

# IPSWICH ULYSSES BRANCH



# Monthly Newsletter #52 Dec 2018



**Information nights**: First Friday of every month, held at Ipswich Country Club, 1a Samford Road, Leichardt.

Meeting starts 7:15 pm, come along for Dinner beforehand if you like.

**Branch Rides are held** – First and Third Sunday of each month with Social rides anytime, check the club website for details.

www.ipswichulysses.com

# Your Committee for 2018.

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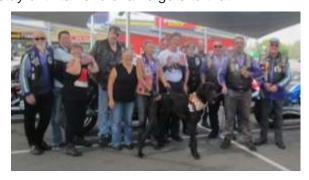
# Ado's Air Spray.

It is that time of year when our thoughts go to family and friends. Christmas they say is a time of giving but I believe it is just important to be on the receiving end of the deal. To be able to be warmly greeted at our social occasions and ride days gives a warmth to the heart that some people never ever get to feel. So Amanda and I would love to say thankyou to all of you who have become our extended family through 2018 for giving us that warm and fuzzy feeling you get when you are among friends.

12 bikes with14 members attended the Mt Lindesay Toy Run last Sunday. In what was in pretty hot conditions, it was a good ride and it is always great to meet up with and chat to other Ulysses branch members. The ride was over a 40 km

alternating between deep suburbia and main roads course which took just over an hour from when we left, to when we arrived back in the car park at Greenbank. I think the ride got split up nearing the end when riders up the front of the pack either left their corner early or relied on someone else to do it and it wasn't done. This showed the importance of the corner marker and why they should stay until tail end charlie gets to that

particular corner. I know that'll sometimes it feels like you have been sitting on the corner for a lifetime but it is extremely important for the safety of the group that you show a little patience and nobody will go home early because they had no indication of where the pack was heading. I was proud of the numbers who turned up from the branch. Although no one from the branch won raffles or lucky door prizes, Gail and Jaffa won best decorated bike on the day for their highly ornate trike.



The committee discussed the branch BBQ trailer at our last meeting, and we decided that we would use the honour system when it came to paying for lunch when it is used. I know there are times when I have forgotten to go to the atm before a ride so paying with a card on the day just doesn't work. This means you can still eat and catch up next time when the trailer is in use. We are also looking at improving the structure of the trailer so it can carry a water container to keep us all hydrated in the heat of the coming months. The sponsorship of Better Buy Meats will be added to the signage on the rear as well and I thank Mick Rodgers for his expertise and skills for getting this done for us. The trailer gives us so much more freedom and takes out the timing of hotel and cafe dining times when organising branch rides. As long as there is a park with a rest room, shade and some seats we can stop and eat but not in the rest room. Ha Ha

The benefit of the monthly Qld e-newsletter saw riders from other branches coming on our rides. This newsletter is reaching all Ulyssians in the Sth Qld and Northern NSW catchment areas. This is allowing news to get to Ulyssians who do not align themselves with a particular branch but still like to ride. We have had the pleasure of three Gatton branch and one Lockyer branch members join us for a ride this month. This can only help with unifying the Ulysses Club as we search for ways to keep riders interested in our great club. Also handing out the black Ulysses Cards on your jaunts may also convince other riders to give the club a go.

During the week, Amanda was contacted by a young man who had found a Ulysses motorcyclist's vest on the side of the road out towards Karalee way. He left his name, phone number and address and I was able to go around and pick it up from him. Through the email addresses gained from the Presidents meetings I was able to find the owner and she was very happy to be reunited with her vest at the Mt Lindesay Toy Run. It turned

out that she had been robbed in home invasion but obviously the critter did not want to keep or on sell the vest so just chucked it onto the road a couple of kilometres away. Anyway a small win in a bad situation

We will be having our branch family day on Sunday 20th January at Kholo Gardens. We will be kicking off at 9am and having a sausage sizzle lunch before heading home around noon. Bring the kids and grandkids and have a wonderful day together. Be prepared to play some very calm and not so energetic games. It would help if you also bring your own seats and don't forget the sunscreen. Keep your eyes on the webpage for information

Amanda and I along with Eric and Anni and Ken Lowry are on holidays riding motorbikes in Sri Lanka in February so we will not be attending the March Information Night. We are confident the committee left behind will handle any branch affairs that occur in these dates. Maybe others might like to join us on a ride overseas in the next few years. We are keen to ride in Madagascar in the future as well and there is also Route 66 to consider. Hopefully we can get some overnighters in 2019 as well. Good practice for holiday riding.

