

CHATTIN' CHAINS

JUNE 2026



See Jim Laurie's photos on page 11



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MESSAGE FROM THE EDITOR

'Having had my arm well and truly twisted by the retiring President' is our new President's introductory message below. Whilst we sincerely welcome him into the role, it is timely to comment, as does he, that his and the other voluntary positions on the committee should be the subject of greater interest by more members. Our members have wide experience gained throughout their working lives and they could bring those skills to the benefit of the Club. Think about it, we're already a quarter of the way towards the next AGM.

Events over the past quarter include the Albany Camp and the Achievement Rides and there are reports on both. There is also an important notice about accommodation for the Australind Camp in October.

There is some pretty personal advice from Lyn Barnett and pretty useful advice from Carolyn McCusker. John Frey has an eBike for sale, it's in fashionable grey, and while on the subject of sales, here's another bargain. John Morhall is selling five Club shirts, each for \$0. He seems to be negotiating on size rather than price. See the adverts.

Rottnest is the overseas trip that is passport-free and very accessible; you can go on a whim (best on the ferry). Six of us did and we've included some of our reflections.

It pays to share stories of your working life with the editor. Steve Dalley, who joined in May, was a baker and, as a result, you can see the first (I believe) recipe in Chattin' Chains later in the Newsletter. We can only go so far, you'll have to imagine the aroma of baking bread. Feedback is invited.



Each year, Kiwi Brett Cotter collects a bunch of disparate films, ALL related to cycling and puts on a night of maybe ten short films. All are interesting, many are fun, and some are inspiring. He'll be here in September with the next edition. I know some of you attend, I've seen you there, so I'll put a

reminder on our Facebook page closer to the date. I believe tickets are already on sale.

Graham Baws

Editor

newsletter@o55perth.bike



THE CLUB

FROM THE PRESIDENT

Having had my arm well and truly twisted by the retiring President, I must say I am honoured to take on the role of President of our great Club for the 2026 Year.

Thank you to all on the Committee for stepping up to your positions. Many of you have been on the Committee for some time and your dedication to the Club is much appreciated.

It is my hope that we can encourage more members to take on these roles. We are also seeking support in many of the non-committee but essential roles that keep our Club going.

It's more than two months since the AGM and it is encouraging to see the number of new members coming along and joining the Club. We need to make these new

members feel very welcome and do all we can to attract more riders to join.

The Albany Camp, whilst down on numbers due to unpredictable weather and fuel uncertainty, was a great success. Enjoyable rides and fun times were had by all. Thank you to Michael and Maria Le Page for their organisation and work in putting together the camp activities.

The next major event in the calendar was the Achievement Rides. Congratulations to all those who gave it a go and stretched themselves to complete their chosen ride. I personally enjoyed the 108km ride to Muchea and return which was well led by Kay Taylor.



BILL STAUDE

On Saturday 16 May, I was honoured to be invited to join the celebration for Bill Staude's 95th birthday together with his wife Josie, family, and several Fellow Club Members.

It was a lovely celebration where many stories were told of the numerous rides Bill's friends have done with him over the years.

In 1947 Bill had his first bike race at age 15 with the City of Perth Cycle Club at Maylands. His last was in the Menzies to Kalgoorlie Bike Race, or as it is historically known, the Chas Egan Memorial Race in 1998 at the age of 67. There were obviously many rides and races in between.

In 1958 his loving wife Josephine gave him the message that it was time to park his bike and start a family, so he did. In his words, "He then spent the next 30 years in the wilderness whilst they had and raised their family of six." It is of note that all six offspring are bike riders and love it. He has a saying, "when you are on your bike nothing else matters."

Bill joined our Club in 1999 and whilst he has slowed a little, which one would expect, he still rides every opportunity he gets.

Bill has completed 15 x 200km Achievement Rides and 2 x 100km achievement rides. It is apparent that Bill likes longer rides. He told me that just after joining the Club he put his name down to do a 200km Achievement Ride but was informed that the Club rules would not allow him to do a 200km ride until he had done a 100km Achievement Ride. Bill was not deterred by this and went off and found another group, AUDAX, and he did his 200km ride with them. Thankfully, he still returned to ride with our Club.

Over the years Bill has taken on and completed many long rides and has many stories to tell of his adventures. Whilst it would be great to have a full list of the rides he has done, I have jotted down some of the rides he has completed in addition to those mentioned above:

He has ridden around Australia, from Perth to Kalgoorlie, to Adelaide, to Melbourne, to Sydney, to Brisbane, to Mt Isa, to Darwin, to Broome and to Perth and many other places in between. Different riders, some from our Club, joined him on various legs of the rides.

After completing this, he was challenged by a friend, saying he cannot claim to have ridden around Australia if he had not ridden around Tasmania. So, Bill, eager to correct the situation then went and rode around Tasmania.

At one time in his life, Bill lived and worked in Kalgoorlie and during this time he rode to Perth from Kalgoorlie three times. Not sure if his car was out of action but I suspect he did this because he just loves riding bikes.

