



CHATTIN' CHAINS

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COMMITTEE MEETING BUZZ

Nannup camp 2018

Attendance down to 30. Two new rides were offered. Very few rode the long routes options. Off road options were a success and should be offered again next year. Some unhappy about driving to Whitcliff instead of starting another ride from Nannup however alternative routes from Nannup were examined in the past but all deemed unsuitable.

Christmas Lunch

122 people attended (including 11 non-members). Expenses were \$1,665 for subsidy, \$100 for door prizes, \$65 for Santa gifts. Discussion on subsidy generally showed continuing support for next year at the same level. Venue was good; food "average".

Busselton Camp

Motion passed to accept a budget of \$920 presented by Neville - \$65 trailer, \$40 quiz night, \$25 Boules, \$40 dance, \$750 joint barbecue.

Up to 30% discount for staying at the RAC Busselton Holiday Park is available for members. This is now shown on our web site. Members who paid the full amount can get a partial refund when they attend.

2019 Ride Program

Now available on Web site. Agreed to print three hard copies for members. Print ten partial copies for membership officer.

Trailer Review

The official Management Policy document stated that the Secretary should oversee an annual review of the trailer. As a result the rate of compensation paid to members who tow the trailer to club events was reviewed. Motion passed "that the rate paid to tow the trailer if the tow-er was going there anyway be changed to 13 cents/ km (from 7.5 cents). Where the tow-er would not have ordinarily gone there, the rate will be 39 cents/ km (from 32.5 cents)."

Additionally, Kevin Gannaway (the Trailer Keeper) checked the inventory list and verified that all the elements are still there. The log book is now on hand as required. The bi-annual safety check is to be carried out late 2019.

President's Report

The Nannup Camp was conducted from the 11th - 16th of November, with attendance numbers down on expectations.

The Club Xmas Lunch was held on Wed 5th Dec with 122 members attending. Thank you to all who contributed towards making this happen.

Also for the Club Xmas BBQ held after the ride on Wed 19th Dec.

2018 Turkey Award awarded to Rob Wallace in a landslide response from our Members. Well deserved Rob! I would like to wish the Committee and all Members a safe and Happy Xmas and thank you for all the work that you have done for the Club during this year.

Treasurer's Report: November 2018

Bank balances at month end Nov/Oct

Current account \$7,741 \$2,160

Deposit account \$14,762 \$17,741

Total \$22,503 \$19,901

Income & Expenses and Balance Sheet

Major event in the month was the receipt of payments towards the Xmas lunch which took place on 5 December. There were 122 paid attendees.

Subscriptions for 2019

The subscription renewal letter was issued. 2019 subscriptions have started coming in. These will not show as income until next month.

BankWest started charging tax file tax, but we are not liable to pay it and the small amounts have been refunded.

Blackchrome

Clothing prices will increase with the next order in 2019 and new, more consistent, member pricing will be proposed.

Ride Captain's Report

November 2018 we had 988 riders cover 52,071kms
November 2017. There were 986 riders covering 52,863 kms

Variance is showing 2 more riders and 792 less kms. Not able to explain this unusual figure as it doesn't seem possible

YTD we have had 10,073 riders cover 536,589kms
YTD Variance 335 more riders and 43,205kms more.

Accidents for November. Three incidents reported.

Membership Officer Report

Total membership is 397 (October meeting 387).. This time last year the total was 366.

One person who paid for membership had an eBike. Not accepted, money returned. Conditions for acceptance of eBike on club rides is to be clarified in the Indemnity and Applications forms.

Questionnaire to new members this year:

Half responded

- Most joined from referrals from current members
- Some joined after seeing us ride then followed up on our web site
- No impact of 'Have A Go Day' and 'Little Aussie Directory'
- Main reason stated for joining – to enjoy group riding.

Membership Type	2018	2017
Financial	341	317
Over eighty	36	33
Over eighty/Social	8	7
Social	12	9
Total	397	366

Welfare Officer Report

Cards sent to 7 members.

Calls: 32 made to members re ongoing treatments, absences, update on fellow members

At my recent Carine ride Ian Thomas and Nola Watkins offered to be my eyes and ears at Carine, Saturdays. I have also asked Freda Mepham re Welfare Officer support.

Merchandise Officer Report

(i) Jersey Pattern Change

Blackchrome have superseded their Pattern 164 being 'Cycling jersey Mens Adult.