The National committee are visiting Qld this Saturday night and Amanda and Windsucker are coming with me for a dinner with the other branch officials from Sth East Qld. Hopefully we will be privy to news we can pass onto you all. I know Windsucker would like to ask them to reintroduce the men's white long sleeve shirt which was very popular and we were sorry to see it discontinued.

The Branch AGM has been put back a month and will now be held on the 3rd May. If you are interested in being nominated for a committee position then the nominations will open on the 1st March and close on the 5th April. All positions will be declared vacant but there are a few of your current committee who are keen to continue next year and others will be standing down. If you think you would like to have a go then please approach me or the committee and we can have a chat. I will be giving more detailed information in the coming newsletters and webpage. Without a committee, the branch would have to downgrade to be a riding group and I am sure that is not what any of us want.

On the subject of the webpage, it is wonderful that Erik has been able to regain the email blast and the photo section for our webpage. Erik has been in deep discussion with our provider for a long time and now he has won the battle. We will now be able to send emails out regarding anything of interest to you members of the branch especially the upcoming events, rides, family day etc... Can I ask that you make sure that he has a copy of your email address so you don't miss out on any new information that is likely to pop up between information nights. I would sincerely like to thank Erik for the tenacious efforts he has put in on behalf of the branch and congratulate him on a job well done.

While thanking Erik, I won't forget the other members of the committee. They are doing a marvellous job for the branch and each takes great pride in the work they do on your behalf. The rides are very organized, the money is very secure and accounted for, the historic newsletter is produced every month, our branch welfare is in good hands, the regalia is ordered and received promptly, the exchange of information from Natcom gets through to you, other branches and vested interests is handled well. Our V.P has some great ideas which he is looking at implementing and last but not least, our Sheriff is always keen to keep us on the straight and narrow. It is a pleasure to know my job is easy when we have very competent people at the front of the room volunteering their time for us all.

Amanda isn't at the information night tonight as she is at her work Christmas Party – but I do have the UCARF Raffle tickets to sell for her. They need to be returned ASAP so get in quick. \$5 a ticket and here's the prize list.

First Prize: Suzuki V-Strom 650 XT plus adventure accessory pack, valued @ \$14,990.00.

Sponsored by Suzuki Australia P/L and the Ulysses Club.

Includes all on road costs, GST and comprehensive insurance supplied by QBE Insurance (Australia) Ltd.

Second Prize: Two general admission tickets to 2019 Australian Moto GP,

Valued @ \$900.00 (inc. GST) sponsored by TAC (Transport Accident Commission, Victoria). Third Prize: Indian Leather Jacket valued @ \$600.00. Sponsored by Polaris Sales Australia

Just a reminder there is no information night in January 2019. It would pay to keep an eye on the webpage for up-coming rides and events between now and this date, or if you don't have access to the internet call someone on the committee. My phone number is 0433874512

The Christmas night light's ride on 22<sup>nd</sup> December should be a highlight and great end to our branch year – so I hope to see a good turn up with your steeds appropriately decorated. We are hopeful of finishing the ride where we can share a coffee or even a beer or two. There is further info in the newsletter.

If you are attending the Ipswich Toy run this coming Sunday make sure you keep hydrated, watch the riders around you more diligently than ever and have a great safe time. We are leaving Yamanto Maccas at 8:30 am if you want to join us as a group, or just turn up at Brassall Shopping Village. It is a great time to catch up with friends old and new and give a pressie to the Salvos to distribute to those less fortunate than ourselves. With the extreme heat we are experiencing, don't forget water and keep an eye out for each other!

So, all that's left this month is for me to wish you and your families a very happy and loving Christmas and a prosperous year to come in 2019. I hope to see our regular information night members attending rides more regularly when possible next year, and don't forget to invite other riders you meet on your travels to our information nights and rides.