He has also, over the years, completed many rides all over Western Australia. There are not too many parts of WA he has not ridden to.

Bill is an inspiration to me, and I am sure many others in the Club and beyond and a testimony to the health benefits of cycling. Keep going Bill, there are more rides left in you yet.

Life is Better on a Bike, so keep alert, stay upright and enjoy the rides.

SAFETY IS NO ACCIDENT!!!

Patrick Kelly
PRESIDENT





MESSAGE FROM THE RIDE CAPTAIN

The first three months of the year have once again been a busy and rewarding period for everyone.

The Ride Team, comprising Steve Napier, Graham Baker and Peter Davis, along with Jane Perkin and Steve Jeffery, who joined Graham at Carine, has continued to focus on ride safety while managing the rides programme.

The May Ride Team meeting was attended by representatives from four of our 14 groups. Looking ahead, any future Ride Team meetings will need to be driven by interest from Club members.

We have continued to encourage awareness of safe riding for ourselves and for others, and we are always grateful to members who submit accident and incident reports. These are collected only to help us identify trends and reduce the risk of future accidents.

In the March 2025 Newsletter, I explained why we collect ride statistics and share them in graphs on the website and Facebook page. Cameron’s explanation from that edition is also well worth revisiting. That, and all previous Newsletters, can be accessed on our website.

E-bikes continue to grow in popularity among both existing and new members, with around 80 currently in use.

Albany Camp week was enjoyed by all, despite one wet day in the middle of the week. This year, fuel shortages also

influenced some members’ decisions about attending. It was pleasing to see a good mix of rides on offer, and the new ride to the Barrel Farm proved popular both as a ride destination and for lunch. The new pathway from Grey St to the overpass was also a welcome improvement for safety.

Participation in the Achievement Day rides was 23, which is much the same as over the past four years, so options for the event will be reviewed for next year. Two new northward routes were used, and the event again provided a great challenge in balancing time and distance. It was especially pleasing to see many Personal Bests achieved on the day.

For the May Overnight Ride, 4 members rode from Burswood to Mandurah by bike and enjoyed an evening meal together before returning the next day. It was a worthwhile outing, and the event will be reviewed again for next year’s ride schedule.

Applecross Rotary – Ride Captain invited to be Guest Speaker

I had the opportunity to tell the group about our Over55 Cycling Club and to give a broad outline of our aims and activities. The presentation was warmly received and has since been reported in their Newsletter.

Sandra Patullo
Ride Captain



MESSAGE FROM THE MEMBERSHIP OFFICER: MAY 2026

We currently have 314 paid-up members in the Club. In recent months, we have regularly had at least three new members join the Club after they have had a few ‘try out’ rides to see what we are all about.

The breakdown of our membership may be of interest and is as follows.

Membership category	Numbers at 1 May 2026
Ordinary Members	220
Over-80 Members	70
Social Members	17
Over-80 Social Members	7
Total	314

We extend a warm welcome to the following new members of our Club:

JAN ‘26

- Helen Chaffer
- Jeremy Lefroy

FEB ‘26

- Mike Read
- Rauno Jarvinen
(previous member)
- Judy Rudrum

MARCH ‘26

- Selina Michell
- David White
- Rob Sudmeyer
- Tony Marsh
- Carlos Correia
(previous member)

APRIL ‘26

- Bryn Jones
- Chris Shaw
- David Hayter

MAY ‘26

- Arlette Pedretti
- Steve Dalley
- Rob Thacker
(previous member)

Richard Brooke-Smith
Membership Officer





MESSAGE FROM THE STATISTICIAN

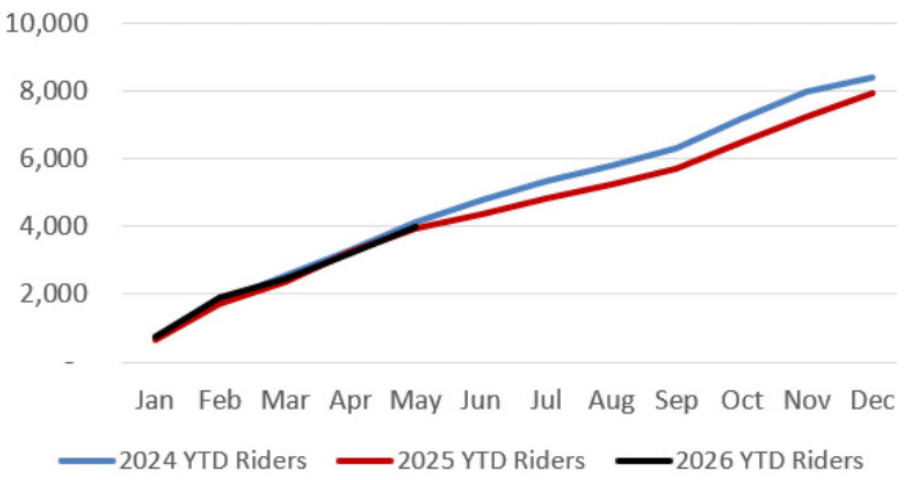
A graph of rider numbers is attached.

