

CHATTIN' CHAINS

MARCH 2025



MEET YOUR NEW **COMMITTEE** ON PAGE 5

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MESSAGE FROM THE EDITOR

The longer I continue in this role, the more I appreciate the work of the Committee and Club members to the continuing success and operation of the Club. It only functions if members step up and contribute to its activities. You may not always agree with the direction the Committee takes and that leads to the observation: if you want change, you need to be engaged. I'm reminded of the Rostrum motto: 'Don't be silent when I ought to speak'. Also, some Committee members have had to continue in their roles because there has been no one stepping up to these positions.

Club members, like all cyclists, are known to accumulate bicycles, based on an established formula, as well as the paraphernalia that supports cycling. However, the time comes when bikes and bits are surplus to requirements and the decision is made to dispose of them. For some time I have been asking if members would support a 'trading post' in the newsletter, and several have said yes and provided details of their items for sale.

Now, the newsletter is only published quarterly and that also means that the advert, once published and the items, sold or not, stays there forever together with the contact details. Sam Paolino pointed this out and suggested that there may be some other media, Facebook or our website, better suited to selling than this newsletter.

Sam's points are valid but setting up such a system would need a dedicated person and we don't know the level of interest. A trading post ticks some other boxes too, such as moving on items that might otherwise finish up in landfill. That's why I had no option but to call it 'Recycling'. Charging for the items, even modest prices, values them.

So, we'll go ahead with the experiment and see what the response is. Enquiries will be passed on to the sellers. Obviously, this arrangement isn't sustainable. This time around there are only a few members with goods to sell, but if you support the idea, let me know. Further, if you want to play a role in running a trading post on behalf of members, please also contact me.

I invite your comments on these subjects, if you have other ideas for the newsletter, I'd welcome them too.

Graham Baws

Newsletter Editor
newsletter@o55perth.bike



FROM THE PRESIDENT

At the Xmas Lunch there were several instances to remind members of their minor infractions (distant memories of Turkey Awards?) such as John Mania receiving a car key helmet to remind him about riding to the start without a helmet. He's not the only one and other transgressions will most probably be remembered at the next Xmas lunch. Stay tuned!!

The introduction of the new jersey was a carryover from the previous Committee which the current Committee completed as a priority after member consultation. It's good to see a growing number of members fitting into the new-style jersey.

As a result of a query at the 2024 AGM, Accident Protocol Cards were produced to help with decision-making in regards to Ambulance attendance at an accident.

This year I will be promoting that the Club is about FUN, FITNESS and FRIENDSHIP.

I must say that the decision to nominate for an Office Bearer position was forced on me at the last minute. Two days after the AGM I head off to Tasmania for 10 days and will miss the Committee meeting on 12 March. We do need more members to take on these roles.

This also applies to the Vice President's position who is also going to Tasmania. He happened to be walking past our caravan in Busselton and is now sporting a triangular bandage on his arm after I twisted it furiously on the day before nominations closed.

If we don't fill the Office Bearers' positions, then the Committee will not be able to function and the Club will have to FOLD! I'm already looking for replacements for next year. Interested?

Nev Taylor

President



FROM THE RIDE CAPTAIN

Report through to February

January was a month of enforced rest from riding days, due to the very HOT weather; it seemed that every Wednesday there was the compulsory over 38C cancellation.

February has sprung into action with the attendance of well over 100 members at our Busselton camp, enabling many riders to enjoy the different cycling options there. With 27 routes listed on the Club's website, members sought out well-known rides, and found new ones with new coffee destinations.

March beckons with the AGM; to close one Club year and move on to the next one.

As in previous years, the ride statistics are collected and notated by the Ride Captain.

However, as is well known, they are also recorded and presented by our Statistician, Cameron Blyth, using the Club Facebook page to inform members.

I would like to offer a bit more background to this arrangement.

The Ride Captain's job has always been to collect these statistics and report them to the Committee.

But these numbers, and who is leading, and who is tail-ending (a new addition this year) allow for further interpretation.