Also, remember, if you're looking at going for a ride over the Christmas period, put up a blog ... you never know who might join you.





# Splitty's Dummy Spit

Hi everyone, welcome to another meeting of the best branch in the Ulysses Club.

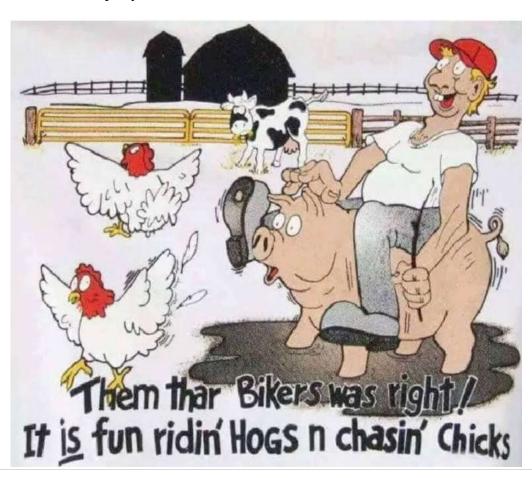
I am sorry for not being there this time but I am "on the road again". I am in Newcastle with the family and then on to Bega for a farm visit. I arrived in Newcastle on Saturday (2/12/2018) in the afternoon and on the Sunday, it was the Newcastle Toy Run and it has been going for 41 years. Back then there was only 25 bikes on the ride, on Sunday there was 11,000 bikes and one Mustang. I have been doing this run since the mid 90's on and off and it is great to see it grow. One day the Mt Lindesay or Ipswich Toy Run may be as big.



So, it is only a short article this month. Merry Christmas and a Happy New Year. RIDE SAFE

Go with the flow and keep the rubber on the tar.

### **Splitty**



# From the Editor.

It is good to be getting out and about on the bike again after a few months off, thanks to everyone for their kind wishes it's nice to know you have friends.

It was good to have a decent turn out for the Remembrance Day event, while not as big a day as Anzac Day it was nice to see a lot of people come along to pay their respects.

Another good day was the Mt Lindesay Toy Run, it was a bit slow at times as toy run's usually are but we did manage to keep to the speed limit most of the way round which makes it easier on the bikes in the heat, especially that day when it was getting towards the high 30's.

Be careful about drink driving as we are getting close to Christmas and Police are out checking on people. Last night I was out for a few drinks and one thing led to another and I had a few too many adult cordials. I then went on to shots.

Knowing I was way over the limit I decided to leave my car at the Pub and took a bus home. I passed a police Checkpoint where they were pulling drivers over and performing breath tests. Because I was in a bus they Just waved it past.

I arrived home safely and no accidents which was a real surprise because I have never driven a bus before and I am not even sure where I got it from!!!!!!!!!!

# Merry Christmas and a Prosperous New Year to everybody

Chopper and Yakki (Sue)

Chopper. #66352





# Sheriff's Office

The Branch meetings are getting better every month, we are having so much fun I think that's why we are getting so many people joining the Branch. The BBQ runs are a great day out and a great way to mingle with new members, Moogerah Dam was fantastic with 40 riders including Mt Lindesay, we just have to find more places to go. Beats going to a pub any day.



Don't forget Better Buy Meats have now moved to Winston Glades. I hope you all support him as he gives us our meat trays.

# **Fines**

<u>Padre</u>:- Got lost as Ride Leader plus Café he lead us to was closed.

<u>Splitty:-</u> Speeding in the Mustang with Ado in it, using phone at a meeting, holding hands with Gronk while riding (please boys get a room).

Chopper:- Wrong date on flyer for Halloween.

<u>Gronk:-</u> Not using indicators again, I must check to see if he has any.

<u>Ado:-</u>. Text 'Manny' to everybody, wearing one brown shoe and one black shoe to work, must get dressed in the dark. Tripping over his boot laces while carrying the meat at the Hangi.

<u>Sue:-</u> Using phone while having a committee meeting.

Angry:- Had a dollar on the table , so I figure he was guilty of something.