Statistically, it's a quiet time of the year. This graph shows that we are on track for similar total ride numbers as the two preceding years. We're just rolling along.

Cameron Blyth
Statistician



Cumulative riders



AUSTRALIND CAMP - IMPORTANT NOTICE

The Camp dates are: 18-23 October 2026.

This is a message from Richard about the upcoming Australind Camp regarding bookings, and an available discount.

I have spoken to Australind Holiday Park (previously Tourist Park) and they will provide a discount for Club Members on some bookings. However, Members need to book direct with them and not through Bookings.com.

Ange and Nick are the park managers but not the owners. Ange can arrange a discount of up to 10 % for normal bookings. Zoe, the receptionist, will take the bookings but we need to mention this deal for Ange to apply the discount.

Some of the budget rooms will not be discounted.

Richard Brooke-Smith
Membership Secretary



ALBANY CAMP: APRIL 2026

The annual Albany camp went ahead with some uncertainties regarding the weather forecast, which was for rain, and the fuel price increases to \$3/litre for diesel and \$2.60/litre for petrol, or the possible lack of fuel.

Despite these concerns the weather was excellent with five great days of cycling and just one rainy day. Plenty of fuel was available at those prices and on the last day the reduced excise kicked in and prices dropped about 20 cents for petrol. Plenty of fuel was available and when we were driving back to Perth on the last day there seemed to be plenty of cars, trucks and caravans on the road heading south for Easter. On the weekend the King George Sound light show was on and photographed by Ray Scanlan.



As usual, the cycling was great with plenty of variety in distances and challenges. Rides went out to Two People's Bay, Nararup Beach and Kalgan River Café in the east, Elleker and Mutton Bird lookout in the west, the Whaling station, the Sailing Club and the Wind Mill site to the south, and Barrel Farm in the north. Great fun, plenty of good rides and exercise, not to mention the camaraderie in the rides. In total we had about 35 cyclists, somewhat less than normal. Thank you to all the ride leaders and tail enders for taking the rides and to Sandra for briefing us each day.



On the social side the sundowner get-togethers were fun. Nev and Michael arranged the inaugural rice tossing competitions. These were based on corn holing except the rice bags were a little lighter and the distance to the ramp a little shorter. Also, the rules were modified to enable quicker games. In addition to the doubles competition, we also had a singles competition. The traditional trophy now has three new names added from the winners.



Maria and Sandra played in the final for the singles with Maria winning.



Kevin and Sandra won the doubles, seen here with President Patrick Kelly.

At the sundowners, Michael brought along his banjo and played a few tunes, so did Maria who played her guitar and sang as well. Thank you to everyone for the jokes and stories. They were amazing. Thank you also to Andrew who was the quiz master for the annual quiz night. He ran a great show with a range of tricky questions from cooking to geography and music.



Nev and Kay ran the bingo evening well and it was great fun as always.

Michael & Maria Le Page
Camp Coordinators.



ACHIEVEMENT RIDES



ACHIEVEMENT RIDE DATA 2026

#	Name	Ride	Financial	Start	Finish
1	Richard Archer	4 Dams	Yes	Yes	Yes
2	Barry Campbell	4 Dams	Yes	Yes	Yes
3	Walter Wetter	4 Dams	Yes	Yes	Yes
4	Guy Taylor	4 Dams	Yes	Yes	Yes
5	Lois Hansen	4 Dams	Yes	Yes	Yes
6	David Lewis	4 Dams	Yes	Yes	Yes
7	Peter Thomas	4 Dams	Yes	Yes	Yes
8	Neville Taylor	100 km	Yes	Yes	Yes
9	Ray Scanlan	100 km	Yes	Yes	Yes
10	Rosemary Cuthbert	100 km	Yes	Yes	Yes
11	Sonia Nesa	100 km	Yes	Yes	Yes
12	Ravno Jarvinen	100 km	Yes	Yes	Yes
13	Sandra Patullo	100 km	Yes	Yes	Yes
14	Frank Kettell	100 km	Yes	Yes	No
15	Maria LePage	100 km	Yes	Yes	Yes
16	Patrick Kelly	100 km	Yes	Yes	Yes
17	Steve Napier	100 km	Yes	Yes	Yes
18	Kay Taylor	100 km	Yes	Yes	Yes
19	Peter Mitchell	100 km	Yes	Yes	Yes
20	Shirlene Scanlan	100 km	Yes	Yes	Yes
21	Jurek Wilczynski	75 km	Yes	Yes	Yes
22	Thelma Chapman	75 km	Yes	Yes	Yes
23	Helen Bailey	75 km	Yes	Yes	Yes
24	Jane Perkin	75 km	Yes	Yes	Yes

NOTES:

30 riders nominated.

6 riders withdrew prior to the event.

1 rider withdrew during the event.