- Firstly, and quite clearly, the frequency of those members who have led and tailed. We have always known members have done 'huge', or 'lots', or 'some', rides, so this year we have named and then counted those members' attendances.
- Secondly, I can see whose group numbers are stable, being at 10 or under, or if groups are continually over the group limit of 10. This is a prompt to see if a solution can be found to reconfigure these groups.
- Thirdly, if new Ride Leaders' names are being recorded, I can see how they are progressing.
- Fourthly, I can see the average riding speeds, which is a very useful tool. It enables me to know where to best place prospective riders, taking account of their riding history and matching that to a group's expected ride profile.



I have a history of all rides on a day, which can assist with any number of queries.

The above, is a background to the reasons why ride statistics need to be reported after every ride and sent to ridecaptain@o55perth.bike

The Ride Team has very much appreciated the statistical work that Cameron has done. It is an excellent arrangement, one that we hope will continue.

We've had several new members join in recent weeks, but the following is an excerpt from a letter of resignation from long-time member Trevor Maslen that I'd like to share with you.

'I would like to thank the Perth Over 55 Club for giving me the opportunity to be a member for some twenty years and enjoy the benefits of membership: the opportunity to enhance my health and fitness and the friends and socialisation that it has provided.

Best wishes to the ex and future Committee members, the ride leaders and tail-end-charlies who have supported me and provided me with the safest environment possible while pursuing my cycling activities with the Club.'

A nice note on which to end!

Sandra Patullo

Ride Captain



STATISTICS

Three charts summarise different aspects of the Club's riding activities over recent years. For a summary of each week's statistics, please check out our Facebook page: 'Members of Over 55 Cycling Club in Perth Western Australia' each Thursday.

Cameron Blyth

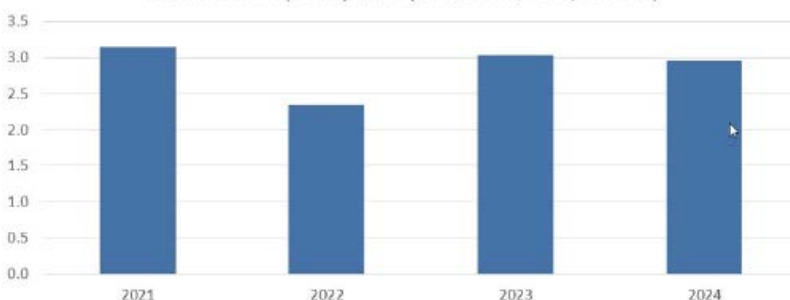
Ride Statistician



Riders by Group and Day of Week 2024-2025				
	Wednesday	Saturday	Monday	Total
E1	281	406	17	704
E2	338	390	26	754
E3	726	692	436	1854
E4	500	758	124	1382
E5	428	569	31	1028
L1	319	14	19	352
L2	93	204	0	297
L3	506	360	271	1137
L4	416	82	10	508
L5	135	66	10	211
Total	3742	3541	944	

Club Rides Led 2018 - 2025	
Neville Taylor	420
Kay Taylor	403
Marilyn D'Angelo	327
Steve Napier	316
Lance Deegan	295
Peter Komysan	268
Stephen Ho	244
Peter Mayall	222
Don Buchanan	216
Cameron Blyth	190
Peter Mahony	181
Jerry Lowe	177
Colin Mellows	178
Daphne Small	161
Stuart Garner	159

Accident Frequency Rate (Accidents / 100,000 km)



MEMORIAL SERVICE HELD AT BURSWOOD - 26 FEBRUARY 2025

Presentation by Don Chipper, photos by Ray Scanlan



THE OVER 55 CYCLING CLUB'S ANNUAL GENERAL MEETING



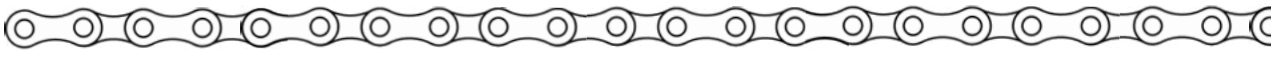
The AGM was again held at the Manning Community Centre. It was well attended, well run and well victualled. It was good to see that Coles Fruit Cake remains a staple.

