nannup camp was a great success with 39 attendees. Peter Mayall did a wonderful job again this year of organising the camp with no little help from James Carpenter. Mitch (Peter) Mitchell transported the club trailer to and from the camp and arranged refreshments at designated areas for members and also picked up riders who required a lift and he was ably supported by Fred Cronin and Reg Tugwell. (See Nannup report following).

Royal Lifesaving Award – The Royal Life Saving Association presented a Gold Medallion to James Forshaw for his role in saving the life of club member Gus (Graeme) Barnett at a formal ceremony at Government House. Several club members were in attendance. While James' role was undoubtedly a major factor in saving Guss's life, the role of club members Margaret Gleghorn and Deirdra Pratarelli, in identifying that Gus had had a heart attack and then administering CPR, together with the assistance of a neighbour, was critical in keeping his system functioning until the defibrillator was available – without their input James' defibrillator would have been ineffective. Also, the assistance of Colin Mellows in quickly assessing the urgency and calling an ambulance was invaluable.

(President's report cont'd)

The Club also presented a certificate to James Forshaw in recognition of his role in saving Gus's life. We were hoping to make the presentation at our Christmas Dinner but, unfortunately, James was unable to attend on that day. Therefore, as James lives nearby, we invited him to come to Carine on Saturday 28th November at 7.15 am to receive the certificate. Gus and his wife Lyn were present and a large turnout of club members. I explained to James that many club members live south of the river and normally commence their Saturday ride from Deepwater Point and that the numbers attending at Carine would be relatively small. He fully understood the situation.



Margaret & Deidra relaxing at another time

Christmas Lunch – 2015 Christmas Lunch was held at North Beach Bowling Club. John Yeats did a fantastic job once again this year by organising the event – including booking the venue and the catering, organising the various gifts and prizes and MC'ing the event in his very own inimitable style, with lots of humour. Heather Wallace and Daphne Small did a great job as gatekeepers and organising the raffle. Mrs Father Christmas (some people say she looked a bit like Robin Garbutt!) was also in attendance, helping Father Christmas hand out gifts.

Raffle prize winners were:

1st Stephen Ho

2nd Stuart Hyde

3rd Michelle Ottaway

The Turkey Award went to Don Buchanan for his effort in leading his group up a road that was a dead end. Evidently the group decided to press ahead as there was supposed to be another road just ahead and a track of sorts leading off from where the road ended. However, this proved to be a bit of an adventure with much sand, something like 4 fences to climb and quite a distance before they finally came to the other road.



John Uyen presenting Turkey Award to Don

Carol singing was ably led by Kevin Davis and accompanied by Ross Howlett.



Our musos Kevin and Ross

Gus presented bottles of champagne to most of the group who helped him on his day of need.

The consensus was the lunch was better than the previous year but unfortunately a few attendees complained of having an upset tummy after the lunch. Investigations are continuing.



MC John with support group, Nola, Graham and Sylvia

Cycling Safety Research

Several club members are currently participating or have already participated in a research project conducted by Curtin and Monash Universities aimed at making cycling safer. Part of the research looked at group riding. The participants were provided (by the researchers) with two bike mounted HD video cameras, one facing forward and one rear and asked to record 6 hours of group riding. Once the videos have been analysed by the researchers, the participants are required to participate in a short interview aimed at clarifying aspects of the video results. Also, other matters such how the participants were made aware of /trained regarding safety matters when cycling; communication between riders in groups; risk/safety factors etc. The researchers hope to publish the results of the research in late 2016 or early 2017.

Bicycle Network

I was interviewed recently by a representative from Bicycle Network, Victoria. He wanted to know more about our club, e.g. when the club was formed; why it was formed; how many members; restrictions on membership; activities undertaken by members; safety training. He seemed very impressed by the club, particularly the number of members and distance travelled in a year and was surprised that there aren't similar clubs in the other major cities. As Sandra and I are now frequent visitors to Melbourne (we have a new grandson over there), I offered to meet up with him next time I am in Melbourne to expand a bit more on club activities.