Breakdown of Achievement Rides:

- 4 Dams – 7 riders
- 100 kms – 12 riders
- 75 kms – 4 riders
- 23 Riders completed the event
- The 200 km ride, which in previous years was considered a priority for members to complete, was the major omission in selections this year. Perhaps it is the ride that most experienced riders have done in past years and it is no longer a challenge.
- The surprise selection was the 4 Dams ride, attracting 7 riders to complete the 175 km including significant ascents. Richard Archer led his team, of mainly group one riders, over the gruelling course. They spent 10.5 hours on the course and just made it back to the finish with minutes to spare before the 5.00 pm deadline! Lois Hansen was the sole female in the group.



- It was pleasing to see a significant number of female riders completing the 75 and 100 km rides. Committee members Thelma Chapman, Sandra Patullo, Shirlene Scanlan and Maria LePage led by example and they were well supported by the evergreen Kay Taylor and newer members Jane Perkin and Sonia Nesa. Helen Bailey and Rosemary Cuthbert rounded out the female participants.
- It took several days for the expression of joy to dissipate from Sonia Nesa's face at achieving her first 100 kms Achievement Ride. Congratulations to all who took part.



Sandra, Patrick, Mitch, Steve, Ray, Shirlene, Kay and Nev

RECOMMENDATIONS:

A review of the Achievement Ride Event should be undertaken in light of dwindling interest in recent years.

The following photos were taken at the Club BBQ on 6 May by Ray Scanlan and his assistant when the awards were presented. Not all the recipients were able to attend on the day.



Lois, Richard and Barry



Jurek and Helen



The awe-full audience

Gary Thomas
Organiser



CYCLING

E-BIKE FOR SALE

- Trek carbon-fibre road E-Bike,
- 3 power levels,
- size 56 frame,
- eGear shift.

Please contact **John Frey** on his mobile:
0402 288 819



CLUB SHIRTS-FREE!

My cycling wardrobe includes eight Club shirts covering long and short sleeves, and summer and winter weights.

Five shirts reflect their owner, and are of the older vintage, and three are of a newer vintage. You can see they are in excellent condition. Some show size as 5XL, but I think this must be an error as I will only admit to XXL.



They are available free on a first-come, first-served basis, so please call me if you are interested.

John Morhall Mobile: 0481 056 069.



BICYCLE FACE

This is an article published in the Literary Digest of 1895. The story was recounted by Stephen Fry in the TV show QI. Carolyn thought it worthy of publication in the interest of protecting our female cyclists!! Useful to know? Editor

Bicycle face is exhibited by female cyclists due to overexertion in the upright position, causing them to be weary and exhausted in an effort to maintain their balance.

The visible symptoms include a clenched jaw and bulging eyes, a face either flushed or pale and a haggard or anxious expression.

Physically, cycling can excite the pelvic organs and stimulate women to disturbing lusts. It may injure or even ruin the female organs necessary for marital harmony.

Carolyn McCusker



KEEP YOUR BOTTLE CLEAN!

This is a note from the unofficial Health Minister for the O55 Cycle Club Members and it applies to everyone!

You all take drinking flasks with you when you ride, many of them are plastic, have drinking straws, or mouthpieces and the like. When you get home, they get a rinse or a wash and are ready for duty again.

If your drinking flasks are clear plastic, you can often detect little groups of black mould and growth inside the bottle. If the bottles are coloured, the little growing bugs are not detectable!

Use a bottle brush to scour out your bottle and watch for the screw-in lid, especially around the screw rims. Sometimes a bottle-brush will not remove all growth and no amount of hot water and soap removes the sticky sods.

Once in a while a slosh of bleach and hot water is needed before you can say your bottle is safely ready for service again. Of course, rinse the bottle well!

Do you remember when a child, your mother showed you what grows under your fingernails? Did she take a sample and put it in a glass jar that she stored for a few days in a warm cupboard? In New Zealand my mother put it in the hot water cupboard, lovely and warm.

Then, a couple of days later, did you see the grey spidery cobweb structure that grew in the jar? Yeesh!

Perhaps she took a little bit of belly button fluff and did the same thing? The growth in the jar was disgusting, wasn't it? Mothers are so clever at 'show 'n' tell', aren't they?

Well, so too is your drink flask disgusting when the tiny mould spores have a field day and grow and multiply. The moral of the story? Clean your drink flasks well and often.

You'll never be the same again after reading the above, will you?

Lyn Barnett



WHO WAS THIS MAN?

This story should warm the cockles of your heart.

At the time of writing this, in late March, the world seemed a very strange place with little compassion or kindness. Fortunately, there is still some kindness in Perth as this short story will show.

My forty-year-old son Adrian is disabled and wheelchair-bound. He has access to a modified vehicle which enables him to get out into the community and he is responsible for the running costs of the vehicle.

Recently, one of Adrian's carers was filling up his vehicle

at a service station and another customer, unknown to her, approached them on his way back to his vehicle. He asked about Adrian's situation and thanked the caregiver for her work.