The Committee faced the - lively at times - members. Nevertheless, the President got through the business efficiently.



This is your Committee for the upcoming year, all willingly appointed.- Left to right:

President: **Neville Taylor** • Vice President: **Rob Slack** • Secretary: **Brian L Smith** • Treasurer: **Maria Le Page**
Ride Captain: **Sandra Patullo** • Membership Officer: **Richard Brooke-Smith** • Events Coordinator: **Shirlene Scanlan**
Merchandise: **Thelma Chapman** • Deputy Ride Captain: **Stephen Napier**



Certificates of Achievement. Two of four recipients attended and received their certificates, Cameron Blyth and Fred Tindale. The absentees are Lance Deegan and Nigel Eggington. Congratulations.

Book-ended between Sandra and Gary are: Michelle Ottoway and Patrick Kelly who were nominated, and Richard Archer and John Frey who won on the tally (John wasn't present at the AGM)



Member of the year, 2024. Modesty prevents me from displaying a photo. He was presented with a carrier bag, hopefully containing Coles fruit cake.



CAMPS – BUSSELTON 2025

The annual Busselton camp was held from Saturday to Monday, 9-16 February at the RAC Caravan Park.

Some members arrived on Friday with the majority on Saturday and Sunday.

We had over 100 members at this year's camp who enjoyed rides every day, split up into various groups all heading off in different directions with different destinations.

Happy Hour was held every night at 5 pm by MC Shirlene to relate the happenings of the day and discuss future events organized for the week.

Gary Thomas arranged teams for the Boules competition for the games to start on Monday afternoon.

Gus ran the Lotto competition for the \$20 million Saturday jackpot.

Pictionary was run on Monday night at 7 pm by Richard and Bernadette.

We were entertained by the Trad Jazz Trio thanks to Club members Sam, John and Elwyn.

Tuesday's Happy Hour had a 70's theme with many members making the effort to dress to impress.

Nev and Kay Taylor held a 70's dance the same night at The Hub with over 40 people being taught the YMCA by the hosts who had been practicing for weeks. Also thrown in was the Nut Bush City Limits dance led by Michelle Ottawa and the Macarena led by Sandra. It was a very happy and enjoyable night for those who attended.

Wednesday's riders set off in various directions for distances ranging from 26 kms to 98 kms.

Entertainment that night was Maurie on the ukulele.

On Thursday, the dinner dance was held at the Esplanade Hotel and was well supported; 92 people attended.

The musician on the night was Laine Wolfe, a complete girl band who was superb. She played guitar whilst singing, drumming with one foot and playing cymbals with the other.

A lot of people were up on the dance floor bopping around like old hipsters, a most enjoyable night out.

The boules final was held on Friday afternoon with the eventual winners being David and Karen Shaw. Runners-up were Richard Brookes-Smith and Cliff Miller.

Friday night was the long-table dinner outdoors on the grassed area for a Pizza, Pearls and Bow Tie night. For \$10 each, there were pieces of pizza followed up with an ice cream. Well done Shirlene, a lot of organizing to feed 88 people.

On Sunday Gus announced the lotto result. Oh well, better luck next year! The small winnings were donated to the MND charity run by Liz Curtis.

Nev and Kay held a bingo night at The Hub, well attended by around 40 people with 'eyes-down', all wanting to win the prizes. Thanks, Nev and Kay for a fun night.

By the second Monday the number of people had dwindled somewhat as many had headed back home over the weekend.

Ray Scanlan



Here are an assortment of photos of the camp, taken by Ray.



70's Dress Up Finalists



70's Themes



Boules winner and runner-up



Dance instructors



Dinner dance



Pizza night



Thanks Gary



Thanks Shirlene



Shirlene and Sandra showing their style



At the Hub





Valentine's Day breakfast



YMCA

With a little help from my friends

This song was performed at the Busselton camp after which an encore was promptly requested.
The words are by **John Forde**.

