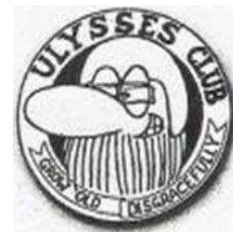




Ipswich Ulysses

Newsletter #30 March 2016



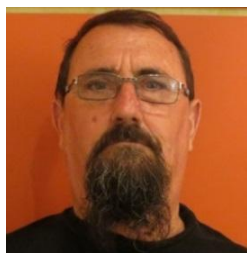
Interbranch BBQ Sunday, 21 February 2016



Information nights: First Friday of each month at Karalee Tavern, 78 Junction Road Karalee. Starts at 7 pm – come along for dinner earlier if you like

Branch rides first and third of each month with SOCIALS any time ... **see website for details**

President



Adrian Pamenter #38905

TM #27 0433 874 512
freerider65@hotmail.com

2015

Committee

Treasurer



Paula Rodgers

#53153
rodgers8@bigpond.com

Secretary



Amanda Pamenter #48662

TM #57 0413 420 970
ampamenter@gmail.com

Webmaster



Konrad Walters

50507 TM#55
ipswichulysses@zoho.com

Welfare



Christine Walters

53004
welfare.ipswich@gmail.com

Editor



Julie Aspland

#63506
ipswichulyssesed@outlook.com

Sheriff



James McColm

#50255
chubbs552@bigpond.com

Regalia



Denise Pierce

#64052
spook@iprimus.com.au

Vice President



Wayne Hele

#57408
fernvalduo@yahoo.com.a

Ride Coordinator



Erik Hansen

#55501
ehh@tpg.com.au



Ado's March Air Spray

Welcome to the March edition of the Ipswich Branch newsletter.

The interbranch BBQ was a great success, although we only had two visitors from NSW (Casino) the rest of the Queenslanders enjoyed each others company. Julz and Ski's games that were intended to introduce foreign members to each other worked a treat, better than some members paper plane building skills.



The branch members proved once again that I do not have to worry about volunteers as they come out of the woodwork when required. A big thank you to the committee for organising the behind the scenes part of the day. My call for tables and chairs was heard and they came in their multitudes. A big help in organising the catering for the day was the members RSVP'ing via the website which gave us a fair idea of how many from our branch to cater for. Talking about behind the scenes goings on – when we got to the site the power wasn't working and we were lucky enough that the ranger looking after the site donated the SEQ Water generator and fuel for the day. The food was in abundance and our resident chef's cooked up a storm for us all. Thanks to the volunteers on the food tables and of course the raffles table. Some of us shared time and food at the Queens Park that night again just to save throwing away good food, a bit like throwing pearls to swine. We have leftover steak and rolls and we are planning a lunch somewhere with the Branch BBQ in tow in the near future. If you have any idea of a ride or would like to lead a ride I would be more than happy to tow the trailer with the VTX.

Julz's Karoke night saw 14 of us attend The Ox at Oxley for an interesting and sometimes ear splitting time with the music being way to loud for the singers. There didn't seem to be any lack of interest from the floor to take up the mic and give a hearty rendition of some of their favourite tunes. Maybe 10 of us went early for dinner and about 10 of us stayed until late. Main singers were Julz, Lee, The Old Goat and my daughter Kimberley (my proxy for the night); and that's about it for the soloists from our branch. We did have an amazing rendition of a Cindy Lauper song from the Ipswich Branch Ladies Chorale Society which bought a standing ovation from the crowds or were they just leaving the room? A few of our girls received \$20 vouchers for showing their talents.

Don't forget about the Branch Camp Away in May – see page 14 of this newsletter for more info. Please, please consider coming away for the long weekend in May.

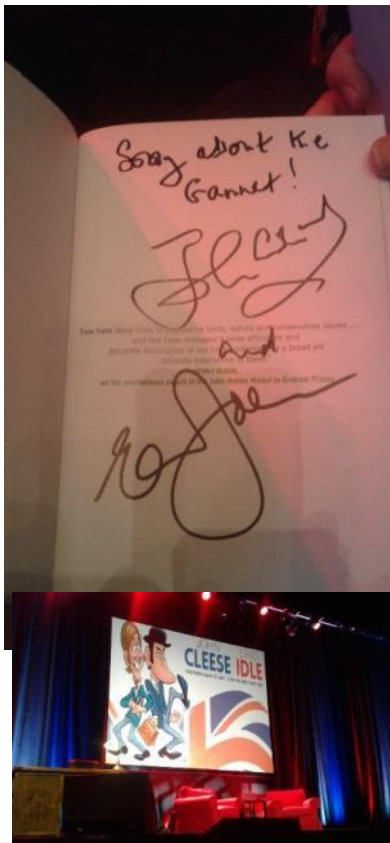
One of the reasons our branch rides are so popular and safe is that we use the corner marker theory quite well. Unfortunately this wasn't the case during one of rides last month. The way it works best is that the rider directly behind the ride leader when signalled will pull over to a safe spot and mark the corner and direction that the ride leader has taken. If you don't wish to corner mark, then either ride in the middle of the pack, or if you get caught behind the ride leader, then follow the ride leader round the corner, after you have signalled to the rider directly behind you. It is not uncommon to have two corner markers on one corner. It is the Corner Marker's job to

stay in this position until the tail end charlie indicates to them to re-enter the ride in front of the tail end Charlie. It is imperative that the corner marker stays no matter how long it seems before the trailing bikes catch up. If you have corner marked you are not required to pass the group again so you can corner mark further on. This is certainly an unsafe practice and can put the rest of group at risk. Furthermore, if you find on the ride that you have lost sight of the rider behind you, it is a good idea if you slow down until you see that rider. If everyone on the ride did this, this would cause domino effect with every rider looking after the person directly behind them. If you require any clarification on this please ask Erik or myself. Also, if we become aware that we have newer riders in our group then we need to take extra care while riding.