Christmas Lunch candid camera shots by Joy Edgar



Sarah, Sandra, Kerry, Jenny, Delys, Kaye



Graham explains why Santa is hugging Rob



Freda, Maurie, Lisa and Cliff

Ride Captain's Report – Gary Thomas

- October Stats: No. of riders = 1021
Distance = 54,862
- Two accident reports submitted
- November Stats: No. of riders = 837
Distance = 39,640
- Year to date: No. of riders = 9324
(2014 = 9623)
Distance travelled = 463,098
(2014 = 502,952)
- No accident reports submitted November

Busselton Holiday Camp 2016 – 6-20 February

The budget for the Holiday Camp has been drafted as follows:

Expenditure	
Trailer – drivers' fuel reimbursement	\$120.00
Friday night BBQ 'Thank You' Geographe Bay CC	\$700.00
Prizes for Quiz Night	\$46.00
Prizes for Old Time Dance	\$10.00
Hall Hire – Old Time Dance	\$100.00
Printing - Quiz Night program	\$10.00
Donation to Busselton Eco Park to cover Visitors	\$100.00
	\$1,086.00
Income	
100 participants @ \$10 per head	\$1,000.00

Note: There is a \$225 credit in Club accounts, to be brought forward resulting from a surplus from the 2015 Holiday Camp, which has not been included in the above budget.

The Camp preparation is ongoing. Promotions of the various events will be posted on the notice board between now and February to entice members to attend. A signup attendance sheet will be available on Wednesdays. The future Activity Centre being built at the Eco Park has been booked for 3 evening functions on the program. A dusk ride to a park in Dunsborough has been included – BYO BBQ, using the trailer. Return to the Eco Park by riding or car. (40 km return)

Car Watch

I am often asked, "What do I need to do?" when members who have not previously volunteered, attend for Car Watch. This suggests that a simple list of requirements needs to be generated. The list needs to be accessible and brought to the volunteers' attention before their duty day. Sandra has been emailing volunteers to remind them of their duty day. The list could be routinely included in the email.

A suggested list of requirements:

- Wear club apparel so you can be identified as supervising the Club cars.
- Arrive 20 minutes before the departure of the late groups.
- Collect the Club phone from the Ride Captain and receive a briefing on its use.
- Make frequent sorties amongst the cars so you are visible to any would be offenders.
- Do not physically intervene in situations where antisocial or criminal behaviour is evident, but make a note of any actions that will help in any future investigation.
- Call police if you think an incident warrants police intervention.
- Remain on duty until the first group of riders return to the venue.

Albany Camp

A 10% discount on accommodation at the Emu Point Park has been negotiated for members booking into that facility.

Whistles

A campaign to promote the use of whistles has resulted in some sales. I will continue to promote whistles and nose protectors in the short term.

2016 Ride Program

The 2016 Ride program is now on the website in the documents section ready for downloading and printing. Cameron will duplicate a number of copies for distribution to members on request.

Treasurer's Report – Colin Mellows

November 2015

Balance Sheet

The balance sheet at 30th November 2015 shows a continuing strong position with cash and bank balances amounting to \$19.5K. This now includes \$3.5K income in advance for both the Christmas Lunch and 2016 membership fees paid in advance. Debtors still includes \$750 invoiced to Dome Coffees Australia for the Club Members' participation in a shoot for their TV advertisement. This has since been received.

The five Visa Gift Vouchers, a previous payment from Dome, amounting to \$500 have been exchanged for cash.

Income and Expenditure Year-to-date -

shows a year-to-date surplus of around \$5.5K compared to a budgeted annual loss of \$3.3K. The main causes of this difference are:-

1. Unbudgeted income from the Dome TV Ad of \$1250
2. \$2K income from camps carried forward from last year
3. \$3K income budgeted for the Anniversary Ride which was not needed
4. Depreciation which will be calculated only at year end

Draft Budget 2016

The draft budget for 2016 is available for consideration. Currently it anticipates a small deficit for the year.

Membership Report – Bob Allen

Full Riding Members	329
Over 80's	22
Social	5
Unfinancial	4
Total	360

New Members October

Bernadette Brooke-Smith
Carolyn McCusker
Michael Waters

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## Our Octabunch October Odyssey

Eight O55CC people went on a country ride, out to Hyden, and back along the Tin Horse Highway at Kulin. (Peter Patullo is the rider)



### Advocacy Report – Bruce Robinson

The following letter was sent to Nico Claassen, Director, Infrastructure Services, City of Joondalup on behalf of the Club:

*Members of the Over 55 Cycling Club enjoyed rides from City Beach to Joondalup and return today. Some of us decided to ride around Lake Joondalup to increase the distance before the coffee stop at the Dome.*

*However, we were very surprised that the access to the shared path around the lake from Hindmarsh Way (see image below) was difficult for cyclists, as there is no ramp, just a high kerb, as illustrated in the attached photo.*



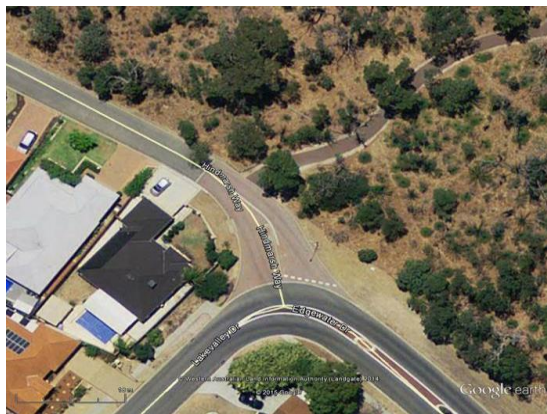
*As well, we were disappointed that the defect had not been noticed before this by Council staff and rectified.*