(v1)

I wake with the dawn
I put my riding gear on
and I set off in search of the sun
I meet with the Club at the rendezvous hub where we're
sorted in groups five to one

Chorus1

Oh, I get by with a little help from my friends
Mmm, I like to ride with my cycling friends
Yes, I'm gonna ride with them right to the end

(v2)

The Peleton boys, they don't make any noise
They don't call out or ring any bell
They ride two abreast
'cos they think they're the best
And they fly by like bats out of hell

Chorus 2

Oh, I don't mind 'cos I ride with my friends
Yes I get by with little help from my friends
Yes I'm gonna ride with them right to the end

Refrain

Do we know where we're going?
You just have to follow the lead
Do they know that I'm slowing?
You just need to keep up your speed

(v3)

What would you do if I punctured my tube?
Would you dismount or ride out on me?
Lend me your spare and I'll make the repair
And I'm sure we'll be home before tea

Repeat Chorus 1

Repeat Refrain

Repeat Chorus 1

Yes I get by with a little help from my friends,
With a little help from my frie_ _ _ _nds.

HALF DAY E-BIKE TOUR IN UBUD, BALI



Recently Liz and I did a half-day bicycle tour in Bali and I thought I would share our experience.

The Company that organised the tour is called “E-Bicycles Bali” and we booked before we left with Viator. The bikes are electric but are throttle-controlled whereas most electric bikes in Australia have different modes of electric power. We found these types of bikes take a bit of getting used to. The tour company did an excellent job. There were about four groups with approximately six riders in each group. Each group had a leader, tail-end Charlie and a floater who went up and down the group and stopped the traffic when we had to cross a road or busy intersection.

We started off riding along a minor road which lasted 15 minutes until we came to a temple. We then had a 40-minute talk on the Hindu religion which included information about “Karma” and how you come back in the next life as a different person. For instance, if you are nasty to a dog you will come back as a dog!

From there we continued along another minor road until we came to some rice fields. Riding in the fields can be very tricky as the tracks are narrow broken concrete paths with channels on either side. This is where you have to be very careful using the throttled bikes to ensure you don't use too much power. One lady in another group fell off her bike and ended up in the channel and had to be taken to hospital. A lot of times I walked my bike around the corners.

After the rice fields we continued along another minor road until we came to a fantastic lookout over flying foxes.

People were taking rides across the many fields.

We continued on with our ride until we came to a coffee-tasting plantation and lookout. There were 10 different types of coffee and after the tasting you could then have a cup of coffee of your choice. One of the coffees “Kopi Luwak” is a coffee that consists of partially digested coffee cherries, which have been digested by the Asian palm civet. They look like raccoons.

From there we went onto the main road in Ubud with all the heavy traffic before going off onto minor roads amongst the small houses. Then back onto the main road. This is where the floater was good as he was stopping the traffic when needed.

We continued on the main roads till we came back to our starting point and had lunch. Over lunch I was explaining to the leader about the bike signals we use in our Club which he appreciated as I was using them on our ride. We thoroughly enjoyed our tour and would recommend it. The bike tour company did an excellent job. The cost was \$70 per person. If you are staying in the Ubud area they will pick you up and drop you back, inclusive of the cost. Because we were staying in Nusa Dua there was an extra cost of \$40 for pick up as it is approximately a two-hour drive. If you are going to do the tour I feel you need to be a competent rider.

Chris Whitehead



TWO DAYS AROUND BALINGUP

We left Perth Tuesday for a couple of days at a holiday suite in Mullalyup, just before Balingup on the South West Highway. There wasn't much to the village that lined the highway. If you weren't stopping, you'd hardly remember seeing it as you whizzed through at 80 kph. There are five suites at the property, each self-contained and well-equipped for short stays. They were at a sufficient distance from the highway used by plenty of big trucks but we were aware of little noise. The units faced an open-lawned garden. Beyond that was a cattle paddock.



We arrived mid-afternoon having made some small deviations from the direct route. We were the only guests. It was peaceful. The owner was friendly and we were soon exchanging our experiences of working with local government.