Myself:- Using phone at Committee meeting.

# **Special Presentation**

Ado was presented a pull up nappy after going with splitty in his Mustang, when he got out of

the car he was as white as a ghost, LOL.



# **Birthdays**

Spook, Ado, Fossil, Sue and Splitty.



I know I am getting in early but I hope everybody has a good Christmas and New Year with family and friends, as there won't be a Branch meeting in January.

Please stay safe and healthy

Till next we meet

God bless and keep you all. Windsucker.

James McColm #50255





# The Fox's Den.

### Hi Fellow Ulyssians,

The good weather must be bringing us out for the rides, keep it up for our Branch to socialise ride and be united it is what being a Ulyssian is all about.

### **Current upcoming rides.**

## Friday December 7<sup>th</sup>

Info Night.

Christmas theme dress up,, Christmas decorations prizes, come along a join the fun.

Secret Santa for those who want to take part.

### Sunday December 9th

Ipswich Toy Run leaving Yamanto at 09:00am.

### Saturday December 22<sup>nd</sup>

Christmas lights ride and Coffee

# Tuesday 25<sup>th</sup> December Christmas Day

Eat, Drink and be Merry yeeha, hic hic!!!

# 2019

# Friday 4<sup>th</sup> January

No information night

# Sunday 6<sup>th</sup> January

The shed café on Boonah Rathdowney road, Coffee run, leave Yamanto at 09:00am.

Chopper and Yakki leading.

### Sunday January 20<sup>th</sup>

Family Day at Kholo meet there at 09:00 am BBQ lunch games and lots of fun.

# Friday 1<sup>st</sup> February

Information Night

# Safe riding and ride within your capabilities.

Bob, the Silver Fox #63410

# Ride Report

# Combined Ride with Mt Lindesay Branch

# The Fox Hunt Moogerah Dam

# By Silver Fox #63410.

Man did we go out in force, thirty Ulyssians plus young Daynah. Three came from Gatton Branch and Donna from Lockyer. What a turn out. FANTASTIC!

The Fox Hunt was on again, off to Greenbank Sports complex to meet up with Mount Lindesay Branch. Fifteen from their Branch plus our thirty made an impressive sight, stretched out over a kilometre. A slight mishap around Springfield, I made an extra U-turn in the journey to Moogerah Dam. The Sheriff will be pleased. Thanks to Rizzo for doing Tail End Charlie duties.

Amanda went ahead and secured the picnic BBQ area, the shaded areas were very welcome and a cooling breeze appreciated by all. Setting up BBQ operations and looking after the hungry hoards was military like. Helpers were numerous, thanks to Noddy for being BBQ Chef, we all were fed and we did not have to go fishing in the Creek for extras.

Several people went for a swim, the water was a refreshing temperature and all survived the aquatic adventure. There was lots of talk and meeting of other Branch Ulyssians. Another get together is high on the Agenda. We all look forward to when the time arrives. With 'goodbyes and thank yous and see you soon' ringing around the park, homeward bound we went.





# Lumberjacks Web.





Hi all,

Our website is finally working better. We can now obtain new members and we can also send emails to all members again.

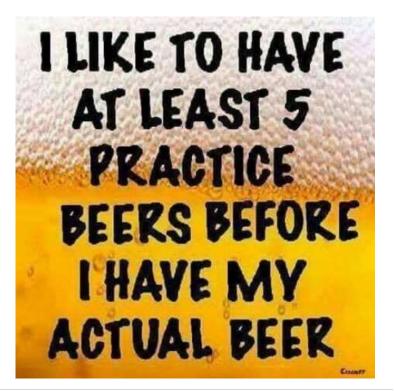
This means that all can put pictures on our website. Just go to "Photo Gallery" and click on the "+Add Photos" button and follow the instructions. It would be great to see some more photos being added. If you have problems doing that, you can always send me the photos and I will add them to our photo gallery.

Recently, it has taken a long time to get the newsletter published on our website. That is because our newsletter editor was out of action due to ill health; however, don't expect it to be published immediately after the meeting. If you want to read the newsletter ASAP, then please make an extra effort to attend our information nights so you can get the paper version on the night.