The Branch AGM is being held after the April information night on 1/4/2016. If you wish to nominate for any position this will need to be done before the end of tonight's information night, as Amanda will be reading out the nominations before we go home tonight. If you have any questions on what is entailed in any of the positions' please ask. If you don't wish to nominate for the main committee, consider coming along for the DV ride meetings.

Talking about the 2016 DV Ride we would like to thank DaZar for organising the printing of the butterfly stickers for us and Mario for his time and effort creating our 2016 flyer. The committee working tirelessly now to promote the event. Amanda will update you tonight on what has transpired in the last month.

A highlight of my month was front seats to John Cleese and Eric Idle in Brisbane. In true Monty Python theme it was a great night, with loads of laughs. Unfortunately there wasn't any merchandise for sale so I could get my Ministry of Silly Walks T-Shirt or Life or Brian T-Shirt... but.....during the first act they did the skit on The Bookshop where Eric Idle is trying to buy a book with the same titles as famous titles but with the authors names spelt differently. After many tries John Cleese eventually finds the book Eric Idle is looking for. Unfortunately it is a book on Australian birds and Eric doesn't like Gannets...Cleese rips the Gannet pages out and throws the pages away and then tossed the book straight to me at my front row seat. At interval I discovered the book was autographed by both men, and so I ended up with the only memorabilia available on the night out of the 1000 that were there.



Monty Python's Philosopher's Drinking Song

Simmanuel Kant was a real pissant, Who was very rarely stable
Heidegger, Heidegger on was a boozy beggar, Who could think you under the table

David Hume could out-consume, Schopenhauer and Hegel
And Wittgenstein was a beery swine, Who was just as sloshed as Schlegel

There's nothing Nietzsche couldn't teach ya, 'Bout the raising of the wrist
Socrates, himself, was permanently pissed, John Stuart Mill, of his own free will
On half a pint of shandy was particularly ill, Plato, they say, could stick it away
Half a crate of whiskey every day

Aristotle, Aristotle was a bugger for the bottle, Hobbes was fond of his dram
And Rene Descartes was a drunken fart, "I drink, therefore I am"

Yes, Socrates, himself, is particularly missed, A lovely little thinker
But a bugger when he's pissed **Keep it legal – I's a watching ADO**

DV RIDE UPDATE

Well the DV Ride is fast approaching with only 12 weeks from this Sunday. I am hopeful of having a meeting soon at my workplace, and will send a text out. Many hands make light work, so if you would like to get involved with the pre-event goings on, just let me know.

We have received the Flyers (thanks Mario for your creativity) and Marita and Daffy are about to start visiting neighboring branches. (If you are keen to go with them to the other Ulysses branches pls keep an eye out on the website, they will advertise there.) The routes are organized and ride leaders and tail end charlies have put their hands up. The Police Commissioner, Ian Stewart is attending with the Ipswich police motorcycles, and we are planning the speakers for the day.

There is a lot to be done, and we are certainly getting the word out there with the motorcycling community, advertising on websites, facebook sites and placing our flyers wherever they can be placed. If you need flyers, please see me. We are also looking for good raffle prizes for the day. I have written to a number of places (still waiting to hear back) We all know that Christine is always on the ball in this regard, but definitely needs our help. If you know of any places we can contact, please let either Christine or myself know and we will follow up. Also we are looking for trade stalls, whether they be motorcycle related or a stall of interest... again if you know anyone please let us know.

Thanks everyone - Amanda (Coordinator)

DOMESTIC & FAMILY VIOLENCE

RIDE FOR AWARENESS

Sunday 15th MAY 2016

The Ipswich Branch of the Ulysses Club Inc. would like to extend an invitation to motorcycle riders and the community to join them in the 2016 motorcycle ride to raise awareness of Domestic and Family Violence

More information at www.ipswichulysses.com 0433 874 512

Logos: Ipswich Ulysses, Ulysses Club, City of Ipswich, DVAC, Brothers Leagues Club

RIDE FOR AWARENESS OF DOMESTIC & FAMILY VIOLENCE

Sunday 15th May 2016 from 10am to 2:00pm

The Ulysses Club Inc Ipswich Branch would like to extend an invitation to fellow motorbike riders and community to attend the 2016 ride to raise awareness of Domestic & Family Violence within communities.

Riders will be met by a member of the Ipswich Branch and be lead to the ride venue at Brothers Leagues Club, Ipswich for a community event. **Leave time is 8:30 am** from the following locations:

North:	Beefy's at Glasshouse Mtn Bruce Hwy	Contact: Daffy 0438 022 746
East:	Loganholme BP, Pacific Highway	Contact: Jay 0407 641 878
South West:	Warwick McDonalds, 71 Albion Street	Contact: James 0458 103 939
West:	Toowoomba Picnic Point	Contact: Gunther 0421 424 126
Ipswich:	Yamanto McDonalds, Warwick Road	Contact: Eric 0414 732 245
Somerset:	TBA	Contact: Eric 0414 732 245

A donation of \$10 provides supporters with patch/pin, raffle ticket, show & shine entry. Free community event at Brothers Leagues Club, Ipswich with jumping castle, activities for children, stalls from community organisations and motorcycle related trade stalls. There is also a band for entertainment.

