

# CHATTIN' CHAINS

Volume 31, Issue 5, October 2018

President Neville Taylor 9448 5764 Secretary Cameron Blyth 0478 599 167 Treasurer Graham Baws 0417 901 875 Ride Captain
Peter Patullo
0418 114 888

Editor Vicki Richards 0412 767 790

vickirics@optusnet.com.au

Club postal address

3 The Bulwark, Willetton WA 6155

Club web site O55Perth.bike

### **Committee Buzz**

**Concern** raised about the number of accidents amongst members in the past few months. 90% are self-inflicted with inattention being the major factor. Also concern about a small number of members who at times exhibit poor riding behaviour. These need to be talked to directly.

New riders need a personal explanation on what is expected of them. More 'coaching' from the Ride Leader or experienced Tail Ender. They should be given a copy of the new 'Riding in Groups' guidelines and referred to safety information on the web.

Role of Tail Enders in safety matters needs to be emphasized more with some authority given to them. Ride Committee meetings are poorly attended where these issues are discussed. Cameron to send email broadcast to leaders and established tail enders to promote these meeting in advance.

Tail enders should be utilized more to observe and comment on poor riding practices.

Agreed to introduce reporting of 'km without an accident' for the whole club and announcing the results at ride meetings on a regular basis.

Peter and Brian to come-up with strategies, possibly involving a training course, to address these matters.

**Following** a detailed discussion with many contributors it was generally thought that we as a club need not make direct representations to the higher levels of government with regard to safety and engineering concerns. That is apart from VRUAG, we do not need a representative to sit on government committees concerned with bike safety/ road engineering.

Instead it was generally accepted that:

- Focus would be on identifying local hazards and rectifying these through such means as: Snap/Send/Solve or, where appropriate, through the Dept of Main Roads (via Hazard Reporting on their web site)
- Generic issues that the committee identifies be taken up by Westcycle who are better resource in matters of advocacy than our club

• To continue to use our representative on VRUAG for higher level concerns.

**Agreed** that we should invite a representative from Westcycle to our next committee meeting to answer the question "what they can do for us?" especially in matters of advocacy. Ride Leaders and interested Tail Enders will be encouraged to also attend. Neville to organise.

**Almost** no interest shown by club members to get involved in Cycling Without Age. The exception was Roger Baddeley who is keen to participate. We await his feedback and, if appropriate, we can encourage him to promote it amongst the members.

**Christmas Lunch.** Nev has met with the manager of Tompkins of Swan and confirmed the booking. The menu put forward was accepted by the committee. Charge is \$45 per attendee. Motion "a \$15 subsidy be paid towards the cost for each member attending (all members included)

**Les Matthews** recently retired from cycling due to health concerns. Les is known for his courage in overcoming the effects of a stroke to continue riding over many years. He completed the 200 km Achievement ride two years ago. It is proposed that Les be offered the task of awarding badges to the successful candidates for this event next year. Accepted.

Have-A-€⊕ Day. Only four members have volunteered to help – none to set-up. Concern over the purpose of this event. No new members resulted last year. Many attendees after freebies only. Agreed to cancel for this year.

**Mundaring Ride**. 24 riders plus 3 caterers attended. Catering cost \$101.80. All found it enjoyable but numbers were disappointing. Some members said they were reluctant to drive the distance. For next year:

Market the event more positively Exclude alternative venues from Ride Program.

**Muresk** Camp was successful even though numbers were down to 16. Thanks to Sarah for organizing and to Steve and Michelle for managing the day to day activities. \$53.40 claimed for expenses. To be held again next year.

**E-Dike** presentation by TBE was informative. Attended by 18.

#### 2019 dates were approved:

- AGM Wednesday 6 March
- Albany Camp Saturday 6 April to Saturday 13 April
- Achievement Day Ride Wednesday 17 April; reserve date 24 April
- Muresk Camp Monday 30 September to Friday 4 October

**Compensation** rates for pulling the trailer are to be reviewed. Refer to Greg Murphy's guidelines from 2015. **Matt Fulton** the CEO of Westcycle, presented an overview of Westcycle and how his organization relates to our club prior to the October committee meeting. Thanks to Nev for organizing this historic event.

### **President's Report**

The Muresk Camp was attended by 16 Club Members. Feedback from participants indicated a very good time was had by all. Thank you to Sarah for organising the camp and to Steve and Michelle for managing the day to day activities.

The E-Bike info and demonstration session held on the 7th Oct was attended by 18 members. Many thanks to Graham for organising this informative session.

The Nannup Camp is fast approaching and a sign - up sheet is on the Notice Board.