When the carer went to pay she was advised that the stranger had paid their fuel bill in full. By that time he had left and could not be thanked. The bill was \$176!

It certainly warmed mine!

Paul Smale





PHOTOS



This pic was taken by my granddaughter Sarah, at her partner's family farm 40 kms west of Ravensthorpe.

Sarah is bottle feeding the three lambs until they are old enough to join the flock.

Ken Dunwoodie



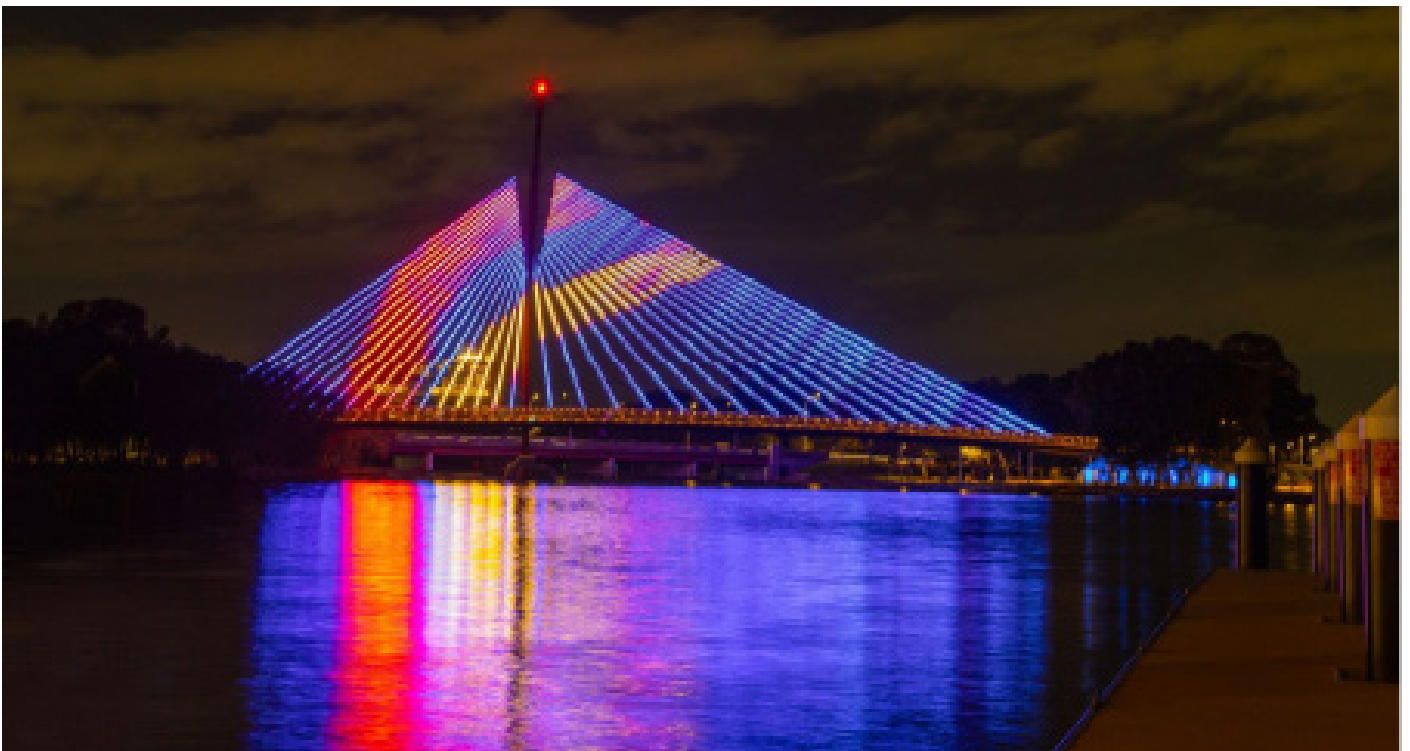
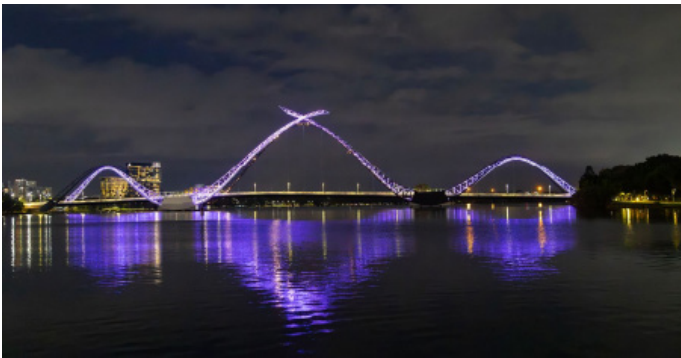
FIVE PHOTOS FROM

These are by Jim Laurie and include the recent lunar eclipse. They show what a stunning city we live in. Jim reckons most of us have ridden over these bridges, at least in the day. They are a different experience at night. It may be worth waiting until the weather warms up, but why not organise your group to have a ride at night and take in the bridges? Many of the newer bike paths are also lit making the experience even easier (and safer). Editor



The recent lunar eclipse





The bridges of Perth at night

Jim Laurie



THE WORLD OUTSIDE

SIX GO INTO ROTTO ONCE

Instead of our usual Wednesday ride, Paul suggested we decamp to Rottnest and spend the day riding there. The final group numbered six, and Paul's report is first. I had hoped for reports from all, but life got in the way of a couple. Editor

Paul

Rotto must be one of the best places for Perth residents, especially cyclists, to have a day trip or holiday. The roads are in good condition and relatively quiet with very few vehicles once outside the Settlement. The greatest danger there is other cyclists, as John pointed out to us all.