*We would be grateful if you would ensure that the high kerb is replaced with a safe convenient access ramp for cyclists, pedestrians and wheelchair users, and that the new ramp complies with the Main Roads requirements.*

### “2.2.9 KERB AND DRIVEWAY RAMPS

Kerb ramps and ramps for driveways should be flush with the road pavement and not have a lip.

The Main Roads standard kerb ramp design (Drawing 9831-5649) with no sharp drops or rises in the ramp should be used. A copy can be viewed in the Technical Standards section of the MRWA website. Similar standards shall be employed in the design of driveway crossovers.”



*Hindmarsh Way, Joondalup*

### Media Strategies:

*A good idea before talking to the media is to prepare and print a written media release, which has the points and issues to be raised, in simple concise language. With that as a framework, it is easier then to talk to the cameras, largely just reiterating the points prepared in advance but responding to new questions as well. The written statement in advance also allows one to consult one or two other people who may see additional points to be raised, or who might see ambiguities or risks with the first draft.*

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Vale Tom Curtis

....1955-2015



My good mate and fellow club member Tom Curtis, turned 60 on Saturday 5th December and was tragically killed the following day, Sunday 6th December 2015. He was hit by a car while cycling to meet up with friends for a group cycle ride. Tom had been a member of the club for almost 5 years and had made many friends.

Tom's loving wife Liz survives him, together with their children Shane and John and grandchildren. Sincere and heartfelt condolences are extended to Tom's family.

The following "Personal Reflections" by Graham Tink Tink, (aka Chalkie) who met Tom relatively recently when they participated, with other club members earlier this year, on a bike ride across Australia, describes, beautifully, the sort of man Tom was and are all the more poignant because of the relatively short time he had known Tom. Like Chalkie, my life has been enriched from having known Tom – I'll miss him.

Graham Miller

****PERSONAL REFLECTIONS****

As a school principal and through sporting interests I have had the opportunity to meet a broad range of exceptional people over many years. Few, however, have had as positive an impact on me as Tom Curtis. I only knew him for a short time, thirty days on a little bike ride across Australia, a few good natured texts; and during a short stay at my Kiama house with Liz and another Valiant car loving couple. On the bike ride two things quickly became apparent. Big Tom was clearly the leader of the pack in a number of ways. It was also obvious that with this group of riders I was clearly out of my depth. The "Odd-bod Eastern Stater". The anxious eyes said it all. Would this bloke ever keep up? It soon became clear to me Tom was going to rectify to situation by applying his version of 'tough love'.

"Come on Chalkie. Get up here! We'll get you fit you lazy", became the regular authoritative command that still echoes in my head. I am not sure if he knew the pain I was experiencing, much to the snide amusement of "some" of his WA mates, but it had the desired effect. His drive and encouragement played a major role in ensuring that I achieved a personal goal that I thought at times was impossible.

Tom Curtis was that sort of bloke. As I learnt on the ride and subsequently, there was much to like about the guy. He was clearly a leader of men. His way of leading was by example. Even if you could not see him in the peloton you knew he was there. He had a big, booming, smiling, presence that kept everyone working a little bit harder. He was one of those blokes who set himself a goal and pushed himself to the limit to achieve it. As a footy player in his younger days I imagined him as being one of those players who ran all day, Someone who never gave up, a team man who lifted everyone around him.

I suspect that these qualities made Tom successful at just about everything he took on in his working life. He told me he was lucky to get a good mining job because he didn't have the full qualifications. It would not have been luck. His bosses would have known exactly what attributes Tom brought to the work place. I also reckon as a "Milko" his success would have been built on an unbelievable work ethic and great public relations. Customers would have loved his big bright personality. His attention to detail would have also been first rate. I witnessed that first hand when I saw the way he meticulously restored and maintained his beloved Valiant.

Tom told me that the luckiest thing that happened to him in his life was meeting and marrying Liz. If it wasn't for Liz he claimed, he would have gone right of the rails. No doubt this is true to a degree, but Liz is a very smart lady. She would have seen qualities in Tom that set him apart from others, qualities that undoubtedly made him a success in his family, social and working life.

Tom and Liz, "Team Curtis" were made for each other. On the bike ride I experienced first-hand their good humour, generosity and kindness. They did not have to go out of their way to be so supportive, but that was just their nature.