### **Treasurer's Report**

Bank balances end of September – current account \$1,580, deposit account \$17,734 for total of \$19,314 (previously \$23,342). \$5,567 paid for the Muresk camp after attendees' payments were received last month. \$7,500 was switched from current account to deposit account where it earns 1.05%.

### **Ride Captain's Report**

For September we had 821 riders cover 43,632kms. YTD. 8,124 riders have covered 433,558kms.

### Variance compared to 2017:

Monthly variance: 90 less riders but 2369 kms more. YTD variance: we have had 273 more riders covering 39,020kms.

No accidents to report.

Thanks to Brian for deputising for the month while I was in Italy.

### **Membership Report**

Total membership is 387 (September meeting 386) being made up of:

333 (333) full members (paid up),

36 (36) Over Eighty,

7 (7) Over Eighty Social

11 (10) Social.

This time last year the total was 356.

### **Welfare Report**

"Get well" calls to 4 members. One sympathy card sent. Two members awaiting surgery.

∞∞∞∞∞∞∞∞∞∞∞

# Muresk Camp 2018 – A Good Time was had by All

The Muresk Camp this year was a roaring success. As two newbies, my husband Keith and I had no idea what to expect but the experience was totally enjoyable.

We were warmly greeted by other participants and the camp hosts Steve and Michelle Ottaway. Steve and Michelle stepped into the breech when Sarah and Warren were unable to attend due to family commitments.

The accommodation was good. Breakfast and tasty dinners were provided and the evening games were very entertaining. I felt like a kid when we got together after dinner for an hour and played games. There were many belly laughs and there are some great photos to show the abandon with which the participants joined in.

Our mission was to cycle and each day there were three or four groups:

Day one - we road to Northam for lunch a round trip of around 30 kms.

Day two - we rode to Toodyay with a stop for morning tea beside the river, kindly organised by Steve and Michelle. Two groups went on to Toodyay for lunch and the third group returned directly to Muresk. The return trip to Toodyay was around 87km with the odd hill or two thrown in.

Day three – Was a ride to York. Groups 1 and 2 did 82 km into a strong head wind. The remaining riders rode to and from York which is approximately 64 km and it was much easier on the way home with the tail wind.

Day four – We rode to Grass Valley, which was my favourite ride. It was extremely picturesque and the famed hills were not as bad as the reputation they have gained. It is a lovely ride and the return ride, with more downhill than up, was fantastic. There were two routes taken, the longer one taken by Group 1 was 78 km and the route taken by the rest of us approximately 56 km. Thanks to Valerie and Tom for taking morning tea to Grass Valley.

Special thanks to Sarah and Warren, Steve and Michele and the daily ride leaders who guided each group.

If you haven't done the Muresk Camp I would highly recommend it. It is fun, comfortable and challenging.

### Sue McBurnie

### Muresk 2018 Photos



Viveash Crossing morning tea



It's a puzzle



Briefing by Ride Leader Stuart



Kevin and Keith on back roads

# Cycling in Mallorca - late September 2018

Marianne & David Hibbard

The Singapore Bikers Group began around 2009 when the four foundation members (Marianne & three other expat wives) needed something to keep themselves engaged and started to explore Singapore by bicycle. Soon afterwards they were joined by spouses and then various friends and colleagues for weekend rides. Long after Marianne and David left Singapore the group continued to grow and thrive and when a large proportion of the members reached the end of their overseas assignments and were returning home, it was agreed that the friendships developed were too valuable to allow to die and that once a year the group should assemble somewhere around the world for a reunion and a week of cycling.

In 2018 (the fifth gathering) fourteen of us met up in Mallorca for some enjoyable cycling and socialising. Participants came from around the world (USA, England, Scotland, Finland and Australia) and we all stayed in a large villa just outside Pollença, about 50 km northeast of the main town of Palma.

Mallorca offers wonderful cycling - pleasant weather, beautiful scenery, some serious mountains, many minor roads to avoid the tourist traffic with generally considerate and patient drivers. Perhaps it is not surprising that Mallorca is a favoured early-season training ground for many of the professional cycling teams, as well as many others keen to see the end of winter. Apparently during the European spring as many as 20,000 cyclists may be on the island! By September the numbers had dropped considerable but there was still plenty of lycra about, especially on some of the more challenging rides.

Of the various rides, the 50km return trip to the lighthouse on Cap de Formentor (the northern tip of the island) was quite challenging, with several steep climbs, but the scenery was stunning and made the effort well worthwhile.











# Visit by CEO of Westcycle



A special guest at our ride meeting on 10 October was Matt Fulton, the CEO of Westcycle. He gave a presentation to

the Committee, Ride Committee and other interested members about his organisation. (Not only that, but Matt rode with the E1 group beforehand).