There is a minor change in the front neckline at the zip opening.

(ii) Price Increase

Have been advised of a 10% increase in their prices to us. Our selling prices have been adjusted.

Changes to Club website Clothing Link

Clothing item numbers and some small changes to the wording has been done.

NEW PRICING – SEE WEBSITE CLOTHING LINK

Product Offers to Members

A) CYCLING FIRST AID KIT

Offer from our PASports and Leisure (mirrors supplier) of this kit.

RRP \$72.95

Over55Club price \$59.95

B) TREADLEY HELMET HATS

Offer from supplier Treadley Pty Ltd

Range of products and prices

Over55Club price – 10% discount

To order, contact supplier direct as per Club noticeboard on ride days.

****See description of products below**

Safety & Advocacy

Legislation for 'Container Deposit Scheme' is to go to Parliament soon. No deposits are included; instead a refund scheme is included.

Bike triggers at traffic lights are unreliable in some instances.

The case against changes to the streetscape adjacent to the Success Hill railway station will be taken up by the Cycling Action Group.

BUSSELTON CAMP ACCOMMODATION **RAC HOLIDAY PARK**

Double room available in 2-bedroom Cabin for week one, 9-16th February. One queen bed. Features air-conditioning and ceiling fans; kitchen with fridge, stovetop, oven and microwave; bathroom; lounge and dining with TV/DVD; veranda.

Total cost of cabin for week with discount \$1047.20 for 3 or 4 persons. You do the sums. Contact Vicki R. on 0412767790 or Robin G. 0417978122



Nannup Camp

Due to some late sickness related withdrawals the attendance was down to 30 riders. Two new rides were offered this year. One was a long Donnelly Mill circuit via the outskirts of Bridgetown and the other an off-road route from Witchcliffe to Gnarabup Beach and return. This ride attracted the majority of riders on the day with only 6 choosing to road ride. The Monday rail trail off-road ride was also well attended. This highlighted the appeal and need for off-road options on the camp. There were 3 birthdays during the camp and they were celebrated with the usual home baked cakes from Donnelly Mill. The report back session on the last night received overall positive feedback from the riders. Next year the camp should keep or extend the off-road rides to reflect their popularity. Each day had long rides through a variety of terrain, including a new ride. These were poorly attended. The majority of riders were in the middle-distance category. Weather was ideal for cycling; all rides went well.

Photos Michelle Ottaway.



Thanks from Graham Miller

On 12th September, I had a bit of a 'spill' from my bike and managed to break the humerus bone of my left arm – that's the bone between the shoulder and the elbow. (It wasn't humorous though!), and spent a couple of days in hospital. I now have a stainless steel plate (about 200mm long) and 16 screws holding the bone together.

I have already personally thanked my riding buddies for their help on the day of my 'spill'. I am especially grateful to Steve Ottaway for calling the ambulance and arranging for my bike to be kept at his sister-in-law's place (she lives close to where I had my 'spill') and then delivering it to me a couple a few days later when I was out of hospital. I am also really grateful to the other Club members for staying with me and making sure that I was comfortable and not going into shock. One of the first motorists to stop and check if they could help was a Cardiologist. He checked my pulse and made sure that I was comfortable and wasn't bleeding from the break.

I really appreciated the many 'phone calls and emails I received from Club members, wishing me well. We have a great Club with wonderful, thoughtful, members.

Things I've learned

AT THE SCENE OF THE ACCIDENT –

If the injured party appears to have broken bones and if you don't have expert knowledge, I strongly suggest that don't move them unless you are absolutely sure that it is safe to do so and you won't cause more damage. My cycling buddies were understandably keen to get me off the road asap, but when I explained that my arm was badly broken, they let me stay as I was until the ambos arrived. If I had been moved in an inappropriate way, there was a serious risk that more damage could have been caused.

INSURANCE –

The Club has some insurance cover **for members when they are on an 'official' Club ride.** (Details are on the Club's web site).

Our 'Home and Contents' insurance with CGU also covers 'general items' such as bikes, laptops etc. for loss or damage anywhere in Australia or New Zealand for up to \$20,000. A few years ago I enquired of CGU if our bikes should be 'specified items' the way an engagement ring, jewellery etc. are treated.