All Motorcyclists and Community invited to attend

Contact: Amanda 0413 420 970 or Adrian 0433 874 512

Website: www.ipswichulysses.com

Facebook: [Ipswich Ride For Awareness Against Domestic & Family Violence](https://www.facebook.com/IpswichRideForAwarenessAgainstDomesticAndFamilyViolence)

Logos: Ipswich Ulysses, Ulysses Club Ipswich Branch

Sheriff's Court

James "Windsucker" 50255

Great improvement at Karalee Tavern, I hope they keep it up for the members sake.

Fines as follows:

Julz: Won't stop singing the Village People

Steve: Got caught smoking after giving up.

Mario: What can I say about him, he gets a fine every month. Going up a one way street the wrong way. Went to the wrong meeting place. Not using indicators again

Old Goat: Crossing double centre lines, passing on the left side of the road..a no no

Rizzo: Kept indicator on for 14 klms

Amanda: Still writing September on the newsletter

Daffy: Scaring the sh### out of everyone with his klaxon horn

These people were caught on video not turning their indicators off at Wyaralong Dam:

Spook; Short Cut; Old Yella.

Wal for scaring Margaret when his bike fell over.

Margaret for accidentally bashing Wal and causing him to bleed.

BIRTHDAYS

Karen "Hav-a-Chat" Margaret "Sgt Major" Mario "Mazz" Lee "Wombat"
Helen Paget "Padre's wife", Phil "Old Yella" turning 79 years plus he just bought a new
650 motorbike

[Sorry I will have to put the pic in next month's newsletter.... Editor)

QUOTE OF THE MONTH

Don't wait, the time will never be just right
A big thanks to all the members for being in the greatest Branch in SEQ

Windsucker #50255

Threads for the Web

Website or Web site:

A set of interconnected webpages, usually including a homepage, generally located on the same server, and prepared and maintained as a collection of information by a person, group, or organization.



Ipswich Branch website is at: www.ipswichulysses.com
Ipswich Branch email address is: ipswich.ulysses@zoho.com

This is an older scam, but still relevant today...

In a recent twist, scam artists are using the phone to try to break into your computer. They call, claiming to be computer techs associated with well-known companies like Microsoft. They say that they've detected viruses or other malware on your computer to trick you into giving them remote access or paying for software you don't need. These scammers take advantage of your reasonable concerns about viruses and other threats. They know that computer users have heard time and again that it's important to install security software. But the purpose behind their elaborate scheme isn't to protect your computer; it's to make money.

Once they've gained your trust, they may:

- ask you to give them remote access to your computer and then make changes to your settings that could leave your computer vulnerable
- try to enroll you in a worthless computer maintenance or warranty program
- ask for credit card information so they can bill you for phony services — or services you could get elsewhere for free
- trick you into installing malware that could steal sensitive data, like user names and passwords
- direct you to websites and ask you to enter your credit card number and other personal information

Regardless of the tactics they use, they have one purpose: to make money.

If you get a call from someone who claims to be a tech support person, hang up and call the company yourself on a phone number you know to be genuine. A caller who creates a sense of urgency or uses high-pressure tactics is probably a scam artist.

Konrad



I HAVE A DREAM ...

Lumberjacks Road Rash



Hi folks,

On the ride to Maryvale hotel via Ma Ma Creek and Warwick, we had a problem with corner-marking. Right from the beginning of the ride (first turnoff) nobody wanted to corner-mark.

That resulted in the last third of the riders continued towards Toowoomba and who knows; maybe they would have ended up in Perth if it wasn't for a few people who knew that we had to stop at Ma Ma Creek.

Luckily we all came together at Ma Ma Creek except 2 riders where the one had a small misfortune with his bike. Thank you Lummy, for taking care of the un-lucky rider and making sure that he got home.

When we ride, could the rider behind the ride-leader please corner-mark when we get to a turnoff so we don't lose the rest of the riders. If you don't want to corner-mark, just stay down the back or signal to the rider directly behind you to corner mark.

Ipswich branch rides and rides of interest:

Ipswich branch rides and rides of interest:

Date	When	Where to meet	Ride leader	What's happening	Distance
06/03/2016	09:00	Yamanto	Spook	Scenic Ride	short
20/03/2016	7:30 am	Black Dog Ride / Coffee ride	Marita		
03/04/2016	09:00	Karalee	Jay	Split Yard Creek, Atkinsons Day, Lunch at Esk	
17/4/2016	TBA.				
30/04/2016	TBA		Toddy	Possum Park for long weekend	
1/5/2016	TBA	Yamanto	Lindsay	Jondaryan Woolshed. Classic MC Rally 300 Km	
2/5/2016	TBA	Possum Park	Toddy	Possum Park for long weekend	

06/03/2015 Spook's ride will go to Lowood for coffee break, then to the Roadvale hotel via the Lockyer Valley, Laidley and Harrisville. This is an easy ride with lots of scenic views.

20/3/2016 Marita's ride to Shark Leather where the Black Dog ride starts from will be the quickest way via Logan Motorway so there will be tolls. The riders that will not go on the Black Dog ride can just wait till all the others are gone. Then we will go for coffee somewhere at Mount Tamborine and then head home.