A short time later, Philippa looked at the map and noticed, just outside the town of Balingup, there was the Golden Tree Forest. It seemed an intriguing place to visit and late in the day, it was a warm day, we drove into Balingup and followed the sign right to the Golden Tree Forest.



At the entrance was an old house, occupied, we imagined, by a caretaker and a little further on was an even older house that didn't seem occupied at all. Maybe it was used for storage. I claimed later that we might stay there, but it was a bit upmarket for us. It was reminiscent of Roland Harvey's art.

Just beyond the old house we found the car park which was empty. We left the car and walked towards the entrance to the park, an open old metal bar gate. We walked a little way in and a little way up, we were entirely alone. It was so peaceful and quiet but for the sound of the breeze through

the trees. By then it was warm but not hot and the sun was at an acute angle making the shadows really long. All around us were trees with deep green foliage and, over the ground, tall sun-bleached grass.

I walked a few metres off the path into the grass to read a plaque in front of a large oak tree. Nearby I spotted a pair of abandoned protective ear-muffs deep in the grass. We returned to the path and turned towards the exit and carpark.

Just then, a man in an old Ute drove slowly up the path with his dog running alongside, it came over to us for a pat. The dog had a large area of its fur shaved and the driver was quick to tell us what the operation had cost him (\$11,000) to deal with the infection caused by an insect. I asked the driver what he did up here, he maintained the facilities and told us he'd lost a pair of ear-muffs and had come back to find them. I was able to tell him just where they were! We returned to our car and drove off, through Balingup, and back to our holiday suite in Mullalyup.

The following evening we took a different (read wrong) road out to the Golden Tree Forest, Philippa was determined to walk up the hill to the Pear Tree lookout. The road in was



pretty rough and it was a slow and hilly drive for a couple of kilometres. Then we backtracked and found the same car park we used the previous day, similarly occupied.

On foot, we followed the green arrows up the winding hill in the company of quite a few sheep and arrived at the lookout 20 minutes later. It wasn't spectacular, just peaceful and natural, our daughter, who had visited the area before, described the area as serene. The word was appropriate. At the lookout there was a pomegranate bush in abundant bloom, wish it would have a word with ours.



The return was a little steeper and shorter (downhill usually is) and then we were back in the car park. We'd only driven a couple of kilometres when a warning sign appeared on the dashboard display: the right rear tyre was underinflated. It must have been the rough road in, I'd checked the tyre pressures before we left home.

There weren't any major garages for 25 or more kilometres, but there was a local one in Balingup, just three minutes away. The garage, with a couple of pumps, was also a general and liquor store. Our arrival coincided with the blokes knocking off from the tin mine who were collecting beers for their journey home (I was told). It was busy but the rush hour only lasted minutes.

I pulled up at the pumps behind a lady in a well-maintained, but not new, Toyota Landcruiser. At that time, we noticed that the building behind the pumps was boarded up. I asked Landcruiser Lady if there was air available for my tyre. She pointed to the damaged building so I went into the store to check. Between ringing up packs of cold beer, an assistant told me there was no air, the building got run into by a truck!

Meanwhile Landcruiser Lady paid for her fuel at the counter, turned to me and said she's got a compressor under the bonnet of her car which we could use to pump our tyre! We returned to our vehicles, moved to a quieter location just across the road and she got out the connector hose and started the Landcruiser's engine. She'd not used it for a while so it took a couple of minutes to find which hose to disengage and which valve to open. Suddenly there was air flowing into our tyre.





Philippa, Landcruiser Lady and I all saw the tyre inflate and Landcruiser Lady even had a pressure gauge to check progress. A few minutes later the job was done, we disengaged the hose and reset the compressor. Sue, we introduced ourselves, was a local, youngish lady i.e. around our age, and Philippa complimented her on her mechanical knowledge. Landcruiser Lady said that when she was learning, her Dad wouldn't let her drive on her own unless she'd grasped the basic skills of fixing cars. Well done, Dad!

We left Balingup and ten minutes later we were back in our (holiday) home in Mullalyup. Once there, I took another photo of a cow in the paddock, later using an AI photo programme to improve it.