They advised me then, that our bikes would be covered under 'general items' on our existing policy at no extra cost! My bike's carbon fibre frame, front wheel and handlebars (also carbon fibre) cracked as a result of my 'spill'. The cost of replacement parts is many dollars. CGU approved the quote for replacement parts and also replacing my damaged clothing (that had to be cut off), within a week!! I was/am relieved and delighted to report that CGU accepted their responsibilities without any hassle.

(Most of the cracks to the carbon fibre were not visible to the naked eye)

Bicycling Western Australia provide insurance cover for their members, including 'Public Liability' / Third Party cover and (surprisingly) cover for the 'gap' between Medicare and the actual cost of medical treatment required after an accident (up to a max of \$7,500). They also cover loss of earnings etc. The third party cover provided by BWA could be very useful if you have a crash when you are not on an 'official' Club ride (where Third Party cover is provided). Imagine the possible claims that could be made by a pedestrian you accidentally crash into or crashing into an expensive car! Sandra and I are members of BWA (mainly for the insurance cover), but I haven't tested their response as yet, because I haven't completed my medical treatment. I'll let you know if BWA performs as well as CGU.

CARBON FIBRE BIKES –

Lightweight carbon fibre bikes are very fragile. My 'spill' was at very low speed but the damage to the bike was pretty major and required a new frame and handlebars (which were also carbon fibre). My bike's frame is "guaranteed for life" with normal use. The guarantee doesn't include accidents. I will think twice about buying another lightweight carbon fibre bike! Perhaps a more robust / heavier carbon fibre bike is an option or maybe aluminium or titanium.

Safe riding..



Turkey Award Winner 2018 – Rob Wallace shown here with John Uyen, presenter and Graham Baker, adjudicator

HISTORY OF THE TURKEY AWARD

The Over 55 Cycling Club annual Turkey Award had its inception in 2004 following the sad passing of Ian Gawne, an enthusiastic club and committee member. Ian joined the Club in 2001 and served on the committee in 2002-2003. He died on 24th September 2003.

Ian's wife Celia thought that she would like to commemorate her husband's connection with the Over 55s as Ian had thoroughly enjoyed his time cycling with the Club, even though it was cut tragically short. To this end, she donated a trophy to be known as the "Turkey Award".

Ian was originally from New Zealand and Celia's first thoughts were to have a Kiwi on the trophy but, as no suitable design was readily available, the Turkey Award was finally decided upon. To acknowledge Ian's Kiwi heritage and his inherent larrikin nature, the inscription on the base of the trophy reads "Turkey Award, Kiwi Klanger" which, when one remembers Ian, really says it all.

The initial Turkey Award presentation was made by Celia Gawne. However, since December 2010, Celia herself having sadly passed away that year, the responsibility for the Award has been readily accepted by John Uyen. John was a good friend of Ian and he has taken it upon himself to organise the Turkey Award presentation to the nominated recipient each year at the Over 55s annual Christmas lunch to ensure the tradition continues. John also meets the cost of the appropriate engraving of the winners' names and relevant dates.

The Turkey Award is now such an integral part of the Over 55 Cycling Club folk law that the practice of seeking out worthy recipients throughout the preceding year has become firmly entrenched within the Club and the Award continues to be presented at the annual Christmas function. ■■

Dates for your Diary

Busselton Camp – 9-23 February 2019

AGM – Wednesday 6th March 2019

Albany Camp – 6-13 April 2019

Achievement Ride Day – Wed 17th April

OUR OVER 55S GOOD SAMARITANS



MAZ AND DAVE TO THE RESCUE

Last week while cycling along the freeway and on our way to Fremantle we couldn't believe our eyes. There, on the freeway, along with the traffic, (at this point there was no emergency lane), was a man, similar age to us, cycling along on a strange yellow bicycle. "Help me please", he said "No English".

Of course, we jumped off our bikes and went over to the dividing fence. While I tried to lift the front wheel, David and the man both struggled to get the back over. Then, fortunately for him, there was a lump of concrete on his side and a rock on ours, so he was able to climb over with all his essentials intact.

I thought he was German as he was tall, well built and fair skinned, but he said he was Italian and had ridden from his son's place in Fremantle and was trying to get to King's Park. Well!!! Have you ever tried to explain to someone who doesn't speak English how to get from the freeway to King's Park? It ain't easy.

The strange bike he was riding was very heavy, was electric, had two seats for children on a very large pannier rack, behind the rider's seat and had platforms for the kids' feet. Also a large carrier on the front.

I walked back a way and pointed to where the park was and tried to explain how to get there without sending the poor man up Mount Street!!