See you all on the rides and ride safe.

Erik (Lumberjack.)

Maryvale Hotel via Ma Ma Creek

It looked like we could get a shower or two, but a few brave people turned up for the ride anyway.

We took off from Karalee Shopping Centre and went towards Glamorganvale for a scenic ride to Ma Ma Creek via Marburg, Rosewood, Laidley and Gatton. Unfortunately, nobody wanted to corner-mark at the very first turnoff onto Brisbane Valley Highway so all the people who got caught at the traffic light at Karalee continued towards Toowoomba.

After some riding, there weren't many riders left as they were all waiting as corner-marker somewhere so we stopped and waited, made some phone-calls and sent some SMS's and after a while we thought we had it all sorted out so we continued our journey to Ma Ma Creek.

I was happy to see the rest of the riders waiting for us at our coffee stop, minus 2 people where one had a mishap with his bike and of course Lummy who always stop and help when someone is in trouble. After our "coffee stop" we continued on towards New England Highway where there are some beautiful twisties and some people like to ride through them fast.

I thought that I was going reasonable fast but old Phil aka Old Yella was sitting right behind me so I sped up a bit, but I could still see that Yellow helmet right behind me, and then we got caught in traffic and everything slowed down.

We went a few km. along New England Hwy. and turned off at Allora and went on the smaller roads to Warwick where we had a fuel stop.

Everybody was still together so that was a good thing. We made it to Maryvale via Freestone Rd. without any incidents and we had our lunch there.

After eating our meals, Kon (Howza) turned up to join us for the remaining of the ride.

The ride was meant to end at Peek Crossings, but when we turned off Cunningham Hwy. only a few people wanted to go that way. I think the others just wanted to go home quickly via the boring road.

The 5 of us pulled over at the school at Peak Crossings and said "See ya later" and went home.



Erik (Lumberjack)

SOCIAL RIDE WITH KONRAD

Sunday 28 February 2016

Howza decided to take his lovely wife on a holiday to Tazzie and couldn't take his branch ride to Kyogle so he decided to have it last Sunday. Although he put in on the website only Squirrel and Lindsay turned up to ride with us.



The sun was shining a treat when we left Maccas Yamanto with Lindsay taking up the rear as he had worked on his front end for the last week and wanted to make sure everything was fine before he opened up the throttle a little more. I was a tiny bit apprehensive myself after replacing my rear brake pads and as anyone who knows me will attest, I am not a mechanics belly button. Anyway off we went towards Boonah in a straight line always within the speed limits so I had a fair chance to watch Squirrel and Howzas' riding styles. Impressive to say the least. The ride was just a chill to Rathdowney even had time to nod and wave to the copper on the side of the road outside Rathdowney.

After a short pit stop, we followed Kon into the start of the Lions Road where I took up the rear as I was the most precious and also wanted to take a few snaps along the way. Anyone who has ridden the Lions road knows it can be treacherous but now we had sprinkles of rain to keep us company. Now the fun begins. I tried my best to keep up with them but they had too much of a head start and I was stopping now and then for a pickie.



The song which comes into mind is "SLIP SLIDING AWAY". Try as I might to keep it straight, the bike just wanted to turn itself around the other way on some of the bridges. I was all the time thinking, gee I wonder how the others are faring and couldn't get the grin off my face.

Anyway just as I was thinking that I wouldn't see them until Kyogle I came around the corner and there they were waiting patiently for me to arrive. We then rode together into Kyogle with the rain beating down pretty heavily. Mind you I was the only sensible one to find cover when we stopped for lunch and the others followed.

The ride home via the Summerland Way was quite brisk and enjoyable until we got to the twisties and Howza made a dash for it while the rest of us went to sleep behind some !!!!! who decided that travelling behind him in his car at about half the speed was exciting enough for us. Anyone who has been caught behind a tin top going over and down the other side of a mountain would understand just how frustrating it can be.

Never mind, we caught up just before Maroon Dam and rode together to Boonah. A short stop at Boonah then off we went minus Lindsay who needed another stop of his own. Squirrel and I peeled off at Yamanto and left Howza to ride the short distance home on his lonesome.

Anyone who read the Blog and didn't come, missed out on a very good ride. Thanks to Howza for the ride leadership, Lindsay for being tail end charlie and Squirrel for being the meat between the sandwich. **Ado**

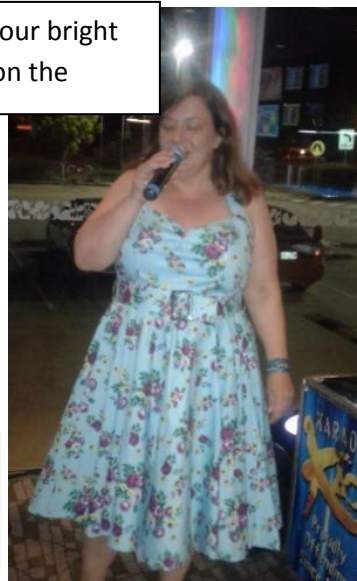
THE BEST AND WORST SHOTS FROM THE KARAOKE NIGHT

Thanks Julz for organising the Karoke night for us, you had to be there to believe it.... as they say a picture tell a thousand words

Julz certainly was our bright
bright night star on the



Not what you think.... the
music was just so loud you
couldn't hear the singing



Tony & Karen sharing a tune



We're not evil ... just singing
Lee, Julz, Amanda and Kimberley



The Ulysses Girls – Julz made us do it!