Six of us, John, Ray, Paul, Erica, Sara and Graham spent a very relaxed and enjoyable day there in early May. We chose a Wednesday, which is of course a normal Club ride day, in order to maximise the number of people potentially available.

Fortunately, it turned out to be a perfect day weather-wise and we were able to enjoy a relaxed ride taking in all the great views rather than setting a vigorous pace and challenging distance. There is a lot to take in if you take the time to look. With several cafes at the Settlement, one at Geordie Bay and a coffee van at the West End, it is easy to set a route that suits all tastes. I encourage other groups to spend a day at Rotto and don't forget to take your bathers.

Paul Smale

Erica

Well, nice to be invited to join the Over 55s for a bike day out on Rotto. Not sure I really qualify as an over 55s rider as I'm not a member of the group but it was very good to put faces to names I have heard of for several years now. Thanks everyone for including me in your friendly easy-going riding bunch.

Highlights of course have to be that feeling of coming home as you approach the well-known island, and the hilariously fast-paced safety demo on the very crowded noisy boat on the way back. But I joke.

Of course, it's the pink hue of the inland lakes and of the fringing saltbush down the army road that is a particular delight. And the sparkle of the surf at the West End promising adventure to the younger set on jet

skis and surfboards. Then there's that enormous stick nest and a newly refurbished boardwalk from which to view it.



The conversation over at Geordie's yielded lots of interesting history anecdotes about Perth and about the towns south of here. Being a fairly recent immigrant myself, 24 years in WA, I love to hear stories from people who have grown up in the state...thank you for so generously sharing those. It'll make both Paul and I feel even more at home when next we take our camping gear down south or into the desert.

The church on the hill had fencing in front, and I remembered something about 'human remains' having been found nearby. There is so much sorrow attached to the island's history and I applaud the work being done by the people now to remind us to be respectful when we visit.

Erica Smale

Sarah

The E3.5s decided to do a field trip to Rottnest, thanks to Paul's inspiration. The weather gods smiled on us, as we managed to get the one perfect day during a week of rain.

Six of us got on the ferry, with the very welcome inclusion of Erica, although we missed the workers who couldn't make it, especially our leader, Gino.

Most of us took our Number 2 steeds, rather than our most precious bikes (possible rough handling and salt spray).

After an essential bakery and caffeine start at the Settlement, we had a relaxed spin around Rottneest, stopping in at the little bays. I was in awe at the knowledge of our group, seeing Rottneest in a completely different light, with new discoveries on everything from natural history to World War 2 events.

Sometimes, it's easy to take Rotto for granted as it is so close, but this helped me see it through new eyes. We plan to make this an annual event, and we definitely recommend it to any other groups. It's a great way to strengthen group bonds, as well as having a fun day out!

Thanks again to Paul.

Sarah Cutts

Ray

Ray provided these photos, we (Ray and the Editor) both got to spend time with the seagull.



Ray Scanlan



Graham

It all started at coffee one day, not so long ago, when Paul suggested to our group, The E3.5s, that we ride around Rotto as a change from our regular Wednesday ride.

There was immediate enthusiasm and a range of ideas: go for just one day, or stay overnight? Over time the plan evolved; we'd go for the day, catching the 8:30 ferry there, and the 4:30 back to Fremantle. Once we'd decided on the format, we picked a day and marshalled a loose group who were keen to go. There were some that initially put their names down, but weren't able to make it on the day. That was a shame, Rob in particular was unable to make it. Rob is a current Rotto guide and his knowledge of the topography and history would have added to the day. Nick too was a recent guide. The idea of having one's own guide rather appealed to one's sense of importance, but it wasn't to be.

Wednesday 22 April was the day we chose as Paul assured us the weather was going to be fine, even if rain was forecast for the days around it. He was absolutely right, the weather was glorious. Six of us made the trip: Paul, his wife Erica, Sarah, Ray, John and me.

My next decision was which bike to take? Well, you've heard of the formula $N+1$? I have my road bike but was warned off taking it because of the rough way bikes are handled on the ferry, and the salt sea spray. For me the formula fits: I have 1 bike, and my son Nathan (it's what the 'N' stands for) has my old straight-bar Avanti, which should do fine. I rescued it from his care and prepared it for our adventure. I also had a test ride to the Oarhouse and, although I struggled with the gears and the regular pedals, made it there and back OK.