I will keep putting Christmas related videos on our website during December so keep coming back and check it out.

And of course: Have a merry Christmas all you good people.

See ya all on the rides.





# RIZZO Welfare Wrap



December 2018.

Hi All

As this is my last report for 2018 I thought I should look back over the year and 'Boy' what a year it has been, with all the ups and downs we have had in our Branch we have come through with flying colours, stronger than ever. We have also had people move on to other Branches or other States, but with the help of Tom and his recruiting skills we are still a strong Branch, so thank you Tom.

### 100 Years of Anzac

What a good turn out we had and wasn't it good to see Chopper on his bike, well done.

Now for something different, I am sorry if I offend people but this is my feelings. As we were all standing thereafter the service on Sunday a person was heard giving a colourful description of a ride he was on, the language was so disgusting I had to walk away, Tom could see how angry I was and asked what was wrong, when I told him about that person with the language coming out of his mouth, Tom said to me that he was a little boy trying to be a man. I know a lot of men swear and a lot of women do too but please have respect for us ladies who do not appreciate such language, also for the people walking past us when we are on a ride. I know our patch says 'Grow Old Disgracefully' but there is a difference between disgraceful and disgusting.

### Gronk.

Tom was taken ill at home after the Mount Lindesay Toy Run, he was admitted to the PA Hospital for tests, a bunch of us went to visit him on Tuesday, Tom hopes to be at the meeting Friday. He is not allowed to drive or ride a bike for 4 weeks so he has plenty of time to fix the Harley AGAIN!

Now I would like to say have a great Christmas and a Happy New Year and come back safe to our next meeting in February 2019. Rizzo,

God bless and safe riding... Rizzo #59819







Ipswich Branch will be meeting at Yamanto Shopping Centre at 08:00am and then going on to meet the rest of the ride at Brassall Shopping Centre.

### **BERT HINKLER**

If you're ever in Bundaberg, I'd recommend a visit to the Hinkler Hall of Aviation. It's a fascinating insight into the life and exploits of one of the world's great pioneering aviators.

Bert was born in Bundaberg in 1892, the eldest of five children and grew up in humble surroundings in Gavin St North Bundaberg, just over the town bridge.



The Hinkler family in 1904 with 12 year old Bert second from the right wearing the cap.

(By the way, Bert, a clever and keen photographer took this picture himself using a time delay device.)

Bert would spend hours watching the ibises around the lagoons near his home and contemplated what kept them in flight. He read every article relating to flight that he could get his hands on. His clever and inquiring mind could conceive gliders and aeroplanes and he developed the aptitude and skill to construct light yet strong gliders capable of carrying a person.



Bert (left) builds his second glider in his back yard in 1911 with the help of his brother Jack

He built several gliders at his home and trialled them at Mon Repos beach, famous now as a turtle hatchery. Piloting the glider, Bert would lay on a board (...actually, his mother's ironing board) and swing a lever attached below to shift his weight and control the glider's flight. He first flew a glider at Mon Repos in 1912.

Bert spent his early adulthood in and around aeroplanes. Bert taught himself aircraft mechanics and met renowned American Aviator 'Wizard' Stone, who had brought his Bleriot monoplane to Australia in 1912. Bert relished the opportunity to get close to such a sophisticated aeroplane; he also offered technical solutions to some of Stone's aircraft problems. Stone was so impressed with Bert's ingenuity that he invited Bert to tour New Zealand with him. However, Bert was forced to decline.



Diorama of Bert trialling his glider at Mon Repos beach 1912. Note Bert on his mother's ironing board.

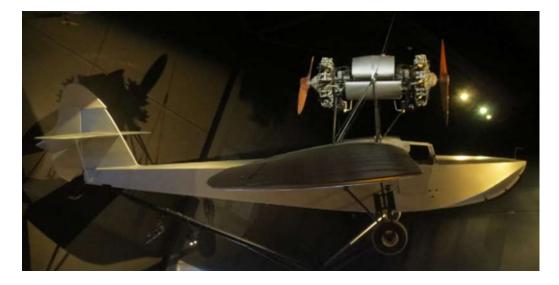
Bert travelled to Britain in 1913 and worked for the Sopwith Aviation Company. He joined the nascent Royal Naval Air Service in September 1914. One of Bert's inventions was a dual-control mechanism in an aeroplane to enable the gunner to take control of the aircraft if the pilot was wounded. Bert flew 122 missions over enemy territory and was awarded the Distinguished Service Medal, as well as the Croix de Guerre by the French.