Ps..... there were other members
there, but they avoided the Ado's
camera

INTERBRANCH BBQ SUNDAY 21 FEB 2016



Many hands make light work....

In 2015 we were handed the banner to hold the 2016 Interbranch BBQ, and that we did with the usual gusto one now expects from our branch. A lot goes on behind the scenes to plan for the day (as you will remember from Adrian's past rants in the newsletter and also info passed on at the Info Nights over the past few months)

I'm not going to dwell on the 'behind the scenes' work, but really just want to say **THANKS TO YOU ALL** for contributing to the success of the day. From the tarp and table set up and pull down crew, cookies, onion cutters, raffle donors and helpers, food servers, members who drove their cars to transport things, members on bikes, game planners and Everyone for participating whole heartedly in the day!



Getting to Know You..... The committee knew that we wanted a day of interactive fun, getting to know people from the other Branches, not just sitting in our usual spots speaking to our normal (or not so normal friends)... and that we did. Julz and Ski's games were just what we needed. Who would of thought that making a paper plane would be the perfect icebreaker, and a way for us to meet others. I stood down the bottom of the hill to try to get the illusive amazing shot of all the planes as they flew towards me but unfortunately the photo doesn't do the game justice. All I could hear was laughter and chatting as everyone threw their planes and then more chatter and laughter as Ulyssians met, some for the first time.



A piece of string Another great game, where we got to hear a little and sometimes a lot about the brave ones who were chosen to play this one. I would have loved another round of this game (I noticed that nearly everyone was quiet, waiting to hear what the Ulyssian was going to tell us).



A tall tale Our VP, Wayne, then took us on a journey via a story about Betty Boop, Popeye and a Wolf... a few games of this one and everyone was into it, especially the members who were setting up the table for lunch.

Not the Loaves and Fishes There was plenty of food on the day for our BBQ lunch, and everyone enjoyed the desserts. Hardly anyone came up for seconds, which was a shame. But we did have a plan for the leftovers.

Winners all round The Raffles were next on the agenda (special thanks to Christine for her tireless efforts making sure our prizes were up to scratch). We actually ended up with more prizes than we had planned for, but that was OK we quickly drew the tickets, competition was fierce for prizes some members walking away with more than one.

Left overs Around 20 or so of us met at the Queens Park that night to have a shared dinner of leftovers. It was great to catch up after such an enjoyable day and to unwind with friends. We will have to plan a BBQ lunch with our branch trailer in the near future so we can finish off the steak. Anyone got any ideas of where we could go?

Handing over the Banner the 2017 interbranch BBQ will be coordinated by the Brisbane Branch, I can't wait for the opportunity to meet up with our new found Ulyssian friends next year.

A little something extra Now for the sentimental part. I was very proud to be a Ulyssian that day, it reminded me of what our Club is all about and why Old #1 Steven Dearnley started our Club in 1983. I am proud that I was one of the many who met Steven Dearnley at our National AGM's and I am sure that he smiled down on us on Sunday 21 Feb 2016 as we continued with his legacy. While writing this article for our newsletter I was sad to think that I was missing out on the 2016 AGM in Tasmania, oh well, I can't do everything I suppose. Ado and I have our planning hats on for the 2017 AGM in Port Macquarie and hope to have as many of you as possible join us...there is nothing like a National AGM. Our Interbranch BBQ was like a very little AGM – we got to meet other Ulyssians, laugh and share stories and hang out with like minded people. It didn't matter what was happening in our personal lives that day, we got to let go of all that and just be Ulyssians for a few hours. Ol' No. 1's book is well worth the read, if you would like to borrow our copy please ask.....Amanda



RIP Ol' No 1
Stephen Dearnley
27/11/22 – 11/2/2012

Something for you to ponder.... Steven Dearnley's address to the Coffs Harbour AGM 2007 (As printed in "Riding On" No 9, August 2007)

Greetings Ulyssians, go good to be here again for the 24th time.

..... No, I am not a cardboard cutout nor a recorded message. I am still alive and a very proud No 1 as I look out over a huge sea of happy members. Ulyssians who have come from every state and every walk of life to have run at this record gathering.

That's the great thing about this unique club. It doesn't matter if you are fitter from Fremantle, a doctor of Deniliquin, a clerk from Clermont or just a retired senior civil servant from Semaphore – you are all welcome to ride under the Ulysses umbrella. And it is thanks to the goodwill and efforts of you members yourselves that

this great social club for motorcyclists continues to grow and thrive after almost a quarter of a century, while many others have sunk without trace.

Amazing really, because motorcyclists are by nature are individualists and trying to bring them together is like trying to herd cats.

As a result some members have differing ideas of what the club should do, but thankfully most of us are mature age riders who don't have to prove anything: we have been there done that – even if we can't always remember how. Now all we want to enjoy the riding time we have left. Life is too short for stirrers and empire builders – we can do without them.

So, wherever you live, whatever you ride, whoever you may be, please remember that the first aim of the Ulysses Club is to provide friendship, support and company for older riders. Keep that in mind, work to that end and this wonderful organisation will continue to flourish for many years to come.

Thank you all and remember that while our most precious possession is life itself, it has absolutely no trade in value. So take care, ride safe. Steven Dearnley #1

MAY LONG WEEKEND (1-2 MAY 2016) TO POSSUM CREEK NEAR MILES.