The morning of our trip arrived and I set off from home to the ferry terminal, a ride of some 16 kms. It was fine on the

bike path down to Freo but traffic proved challenging at times. Crossing roads with buses bearing down and lifting your foot up, expecting the pedal to follow, resulted in the need to urgently scoot across the road like a kid on a balance bike. But I made it safely and, as I got to the ferry terminal, the others arrived, parked, confirmed our tickets and we attached yellow bands to the handlebars.

The cabin was full but we all got seats and a half an hour later we disembarked at Rottneest Island Port, collected our bikes and set off for the day, straight to a café for coffee.

My previous visits to Rotto were well in the past and didn't involve much travel around the island. This day we rode around the island covering some 40 kms. The island is truly beautiful and although there were plenty of visitors, there weren't crowds and, even at the popular look-outs, plenty of room to park our bikes, walk around and take in the views. Our rides along the bike paths and roads around Perth are frequently within the sight and sound of traffic and it was the absence of this noise that made the ride so different, so pleasurable.

Eventually we stopped for lunch, were joined by quokkas and a sharp-eyed seagull who recognised a bargain when it saw one, and pinched a kid's sandwich off its plate at the table next to us. Be alert.

Was this the thief?





We'd done most of our riding in the morning, but after lunch we visited the lookout from which the golf course is in sight across the lake. The main transport around the island are bikes and the standard of road craft didn't match that of the Over55s. Keeping left didn't seem to be everybody's habit, but the traffic moves slowly enough that it generally isn't a problem. Apart from some service vehicles, the only other transport is the constantly rotating buses. I should mention that the island is not flat and you are more often riding up hills and only occasionally riding down them.

The sun shone out of a clear blue sky and we repeatedly praised Paul for the choice of day. It's going to be difficult to guarantee similar weather next year. Eventually we returned to the ferry and relinquished our bikes to be loaded onto the boat. We took seats in the cabin, the seat to my right at the window already taken. We struck up a conversation with the incumbent and he told us that the remains of three Aboriginals had been discovered on the island. I had heard it on the news in the preceding

days. He was there to make sure the remains were properly repatriated to their home on the mainland. The conversation was animated and friendly and he proudly told us his great-great-grandfather was in the first Aboriginal cricket team to play in England, in 1868, and his name was Felix. This resonated with me, my grandson's name is Felix!

The ferry docked, it was still light and we dispersed, the others to their cars, and I started my ride home. By the time I arrived, it was pretty dark. I'm only used to riding in daylight so it was a new experience. I was reminded that most of the bike paths are lit which is a big help. However, there's not much light for cyclists once you leave those paths, but I made it home OK. It was a long day in the saddle, even if the kilometres weren't vast in number.

Later that night, I searched for information online regarding the first Aboriginal cricket team to visit England, but I couldn't find a Felix in it!

Graham Baws

SPONGE & DOUGH BREAD RECIPE

Steve Dalley recently joined the Club and our riding group, The E3.5s. Having discovered his background, it felt like the right time to introduce recipes into the Newsletter. After all, we are people of taste. If you have a favourite and simple (as in straightforward) recipe, please let me have it. Editor

Hi, and thanks for welcoming me into the Over 55 Cycling Club. I've recently joined up and am thoroughly enjoying the friendly environment created by you all. As a way of

introduction and as an insight into my past as a trade teacher in Baking and Pastry Cooking, I've been asked to provide a sponge and dough bread recipe.

Check it out, it could be a worthy addition to your winter soups and stews, so have a go. It's good fun to make. However, if it all gets a bit too much, just refer to and follow the instructions in the last step.

HAPPY BAKING!

Yield: Yield 15 rolls at 100 grams (round or torpedo shape)

SPONGE

(helps introduce some complex flavours in the baked product whilst also conditioning the protein and eliminating the need for chemical bread additives)

INGREDIENT	GRAMS	INSTRUCTIONS
Bakers flour	300	Use Bakers flour with no less than 10.5% protein (Millers Artisan Sourdough Flour)
Water	300	During winter use water temp 20-25C During summer 5-10C
Dry yeast	1	Double quantity if using fresh yeast (better flavour)
Put all ingredients into bowl & mix together until clear. Cover and prove for approx. 2-3hrs (warm environment 35C and 80% humidity). After this time sponge should have doubled in size and have bubbles on top. If you gently touch the top of the sponge it should 'fall back' indicating it's ripe and ready to bake.		