Westcycle is the peak cycling body in WA being a planner for cycling activities, and an interface between the cycling community and government. We are one of nine organisations being full members that Westcycle represent.

Matt talked on the role of Westcycle, its history and the various tasks that it is has undertaken. Also how they can assist us in future with broader matters in cycling that we may have an issue with.

More information is on their web site at <a href="http://westcycle.org.au">http://westcycle.org.au</a>

# For Your Diary

# **Christmas Lunch:**

Wednesday 5<sup>th</sup> December 11.30 am to 2.30 pm Tomkins on Swan \$30 members, \$45 non members

### **Christmas Barbecue:**

Wednesday 19<sup>th</sup> December 11.45 am Raphael Park

# Busselton Camp 2019:

9<sup>th</sup> February to 23<sup>rd</sup> February

See website for details

**One of the better decisions** I have made in my life was to attend the Sydney 2018 Invictus Games. It truly was a life-changing event, one I will never forget. The human spirit truly is indomitable.

You can admire our sporting heroes, our world champions, our Olympic athletes who show unwavering dedication to their chosen sport, undertaking hours of rigorous training to win medals and to represent their country.

But the young men and women, some not so young, soldiers, airmen, sailors, marines, exhibiting their sporting resilience, whom I applauded, cheered on, shed copious tears over and remain in complete awe of in Sydney last week are not athletes or champions of any sport. They are ordinary people who each day helped to make our world a safer place and, in all instances, at a huge cost to themselves. Medals pale into insignificance compared with the personal goals set and achieved, the hurdles acknowledged and overcome, the pain accepted and managed, the disability roller-coasters faced and ridden, the mental fortitude exhibited, the traumas soothed even if only momentarily, by participation in the 2018 Invictus Games.



Determination has never before been so blatantly displayed on the faces of so many and it reverberated through every sporting event. Every participant was determined to get the ball over the net or through the hoop or across the line, swim or run or cycle to the finish line, jump the long jump, hurl the discus, throw the shotput, lift the weights, row, shoot the arrow, sail the boat, and it didn't matter a fig if you came first or second because you were never on your own. There were no stragglers; your mates turned around, went back and took you over the finish line; no-one came last, no-one was left behind. From the small contingents from Afghanistan and Iraq to the huge contingents from the US and UK and, of course, Australia, every single person was your mate and you looked out for him or her.

And you wonder why it brought me to tears – at another time it would have probably brought me to my knees – but we cheered and we clapped till our throats hurt and our voices croaked and our hands were bruised and then the next day we got up and did it all again because so did they. They strapped their prostheses on and took them

off – and you've probably never seen a lady with a trolley walking along the boundary line of the sitting volleyball court collecting the prosthetic legs and taking them elsewhere to keep them safe and then handing them back later. I know I haven't and believe me it gives you pause for thought.

To witness two burly wheelchair rugby opponents weeping as they hugged each other at the end of their match, you get some insight into just how much damage has been wrought.

How much did it take Mark, when he learned Garry was the only person competing in the 50 metre breaststroke event, to teach himself to swim (he said he nearly drowned the first time in the pool) just a few days prior so that the event could go ahead? Why – nothing, 'cos he was a mate. And then, to his chagrin, beat him by 0.28 sec.

Just as an aside, Mark (from the UK) has one arm and no legs and Garry (from Australia) was injured in the Black Hawk incident and has one good leg and limited use of his arms. Yep, we clapped and cheered and I bawled.

Unheralded in our community are a number of small children who through terrible childhood diseases have lost limbs. This fact of life runs pretty much under the radar for most of us. But I felt honoured to see many examples of selflessness from these injured service personnel taking time to talk to the children who had been brought to the venue by their parents, spending precious moments with them, involving them in their preparations and in the medal ceremonies. The happiness amongst the kids was a delight to watch.

And yes, I got goose bumps when the New Zealand contingent performed a kapa haka for their team member, the only tetraplegic at the Games, when he received an award for the effort it took him to participate in the wheelchair rugby. It was an amazing sight these 60 burly Maoris performing at their awesome best. It brought the whole auditorium to its feet at the closing ceremony and yes, we clapped and cheered and I bawled.

And we also had the humour when Matt from Australia (of course) gave Harry the impossibly tight budgie smugglers (Speedos) which the prince then wore over his jeans – good look!

Oh, to be able to bottle the positive feeling that permeated the week long event. It would make such a difference to our daily lives. I know it will mine and I feel privileged to have been part of it. *Ed.*