Thanks Toddy for reminiscing a memory of 20 years ago and putting a blog on the website for us to consider. <http://www.possumpark.com.au/index.html> For those who don't have access to the web here is some info which may help you decide if you want to join us on either your bike or tin top. There are ensuite double rooms are \$100 per night. The powered sites are \$25 and non powered sites are \$10 a night. The write up for the **Bunker Rooms** on the website for Possum Creek says “*Self contained kitchens and comfy lounges! And there's no treks to the toilets here. These are en-suite units. Retreat from the world and just sleep if you wish. The well-designed ventilation along with the insulating properties of mother earth ensures a pleasant temperature, warm in winter and cool in the summer! Now that's insulation... and if thats not enough - all units are equipped with reverse cycle air conditioners for your year-round comfort. And just outside your unit is your own private BBQ area, right beside your undercover car parking! In all units, linen and towels are provided, as is cutlery and crockery. All you need to bring is your food!* Dave from Possum Creek tells me if you book under the name of Ipswich Ulysses he will accommodate us. There is plenty of room at the moment, and he is looking forward to entertaining at least 30 of us.

MILD TINKERING ON MOUNT TAMBORINE

I wanted to check out the Shark Leather specials last month and asked Konrad if he was interested in coming down with me. He agreed, only if he could lead. Enough said. OK if you insist.

Kon decided the best ride was to go over Tamborine so I reluctantly agreed. As you know I don't really like twisties, but I pretend I do.

Anyway, Kon arrived at my house bright and early so we set off. Not a bad ride to start the day and Kon was in one of his steadier moods, so I just trailed in behind and set myself up for a leisurely cruise. We took the Centenary Highway through to Greenbank and then onto..... towards mount Tamborine. All the while just two blokes on their machines having a chill out run.

Everything was fine until we got to the bottom of Tamborine, even got to do most of the climb with no tin tops in front to bother us U N T I L, I had the fright of my life as a ninja turtle came out of nowhere behind me and passed me at a great rate or knots. I checked the mirror for his clone, and yes his mate was closely behind. OK, with a less bravado, I slowed and waved him through. After that, we seemed to be travelling faster and faster....not all at one time, but the speedo was definitely climbing and it was then I realised that Kon must have been a little peeved and decided to catch them up a bit.

The grin of my face most likely would have been seen in Ipswich and I still get chuckles when I recall it. The ride from then on got a tad more interesting because after we found we (I) had no hope of catching them we settled into a wonderful ride down the other side and into spitting rain until we got to Shark Leather.

I couldn't find a helmet that I liked and exhausted myself looking for a bargain, so I found Kon sniffing out the hotdog smell coming from the front of the shop (we didn't partake of any unhealthy food). We then headed home via the Logan motorway.

A big thanks to Kon for baby sitting me once again!

ADO

Now for a funny.....

On the farm lived a chicken and a horse, both of whom loved to play together. One day the two were playing when the horse fell into a bog and began to sink. Scared for his life, the horse whinnied for the chicken to go get the farmer for help! Off the chicken ran, back to the farm. Arriving at the farm, he searched and searched for the farmer, but to no avail, for the farmer had gone to town with the only tractor. Running around, the chicken spied the farmer's new Harley. Finding the keys in the ignition, the chicken sped off with a length of rope hoping he still had time to save his friend's life. After tying the other end to the rear bumper of the farmer's bike, the chicken then drove slowly forward and, with the aid of the powerful bike, rescued the horse! Happy and proud, the chicken rode the Harley back to the farmhouse, and the farmer was none the wiser when he returned. The friendship between the two animals was cemented: Best Buddies, Best Pals. A few weeks later, the chicken fell into a mud pit, and soon, he too, began to sink and cried out to the horse to save his life! The horse thought a moment, walked over, and straddled the large puddle. Looking underneath, he told the chicken to grab his hangy-down thingy and he would then lift him out of the pit. The chicken got a good grip, and the horse pulled him up and out, saving his life. The moral of the story? (yep, you betcha, there is a moral!) "When You're Hung Like A Horse, You Don't Need A Harley To Pick Up Chicks"

Zucchini Fritters only 4 Ingredients!!



2 eggs

1/4 red onion grated

1/2 zucchini grated

2 tbsp. grated carrot

Directions:

Beat eggs and add remaining ingredients, season for taste. Heat a small non-stick frying pan over medium heat. Spoon 2 x 2 tbsp. of mixture into the pan, leaving room for spreading.

Cook for 2 minutes each side.

Healthy and delish!

FUNNY FROM JULZ

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered.

"Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now -- in her 80's -- a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it).....

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

How to Tell the Sex of a Fly



This is the most harmless email joke
I've come across for some time!



A woman walked into the kitchen to find her
husband stalking around with a fly swatter

'What are you doing?' She asked.

'Hunting Flies' He responded.

'Oh. ! Killing any?' She asked.

'Yep, 3 males, 2 Females,' he replied.



Intrigued, she asked. 'How can you tell them apart?'



He responded,
3 were on a beer can,
2 were on the phone.



LESSONS FROM POLICING: MENTAL CONDITIONING FOR MOTORCYCLING – Johnny Walker

Life critical lessons from the sharp edge

This article is based in part on the author's many years working with the Royal Canadian Mounted Police and is modified from his 'Hits and Myths of Motorcycling' Published in Australian Road Rider.

PERCEPTIONS - We see with our eyes but we actually perceive through the filters in our brain.