PS On the drive home, the warning light on the dashboard came on again. It turned out there was a significant but slow puncture, now fixed.

Graham Baws



A BIT OF CLUB HISTORY

After retiring from work in June 1998, I joined the Over 55's Bike Club. At the time, membership was around 150 members. Today the membership stands at least 400. What attracted me to the Club was the fact that I enjoyed leisurely riding to work (13 km) for a few years prior to retirement. However, when I enquired the Club representative indicated most Club rides were around 40 kms, which I thought would be beyond my capability.

My initial ride leader was Ron Hardie who took his group on fantastic rides with ever-increasing average ride speeds.

When the Club originated in 1984 there was only one group which was restricted to 17 kph speed. Because some people wanted faster rides, the Club introduced different groups to suit all members and this has since evolved to suit all abilities.

A few pointers I've enjoyed immensely about our bike Club are:

- The camaraderie – sharing with people who enjoy bike riding.
- Exploring new metro areas and nature generally.
- The exercise.
- Well run Club during my 25 years membership.
- Being able to transition to an electric bike in order to extend my riding life.
- Enjoyed camps at Albany and Busselton.

My expectations have well and truly been exceeded during my 25-year membership, for which I am very grateful.

Reg Gauld



THE SECRET TO A GOOD EGG

Everybody knows how to boil an egg and the basics probably haven't changed in millennia. Stand by; technology is catching up with your breakfast. This article appeared recently in The Economist's Espresso, their daily round-up of news, usually consumed over breakfast. The Economist gave permission to reprint the article. Please let me know your tried and tested method of boiling eggs. Mine's seven minutes then into cold water. Surely, a recipes page is long overdue in the newsletter.

Is there such a thing as a perfectly boiled egg? Italian scientists reckon they have cracked the code. The trick, revealed in a study published recently, is to move an egg between a pan of boiling water kept at 100°C and a nearby bowl of 30°C water every two minutes. Their findings are backed by nuclear magnetic resonance, high-resolution mass spectrometry imaging—and a taste test.

But the process, which needs repeating for 32 minutes, requires patience. It may also require a deeper wallet.

In America the average price of a dozen eggs is up 65% from last year, thanks to the spread of H5N1 bird flu. Many are already feeling the pinch. Waffle House, a diner chain, has just added a 50 cent surcharge to each egg it sells. The stakes are high for a good breakfast.



PS In the past few weeks, the price of eggs (in the USA) has continued to escalate and has become a de facto measure of inflation. I hesitate to make any political observations here although it's tempting.
Editor

FOR SALE!

RECYCLING

(It's where the formula changes from N-PLUS-ONE to N-MINUS-ONE)

It's the **Club's Trading Post** where you can offer your redundant bikes and accessories for sale.

If you are interested in any of these items, please send your contact details to the Editor (newsletter@o55perth.bike), and they will be passed on to the prospective seller.



LYLE BURGESS

**Specialised
Expert Roubaix**

full carbon bike.

Men's, large, for a 1.83m male.

Ultra-light,

all Ultegra gear set.

\$1,100

LYLE BURGESS

Trek 7.5 FX

Including all accessories
including slide-on bike pack

\$400





CLIFF & RITA MILLER

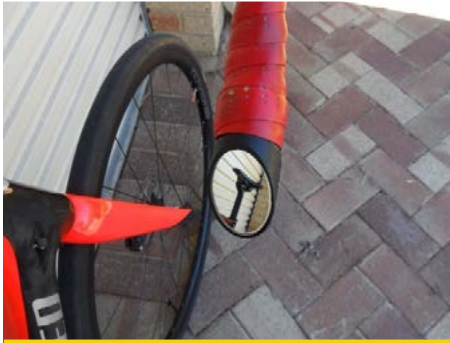
Specialized Roubaix

Expert. Carbon frame, 58cm (large)

Shimano DI2 electronic shifters. 2018 model with upgraded front and rear derailleurs. Future shock (adjustable knob) and new cassette.

In excellent condition.