Their support of autism as a worthy cause only reinforced to me that the "Team Curtis" relationship was very special, built on love of each other and compassion for others.

It was a privilege to know Tom Curtis, someone who I felt, once met, would remain a mate for all time. This was not only because of the natural bonds that developed between "The Crossing Team" on our wonderful ride across Australia. It is because Tom Curtis was a man of substance, who made and kept friends easily. I am heart-broken by his passing but consoled by treasured life-long memories of a very special human being. My life has been enriched from having known Tom Curtis. I will not be alone. My love and deep felt sympathy is extended to Liz and all Tom's family and friends.

Graham Tink - Crossing Team Member

ANNUAL MEMBERSHIP FEE
for 2016
\$25.00
Due 1st January 2016

Nannup Camp 15th - 20th November 2015

James Carpenter

Forty riders and several non-riders attended the Nannup Camp, with riders travelling at least 6700 km. Those attending stayed at the Nannup Caravan Park, in caravans, tents or cabins (2), or at the Nannup Hotel's motel units nearby.

With hilly routes and some long routes, helpers were active in picking up riders who rode only part of the longest routes. Peter Mitchell was extremely cooperative in having his large vehicle and the Club trailer on hand for each day's rides, to transport up to six riders and bicycles.

Thanks to Peter Mayall who was the overall organizer.

Monday saw us on a ride to the Lavender farm for morning tea/coffee. Riders had a choice of a short ride, 28 km; a ride of 74 km via Jalbarracup Bridge on the Blackwood River (with the Club trailer providing fruit juices for all riders at this location; and a long ride of 98 km, including Jalbarracup Bridge and a diversion along East Nannup Road. On Tuesday – rides of 22, 44 and 84 km along the scenic Blackwood valley. Coffee/tea stop was at Lewana Cottages/cheese factory with lunch in Balingup.

Wednesday's ride had two 25 kilometre sections to Manjimup and a longer traversing return ride which could be done in any sequence (i) Nannup to Donnelly Mill starting along Brockman Highway. The initial climb out of Nannup being difficult, riders were transported to the top of this hill (5 km) before starting the cycle ride to Donnelly Mill, where refreshments were available at the store. (ii) Donnelly Mill to Manjimup. This section of the ride is 25 km long; lunch was had at Manjimup. The return ride was a reverse ride via Donnelly Mill or via Graphite Road and Vasse Highway (59 km).

Thursday's ride had three 20 to 25 km sections along the recently upgraded Mowen Road, that could be ridden in whole or part, with the Club trailer deployed to provide muffins and/or drinks at equally spaced waypoints (approximately 25 km apart), and a convoy of drivers assisting by picking up riders. Lunch was available at the Berry Farm.

Each evening, a sundowner was held at the rustic Camp Kitchen at 5pm in much the same way as at the Busselton Holiday, with Peter Mayall providing details of the next day's program.

On Wednesday, the happy hour at the camp kitchen was followed by a barbecue, with the Club trailer and camp kitchen facilities being used.

Informal evening meal gatherings were held at the Nannup Hotel and the Bridge Cafe.

And from Organizer Peter:

There were two new rides this year and there will be, again, a new ride at the 2017 camp, a challenge in the offing (muffin flavours also changed!).

Thanks to Mitch, who was is very active in scouting these new rides.

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## Situation Vacant

The club's management committee is seeking the help of one or two club members to assist John Yeats in his (unofficial) role as 'Social Activities Coordinator' for the club. I have used the term 'unofficial' when describing John's role because he has helped with organising our social functions for the past few years but doesn't necessarily want to have sole charge of that function because: a) he and Nola like to travel and are often out of the country; b) some functions need more than one person to set up and organise e.g. the club's Christmas Lunch; c) John feels that it would be good to be able to bounce ideas around amongst a couple of people concerning suitable social events for club members, e.g. a night at the theatre/cinema; night rides to dinner; a river cruise; bike and barge trips, etc. If you are interested in helping with organising social events for the club and you would like to find out more about it please contact me on: 0430451905 or email - [grahammiller2@bigpond.com](mailto:grahammiller2@bigpond.com) or contact John on 0405760609 or email: [jyeats12@hotmail.com](mailto:jyeats12@hotmail.com) or speak to either of us at a club ride.

Like other club volunteers, you will find that you'll get a great deal of personal satisfaction from helping develop the club and getting to know more club members by identifying and organising different activities to suit our members. Keep in mind that it isn't a 'life sentence' and you can 'have a go' for a few months and see how you like it.



*Jazz group the Gumnut Stompers caught up with us at coffee during a ride to Kwinana on Saturday 5 December. A pleasant surprise from this very professional group.*