EXPECTATIONS AND ASSUMPTIONS

We see and hear what we expect or are conditioned to see/hear. Conversely by NOT seeing or hearing what we don't expect. Add in speed, stress, preoccupation, learned habits and previous mental conditioning and the consequences can be serious and at times deadly.

On a typical Sunday ride with our friends or club members we have to be more vigilant than if we are on our own. It's easy to form an expectation that the bikes in front have gone into a corner well because that's what this group always do. We assume that they are always fast but competent. It's easy to assume that their chosen corner line is the correct one at that speed. There are serious consequences if this assumption is incorrect: riders have been killed by following a leader, who was a bit tired from a social night out, going right off the road. When following a group of say 15 riders in close formation it can be dangerous chaos when one of the riders in front suddenly pulls off the road to blow his nose or clean his visor and the group all pull over at the same time assuming he or she has a problem.

That happened to me on my first group ride and 3 bikes collided. I have never stopped with a group since. I always go past then stop and look back or ignore it completely and keep going. Also in groups we can misconstrue the signalling, shouting, waving and pointing that goes on meaning very different things to different riders. Just pulling up to your favourite cafe in a large group is fraught with potential mistakes.

PERCEPTIONS OF OTHERS

Riders often assume they can hear what's coming up behind. In an 'others perception exercise' during an advanced driving course I was advising on, a marked police car with siren and lights on came up behind a bus full of experienced highway police. They were told to look directly ahead and to listen to an instructor talking to them at the front of the bus. Hardly any of them saw or heard the police car until it was either very close to the rear of the bus or right beside it. Now you know why many people don't hear that ambulance right behind them. How often have you only heard a high speed car or bike overtaking when it is suddenly almost on top of you? That's a heart thumper as in "shit where did that come from?". If you had changed lanes at that point in time you wouldn't be reading this blog. From an evolutionary perspective we are highly tuned to focus sharply ahead at potential threats, that is, the road ahead and the corner coming up. Your hearing can be dramatically attenuated from behind.

STRESS AROUSAL AND THE IMPACT ON PERCEPTION

In an "Oh Shit!!" situation, for example, and run wide hitting some gravel or run wide on a corner with approaching traffic we can experience a very high level of (fight/flight) arousal. In that heart thumping, narrowing and amplifying perception moment we may react instinctively and inappropriately. What is good for facing a tiger doesn't apply on a motorcycle at speed. Forward vision is amplified and narrowed at the same time our peripheral and rear senses are attenuated. As you will discover later your 'pre-conditioning' could be fatal.

As our muscles brace for survival fight/flight action we are likely to grab the front brake lever or over twist the throttle aggressively which on a sharp downhill corner could be fatal. In other words our own survival physical stress arousal triggered from deep within the limbic system in the brain, good for tiger threats, is completely inappropriate. Try this at home. Right after a really stressful phone conversation try to write a note on a small yellow sticky pad. At the very time we need to be calm, focused and alert we are wired to fight or flee.

MYTHS AND FALSE BELIEFS

In research into serious injuries from assaults, police officers reported that they had held certain beliefs or myths that reduced their alertness levels or appropriateness of response. In a similar way our very belief systems can put us in danger.

Consider the following:

⌚ I know the road, it's always quiet this early. It's only a trip to the local shop I don't need my jacket or gloves. The tyre pressure was OK yesterday and looks OK to me. It couldn't happen here. I can handle it. I'll wake up on the ride. I've got away with it every time so far. **They are all myths.** So when you check out your tyres you might also check out the myths in your head. They are the internal beliefs that influence your perceptions and riding decisions.

⌚ I didn't check mine one night when "I can handle it" was dominant in my head and I went, against the warnings of my mates, and rode in the dark in the Warrumbungles. I hit a full sized kangaroo when it landed on top of my windshield which deflected some of the hit. One second later I would have been dead.

THE TEN FATAL ERRORS

These errors were identified after analysing police officer fatalities over many years. 7 of the 10 apply directly to riders and I have added 3 to bring them up to 10. These are marked with an *

1. Complacency, apathy 2. Getting caught in a bad position 3. Not perceiving danger signals 4. Relaxing too soon 5. False perceptions/assumptions 6. Tombstone stupidity 7. Fatigue and stress 8. Irregular bike maintenance* 9. Believing your own myths* 10. Riding beyond skill to keep up*

STAYING ALIVE- THE AWARENESS SPECTRUM

In a police officer-survival manual the concepts of managing awareness is well defined. It has its origins in assaults and fatalities. So its pedigree is definitely at the sharp edge. (*The Tactical Edge: Surviving high risk patrol*, Charles Remsburg, 1985) If riding at speed is not at the sharp edge what is? In essence we control our perceptions and awareness as different risk situations occur.

We, as riders can learn from these five levels of awareness.

1. Condition White: (environmentally unaware, daydreaming, loss of concentration)

This can be deadly. Experience tells us that if something happens suddenly such as a car braking suddenly, a ladder falling off a tradie truck, gravel left over by a council on a corner, diesel fuel on the road we can suddenly go to **Condition Black** which is paralysis or panic reacting instinctively but inappropriately e.g. grabbing the front brake or even worse freezing up.

This is avoided by constantly being alert and using the following conditions.

2. Condition Yellow (alert but relaxed)

This is appropriate for most motorcycling conditions on clear dry roads, good visibility minimal traffic, gentle curves and good weather. It is the equivalent of 'general patrol awareness' in policing. Perceptual focus is wide ranging.