He was very grateful, shook our hands and went on his way.

I sure hope he made it there. ■■



"A LITTLE BIT UP" - Riding the Cilento and Amalfi Coast

by Greg Murphy

Is there a contradiction in enjoying the ride and climbing hills? For a Group of Over 55's of varying riding abilities the answer after a week riding the Cilento and Amalfi Coast we think is No.

In September, 14 Over 55 members rode a section of Cilento and Amalfi Coast in the Campania region of southern Italy. The tour was organised through the travel company Exodus. A local tour company provided bikes, including e-bikes as requested, local cycling guide, accommodation and transfer of luggage each day.

Riding was one aspect of the trip however just as important was having fun, tasting Italy (food and wine) and enjoying the sights.



The 7 day tour started from the coastal town of Palinuro after bus transfer from Naples. Our first night was introduction to our Guide, Paolo, and Bike Mechanic Emilio, explanation of the tour, what we would do and see. We also were fitted to our pre arranged bikes, based on our heights etc provided pre tour. A couple of beers then off to a local restaurant for our first tour wine, pasta, seafood meal.

The view from our Palinuro Kings Hotel gave us a glimpse of what lay ahead. A landscape of hills, cliff tops and beaches and not a flat section of road to be seen. Immediately below the Hotel, 500 steps, was a private Hotel beach. As we found in all Italy, beaches are under private concession so although someone can go swimming, the ability to set up a beach chair or sunbathe is limited. Certainly it quickly became apparent that although the coastal scenery is magnificent, Italian

beaches are not what you go to Italy for. A day at the Hotel beach for a non resident cost 20 Euro for a chair, umbrella, access to bar, toilet and walk across very stony foreshore to enter beautiful azure water. Accommodation provided throughout the trip was excellent.



Our first day ride was a circular ride of 60km with 1100m up with a serious climb of ~500m over 10 km included. This was a worthy introduction to the hills and our Italian guide's, Paolo's mantra of "a little bit up". Paolo proved to be a Guide and cyclist of outstanding ability and his "a little bit up" very true and way too often repeated. As the trip progressed he would initially lead on the hills with Peter Patullo in his wake but however hard Peter tried, Paolo would just up the pace a little to stay ahead much like a duck and dog in a pond. Paolo would then ride back to check on other riders as they ascended at their own speed. Emilio, the Bike Mechanic, followed the Group in a van and on some of the more challenging hills gave a lift to some. He was constantly providing refills for water bottles and this is one aspect of the support that surprised me in a very pleasant way.

Two of our group opted to ride e-bikes and over the 7 days this proved a boon for those two. The same Over 55 members on this tour continued to do another 7 day tour in Sicily and 3 more opted for e-bikes. Ebikes are very prevalent in Europe with people touring with paniers. They made our tour so much more enjoyable for the riders and kept the Group together.

Each day we would have a pre ride briefing, ride, stop at points of interest where Paolo would provide a history or environment lesson. His passion for the area was palpable. More riding, coffee, more riding, lunch, more riding and home. Coffee was excellent with all types from espresso through to cappuccino, macchiato, etc. Lunches of antipasto, pasta, seafood and of course wine. The bikes did not require a lot of work from Emilio and were very good touring bikes. Each night we would have a meeting before dinner to discuss next day's itinerary. More beer, wine, pasta, limoncello etc for dinner. We introduced a fines session at dinner to allow the noble art of "dobbing in your mates" for gaffes etc to raise funds for tipping the Guide and Bike Mechanic. What happens on tour stays on tour, however Stephen Ho, who shall remain nameless, was a regular contributor!!

The traffic on the narrow, winding, hilly Amalfi coastal road was heavy. Paolo advised that we should maintain our line and that tooting would be informational. This proved correct and at no point did we feel in danger from traffic. Italian drivers proved to be skilled, patient, courteous and seemingly

driving to the beat of a different drum in terms any road advisory sign.



In general the roads were in poor condition with numerous potholes, edge drop offs and poor geometry. On many occasions traffic would come to a halt as two buses or similarly large vehicles tried to pass on the narrow hair pin bends. Thereafter followed much reversing, pointing, gesticulation etc and soon the issued resolved itself. The ascents were epic and downhills were done cautiously with separation between riders due to the poor road condition. Over the course of the week we only had one incident where Sam Paolini, who also remains nameless, had a fall and came off immediately in front of an ambulance. Out jumped a lovely young Italian nurse and patched him up.