DOUGH

INGREDIENT	GRAMS	INSTRUCTIONS
Bakers Flour	600	
Water	300 approx	During winter use water temp 5-10C During summer 0-5C
Salt	17	
Dry yeast	4	Double quantity if using fresh yeast
<p>Mix salt through flour and make a bay???</p> <p>Place yeast in middle, add water and mix together.</p> <p>Pour sponge into bay and mix through.</p> <p>Mix in flour to form a dough.</p> <p>Continue mixing and developing gluten for 5 mins.</p> <p>Round up dough and place into floured bowl.</p> <p>Cover and prove for 45-60 mins. Dough should increase in size by approx 30%.</p>		
<p>Tip dough onto floured bench.</p> <p>Gently divide into 100g pieces being careful not to knock too much air out of dough.</p> <p>Gently roll pieces into round shape, cover and allow to rest for 15 mins in prover.</p> <p>Take round dough piece, turn over and fold dough into itself to make torpedo shape, being careful not to knock too much air out when moulding.</p> <p>Roll moulded dough pieces through semolina/flour mix.</p> <p>Place rolls onto paper lined baking tray prove for 30-45 mins.</p> <p>Preheat oven to 260C.</p> <p>Prior to placing in oven gently cut rolls down centre.</p> <p>Place into hot, fan forced oven with steam & bake for approx. 20-25 mins at 230C.</p> <p>Serve bread with butter, cheese & lots of cold beer!</p>		

Steve Dalley



TENNIS BALLS AREN'T JUST FOR TENNIS

If you thought tennis balls were just for tennis, then read on. This list was provided by Lyle Burgess and has got some useful ideas. It was put together by Little Aussie Communities.

1 Banish scuff marks from hard floors

Just rub the ball firmly over the mark in a circular motion and watch it disappear like magic. The slightly abrasive felt surface lifts the mark without scratching or damaging your floor. It works especially well on marks left by rubber-soled shoes.

2 Foot massager

Drop a tennis ball on the floor, slip off your shoes, and roll your foot backwards and forwards over it - heel to toe, side to side. The pressure hits all those tired spots in your arch, and you can control exactly how hard you push down.

3 Fluffier, faster towels from the dryer

Toss two or three clean tennis balls into the tumble dryer along with your towels. They tumble around, beating the fabric as it dries, which stops the fibres clumping together (goodbye, stiff cardboard towels) and it speeds up drying time by keeping everything moving and separated.

4 Instant rubber mallet

Need to tap something gently without leaving a dent? Grab a tennis ball and cut an X-shaped slit (carefully) in one end. Pop it firmly over the head of your hammer and you've got yourself a makeshift rubber mallet!

5 Protect yourself from your tow ball

Tow balls are sturdy, low to the ground, and painful when you walk into one. To cushion any potential knocks, cut an X-slit into a tennis ball and push it firmly over the tow ball when it's not in use. It stays put, it's highly visible, and much more forgiving; it also protects the tow ball from rust and dirt.

6 Strengthen your grip

Squeeze a tennis ball repeatedly in your hand for a few minutes each day. It's a simple way to build strength in your hands and forearms - but check with a physio first if you're recovering from an injury.

7 Clean your fabric shower curtain

Put your shower curtain into the washing machine with laundry detergent and a clean tennis ball, then wash on a gentle cycle. The tennis ball helps to scrub the fabric clean as it tumbles around. (Always check the care label first).

8 Keep an outdoor padlock working smoothly

Cut a small slit in a tennis ball and slip it over an outdoor padlock. It keeps rain and moisture out of the lock mechanism, stopping it from rusting or seizing up - particularly useful on garden sheds and gates where locks are exposed to the elements all year round.

Lyle Burgess



PS Useful devices, they prevent splinters when providing a secure step-down from raised garden beds.



G'DAY MATE

It started a long while ago, riding along the paths in and around Perth, and passing walkers and family groups. Often they would call out a greeting, and we would too. There are areas around our city where particular ethnic groups have settled and some are easy to identify based, for example, on their dress.

Most, of course, are English speakers but, like visitors to France, it's good to speak to the natives in their own language, they appreciate it so much more.

This chart will give you the means to do that, so long as you take the time to learn the greetings relevant to the area in which you ride. Of course, the chart has uses well beyond bike paths and into many social interactions. It represents the most numerous groups in Western Australia.

There are some technical constraints of course, such as taking the list with you, you could print and stick it somewhere on the handlebars, or on a card. But the point is, since we are all ambassadors, we should promote the reputation of the Over55s as being a friendly and considerate bunch. That way, the other path users will happily make room for us safely to whizz by.

ETHNIC GROUP	GREETING	PHONETIC
English (well, Aussie)	G'day!	Guh-DAY
Aboriginal	Kaya	KAH-yah
Irish	Dia dhuit	JEE-ah gwitch
Scottish	Latha math	LAH hah mah
Italian	Buongiorno	Bwon-JOR-no
Chinese	Nǐ hǎo	Nee HOW
Indian (Hindi)	Namaste	Nah-mah-STAY
Filipino (Tagalog)	Magandang araw	Mah-gan-DANG AH-row
South African(Afrikaans)	Goeiedag	KHOO-ee-dakh
New Zealander (Māori)	Kia ora	Kee-ah OR-ah
Ukrainian	Доброго дня Dobroho dnya	DOH-broh-ho DNYAH
Israeli	Shalom	Shah-LOME
Palestinian (Arabic)	Marhaba	Mar-HAH-bah

At the time of printing Chinese, Indian, Israeli and Palestinian scripts were not available.

Graham Baws & Claude