3. Condition Orange (danger, volatility, threat)

Things have suddenly changed, there is a danger up ahead or indications of potential danger: declining quality of road surface, pot holes, construction crew working, an animal on the road, moss and so on.

Your perceptual focus is on the source of the threat and must narrow while the danger is present. No point glimpsing at the trees beside the road or chatting to your pillion at this point. That can come later when the need for focus changes back to condition yellow as the threat moment has passed.

4. Condition red

There is a life critical threat ahead. An accident, a carpet underlay has come off a tradie truck (my experience), animals moving onto the road, a truck with an overhanging steel beam braking hard dead ahead. Your perceptual focus must narrow right down to the end of the beam that your head could be impaled on or the wombat in the middle of the road as you take braking and avoidance action.

Once the risk has been reduced you can go back to orange or even yellow **BUT NEVER** go back to **condition white** while you are on your bike and moving.

I constantly scan the ground and riding situations ahead from yellow to sometimes red as I ride. It's an easy habit. I mentally check that I am never in **condition white** which can lead to **condition black** and the potential for panic, loss of control and preconditioning fatal mistakes.

STRESS CONTROL

There are many environmental factors that add to stress: noise (we become more alert above 65db), caffeine (coffee, tea, energy drinks) research suggests that more than 250mg of it affects motor skills and increases stress symptoms. Perceptions of non life-threatening situations trigger stress responses, e.g. public speaking, never mind a hairy moment on the road is one of the biggest for most people. Luckily most of our stress is of a positive nature giving us energy and a buzz and most riders know that a bad day can be a good day after 10 minutes riding - probably keeps a lot of older bikers like me awake all day.

If, however, we run wide into the path of a truck (one of my moments) or brake a bit too late, slide on gravel at the edge of the road we just might over react as described previously. Stress hormones - adrenaline and noradrenalin help to maintain high heart rates and to release sugar stored in the liver for quick energy. Hands turn to ice as blood shift to the core and muscles brace, blood pressure goes up, perception narrows and amplifies. Its all about the fight/flight reaction and is based in the ancient limbic section of our brain. You need to be able to control this.

REGAIN CONTROL THROUGH 5-4-5 BREATHING

Pull over, or ride a bit slower and apply this breathing technique. You don't have to shut your eyes. By teaching it on the advanced police driving school we increased times and reduced driving errors significantly. Its very simple: breathe in through your nose and slowly count to five saying 'in relaxation' then hold it for at least a count of four saying to yourself, still, calm, steady, relaxed or whatever phrases will work for you, then exhale very slowly through your mouth in a count of 5- 1 saying 'out tension'. Modify it to suit but keep the 5 - 4- 5 routine. It will bring you back down to a centred and focused place very quickly if you practice it.

MENTAL CONDITIONING

In a Condition Black loss of awareness and its ensuing stress arousal/panic we can make an error of judgement that has been inappropriately conditioned into us. For example police officers during target shooting used to be taught to always pick up their spent cartridges by the range instructor. This conditioning proved fatal when in a real life survival situation an officer was found shot with the spent cartridge casings in his hand. Neatness and a tidy shooting range conditioning in a situation where parts of a second in responding are crucial proved fatal. They then rethought all their range experiences to mirror actual high stress situations.

Apply this to motorcycling. By shifting your awareness to meet the situations on the road you are less likely to go into 'black' and panic. Consider this when you shift from cruisers to sports bikes or a standard gearshift to a paddle. An even bigger change is if you move up from a scooter. What have you been conditioned to do that could be a life-critical danger to yourself or others in a 'black' situation ? This is crucial when you ride in a other country. Every now and then when I am under stress and distracted I will find myself at the Canadian side of my car looking for the steering wheel.

Do you practice mental conditioning in real situations? Have you done advanced training to reinforce the right cornering set ups at speed? Do you visualize the right responses riding at speed in the same way a golfer hits that ball a thousand times in his mind or a springboard diver prepares for that dive? If a SWAT or TRG police officer visualizes the right tactics before an entry you should do it also. Combine it with 5-4-5 breathing and just as you set up your bike for a fast run so also set up your brain. © **John Walker,**

2013-06-09

John Walker is a behavioural science consultant in private practice. His details can be found at www.walkerwilson.com.au or directly at 0408 162 811

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Email: info@gr8women.com
Bookings: www.gr8women.com/womenrising2016
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WANNA COME ALONG?

**SOME OF THE GIRLS FROM THE BRANCH ARE
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MONDAY NIGHT TO CELEBRATE
INTERNATIONAL WOMEN'S DAY. BOOK
YOUR FREE TICKET THROUGH EVENTBRITE.**

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78-86 Junction Road, Karalee

Nominee for 2016 Committee

Surname	_____	First Name	_____
Address	_____	Ph Home	_____
	_____ p/c _____	Ph Mob	_____
Membership No	_____	Email	_____

Nominated Committee Position

- | | | |
|--|--|--|
| <input type="checkbox"/> President | <input type="checkbox"/> Secretary | <input type="checkbox"/> Treasurer |
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| <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Ride Co-Ordinator | <input type="checkbox"/> Vice President |
| <input type="checkbox"/> Sheriff | | |

Nominated By	_____	Seconded By	_____
Signature	_____	Signature	_____
Membership No	_____	Membership No	_____
Date	____/____/2016	Date	____/____/2016

I accept the nomination for _____ position

Nominee's Signature _____ Date _____/____/2016

Nominee, Proposer & Seconder must be current financial members of Ulysses Club Inc

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