Our last riding day saw us riding from Minori to Amalfi, Positano and down into Sorrento. We completed around 75km with 2200m of climbing. The climb out of Sorrento was 260m over 4.7km. This climb proved very challenging except for the "Andrews Sisters" (Jenny Murphy and Louise Keating) on the E-bikes who chatted their way up the hill, "look at that view" etc. only interrupted by soulful grunts "are we there yet" from Peter, Sandra, Greg and Kim Matthews. Over the tour we completed 250 km with 4.75km of climbing. I don't have Strava so if you want accurate information speak to Kim or Peter, men of many thumbs up! No point talking to Alan Cooney as his Garmin is part of the road surface somewhere near Casalvelino.

The food and scenery were exceptional. The ocean was crystal clear and views from the Amalfi coastal road amazing. Each coastal town was perched on the side of hills rising steeply from the ocean. We visited major towns of Acciaroli, Paestum, Salerno, Amalfi, Positano, and Sorrento. ■



The Blue Grotto, Amalfi Coast

Photos and notes from our Vietnam and Laos bike tour 1st -19th November 2018

by Bruce Robinson



Seven riders from the Perth Over 55 Cycling Club started their Spice Roads escorted ride, meeting in Hanoi. Five of us (Don Buchanan, Trevor Raston, John Hayes, Rick Paterson and me, Bruce Robinson) arrived a couple of days earlier and all except John stayed in a lovely character hotel, organised by Rick, in the busy old quarter. We braved the chaotic traffic with swarms of scooters on the road, and footpaths often blocked by parked scooters, people sitting on little kindy stools and cooking on the footpath, so one had to pick one's way along and often walk on the road. The trick was to walk slowly and calmly in front of the scooters and they would dodge you crossing the road.

We walked down to Lake Hanoi, where we saw the traditional water puppets theatre performance. Either the puppeteers were very good at holding their breath underwater, or they had some clever wires and poles to move the puppets around in the pool of water. The music was interesting, from ten or so musicians, but the narration was in Vietnamese. There were lots of snippets from folk history etc.

We went on a guided tour by a couple of students wanting to improve their English. The young woman Diu Le was very informative, and they took us to a heritage house nearby, and the Bach Ma Buddhist temple with a statue of the white horse from folk lore. There were lots of gilded statues, and a white cat hiding underneath.

We ended up at the Hoa Lo prison, built by the French to imprison the Vietnamese patriots who struggled against the French colonisation. It was a very chilling reminder of the dark history. People were held in

stocks by the feet, in appalling conditions, as shown in the models in the cells, but the signs said that the inmates continued their resistance even under these conditions. Later, US prisoners, including John McCain were held there. There were displays of how well they were treated, very probably much better than the past French times, but perhaps a bit glossed over.

After our guides left, the others went to lunch, but I walked through the wide boulevards of the French quarter to the Military Museum, which had lots of tanks, planes from the American war, and smaller things like rifles etc, but no significant explanation of the conflict, overall strategies etc, so a bit disappointing.

I climbed the old flag tower to see the military souvenirs. *The tower was built in 1812 during the Nguyen dynasty as an observation post to the Hanoi Citadel. Unlike many other structures in Hanoi, it was not destroyed during the French invasion (1896-1897), and was continuously used as a military post.* I walked back along a relatively circuitous route, past the street of 200 mobile phone cover shops, where I had found none (well the ten or twelve I tried) had a cover/case for my new Samsung smartphone.

That night we walked to the area where the streets were blocked off and people were drinking and dining in the street. It is known as "Beer Street", apparently. The tiny little kindy stools did not look that comfortable. The locals on the next table had balloons which were apparently nitrous oxide (laughing gas), which is still used as an anaesthetic, and for whipping cream. It seems to be becoming popular in Vietnam.

We walked around, trying to choose somewhere to have tea. My suggestion was for somewhere with real chairs and grown-ups' tables. We had a pleasant meal. The streets blocked to traffic are a new innovation, and very welcome.

The next day, Sunday 4th, we walked back to the lake, where the streets were blocked to traffic for the weekend. There were lots of families with kids, many with little cars etc powered by batteries, and with remote controls for parents if needed. There were also primary age school children organised to meet foreigners to practice speaking English. They were lovely kids, and with a very good command of English.