\$3,500



GIANT Seek

Medium frame

Hydraulic Disc brakes, 700mm wheels, 27 speed with quality components. Pump & bike rack included.

Very Good condition

\$350



Quiz

POINTS OF INTEREST – A QUIZ

Lance Deegan, expert at out-of-the-way paths and places, put this list together to challenge your knowledge of the streets you have travelled so many times. If you think you know where and what these illustrations are, please email the Editor at newsletter@o55perth.bike with your answers. There's only eight questions. First in, best dressed.

And once you've finished the quiz, there's another challenge.

Do you know of off-the-beaten-track features, secret destinations and points of interest that you can share and test the knowledge of your fellow members?

Send the answers to the quiz together with your photos and locations of your points of interest to:

newsletter@o55perth.bike



1

What is this, you'll find it in McCallum Park?



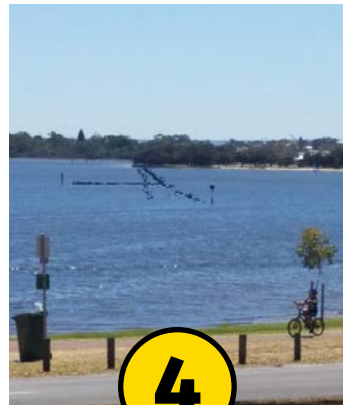
2

Where is this Italian immigrants' statue?



3

Where is the Sikh Heritage trail?



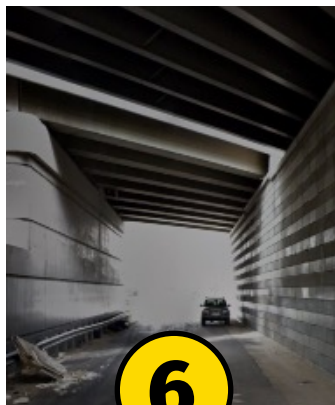
4

What are these lines of posts in the Canning River?



5

Have you ridden the Severin Walk?



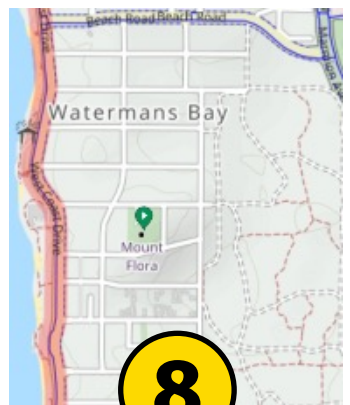
6

Where is this big underpass?



7

Where and what is this?



8

Why would you visit Mt Flora?

Remember... answers to the quiz together with your photos and locations of your points of interest to: newsletter@o55perth.bike

MARK TWAIN, CYCLING AND AI

It all started when a member (we'll call him LAB, after all, they're his initials) sent me a bunch of cycling-related jokes, most of which had been around a while. However, at the end was a reference to Mark Twain's involvement with bicycles, which turned out to be quite a lot.

One well-known quote of his is 'Get a bicycle. You will not regret it.... if you live!'

Twain had quite a bit to say about bicycles—his essay 'Taming the Bicycle' is another classic piece where he describes his struggles learning to ride.

To paint a picture of Mark Twain's interactions with a bicycle I thought some graphics might help, so I asked ChatGPT to provide an illustration to accompany Twain's words.

'It was on the 10th of May, of the present year, that a brace of curiously contrasted events added themselves to the sum of my experiences; for on that day I confessed to age by mounting spectacles for the first time, and in the same hour I renewed my youth, to outward appearance, by mounting a bicycle for the first time. The spectacles stayed on.' - Mark Twain speaking.

This was ChatGPT's first attempt at illustrating the event but it wasn't very good. It highlighted ChatGPT's tendency to distort human extremities. Check the character's fingers and legs. The technology has a reputation for doing this.



The next step was to correct the character's limbs, so I specifically instructed it to attend to the fingers and legs. He's down to the correct number of legs, but there's still a problem with his fingers!



Let's try again:



Getting better, but now he has two pairs of spectacles and he is at one with the arm of his spectacles and a finger.

At this point I gave up. Let me know if you come up with a better image!