We had coffee and patisseries then took a "Hop-on-Hop-off" bus tour in a double-decker open-top bus. They provided traditional conical straw hats which were welcome, but obscured one's line-of-sight somewhat.

I find it hard to look jovial when I am concentrating on taking a selfie.

Sunday 4th November: We had moved our luggage to the tour hotel, and booked in after our bus tour, meeting the other two O55s, Graeme Simpson and Jerry Lowe, and the sole outsider, Jarkko Lamminpaa, a youngster (by our standards) from Finland. I was very pleased to hear a Finnish accent again, as it has been years since my very enjoyable visits to the Geological Survey of Finland.

The tour hotel was anodyne and devoid of any character except "generic international", and not nearly as nice as our old French/Vietnamese home for the last few days.

Rick and I took an interest in the electrical wiring in the streets, which showed innovation and DIY, if not any adherence to safety or standards. Often there were loose ends of wires, just hanging free. We were then bused out to a restaurant for our first tour meal,

Monday 5th: The next day we went on a tour in our hired bus to see the Ho Chi Min Mausoleum (closed, so we could not go in), and where he lived. He did not want the opulence of the French Governor-General's residence, and first lived in a modest nearby house, where previously a French electrician had lived, and then he had a simple stilt house built, after the style of the mountain people who had sheltered him during the struggle against the French from 1945 to the victory in 1954.

We then went further round and saw some of the things mentioned in our previous day's bus tour, but we had not stopped. We had a look at the Trấn Quốc Pagoda, the oldest pagoda in the city. We had some time in the afternoon, and a late checkout, then we walked to tea, and the got our bus to the station for the overnight train to Lai Chao, on the Chinese border.

Tuesday 6th November: We then went in our bus up the seriously steep and winding road to Sapa (elevation 1500 metres) in the early morning. Sapa is a hill town established by the French in 1922, but now over-run with development and Chinese and Vietnamese tourists, especially in the summer, when people escape from the heat of Hanoi. We had breakfast in a restaurant, then collected our bikes, changed pedals, seats etc, and started our first ride.

To see Bruce's blog and for the full tour experience together with accompanying photographs for a grand pictorial adventure, go to:

<https://stragglingsstuetal.wordpress.com/2018/11/11/vietnam-o55s-november-2018/>



** [TREADLEY HELMET HATS](#) are a slip-on bicycle helmet cover which transform your helmet so you can enjoy 360° sun protection. No modification needed. Our hats shade your face, ears and neck so you can enjoy your next ride in greater comfort. Trusted since 2011. Endorsed and sold by Cancer Council. Made tough, designed in Australia.

To see our **RANGE** of products, visit our website

www.treadley.com.au.

I note that members are required to wear high vis clothing and we have two UPF50+ Explorer styles in High Vis Yellow with reflective binding. One is a breathable hat for summer, the other a water-proof style. www.mysunprotection.com.au

BICYCLES FOR HUMANITY, PERTH WA **Volunteers "Thank You" Lunch**

B4H WA recently arranged a Thank You Lunch for our regular volunteers. Their tireless support and dedication has enabled B4H WA to meet the needs of our Bicycle Empowerment Networks in Africa and also in remote WA communities.

We always welcome new volunteers to our Workshop. No experience is required. All you need is a heart to give back to the broader community - our regular volunteers will help with the rest. Enquire by email (info@b4hwa.com), by phone (0468 306 901) or just turn up at the B4H WA Bike Shed at Jack Williamson Reserve in Middle Swan - it is accessed from the very end of Eveline Road.

2018 The Year That Was

- B4H WA Remote Communities project is now overseen by our volunteer Ian Thomas to focus on development of sustainable cycling programs in remote WA Communities.
- 3 new collection points established - see <http://www.b4hwa.com/how-can-i-help/donating-your-bike/>
- New partnership established with A&K Philanthropy to deliver container #13 to Uganda.
- 2 containers were loaded with 836 bikes plus parts and tools.
- Yearly Town of Vincent Bike Swap and Big Bike Shed Sale were great successes building on 2017 sales.
- B4H WA displays at nine public events, which although down from the previous year, continue to spread the word about the work our volunteers do and the contributions they make to needy communities in Africa and remote WA. B4H WA is always looking for low cost opportunities to promote its cause.

Important Workshop Dates

- Tuesday 15 January 2019 will be our first workshop for the new year.
- No Sunday Workshop in January 2019.
- Sunday Workshop recommences 10 February ■