In 1919 and again in 1920, he attempted flights to Australia, but was unsuccessful. Bert shipped his Avro Baby to Australia and in 1921, gained fame by flying non-stop from Sydney to Bundaberg in 8 hours 45 minutes.

Bert Hinkler gained worldwide fame in 1928 when he completed the first ever solo flight from Britain to Australia in his Avro Avian in slightly over 15 days. He was awarded a £2,000 prize by the Australian Government.

Bert returned to England and began manufacturing an amphibious aircraft of his own design, fittingly called the 'Ibis'. It had sleek lines and was powered by two nine cylinder radial engines in an unconventional push-pull configuration. The aircraft flew successfully and the Ibis Aircraft Co was registered in 1930.

However the commercial venture failed with the onset of the Great Depression.



The 'Ibis' amphibious aircraft, designed and built by Bert Hinkler

Following the collapse of the 'Ibis' venture in 1930, Bert travelled from Britain to seek opportunities in Canada and the US. In April 1931 he purchased a British made De Havilland DH80 Puss Moth, a very advanced aircraft with a top speed of almost 200kmh. Later that year, Bert flew the Puss Moth from Canada to New York and then on to the West Indies and South America. Bert flew solo from Brazil across the South Atlantic to western Africa, battling severe storms, then on to Britain. This feat across 2000 nautical miles of open ocean is generally considered his greatest flying achievement.

Two years later on 7th January 1933, Bert took off from Heathrow in his Puss Moth bound once again for Australia. His plane was seen passing above Florence at 11:05am that day, but further contact was lost. It was 27th April, after winter had passed when the wreckage of Bert Hinkler's plane was found on Mount Pratomagno. His body

was a distance away from the wreckage; he was not killed in the impact, but died later from his injuries and exposure to the severe cold.

Bert Hinkler's international fame was such that Mussolini's Fascist government honoured him with a parade





A tableau illustrating Bert's coffin lying in state In Florence In 1936, guarded by Fascist militia.

It was not until three years after his death and thanks to generous support from the Australia-Italia Shipping Company that Bert's mother Frances was able to visit his grave in Italy. Herbert John Louis Hinkler achieved an enormous amount in his lifetime: innovator and inventor, test pilot, aircraft designer and builder, pioneer aviator and distinguished war veteran. He achieved worldwide recognition as one of the truly great aviators in the pioneering age of aviation. All this and he was only 40 years of age.

As a postscript to Bert's incredible life, on 28th January 1986, a small piece of the wooden wing structure from Bert's 1912 glider was launched on the Space Shuttle 'Challenger'. 73 seconds after the launch, the Challenger exploded. Miraculously, among the debris recovered was that piece of wing strut. NASA mounted the piece and in 1987, Challenger commander Dick Scobee's widow, Dr June Scobee travelled to Bundaberg and presented the piece to the citizens of the city. It is displayed in the Hinkler Hall of Aviation.



The piece of the wing strut off Bert's glider retrieved from the wreckage of the Space Shuttle 'Challenger' in 1986.

The wing-shaped roof of the Hinkler Aviation Hall of Fame, photographed from the verandah of Bert's Southampton house, which was removed brick by brick and reconstructed in Bundaberg.



### CRASH'S MONTHLY MOTORCYLE TIPS

Welcome to Crash's monthly motorcycle tips.

And ride report from the Sea Princess.

First of my ride report for my ride to the Rathdowney pub.

It was our last official Ipswich Ulysses Sunday ride for 2018, with the forecast for showers and possible storms we had 11 bikes and one pillion came along.

We got off to a great start down the centenary highway and out through Green bank until we got to the overpass on the Mt Lindsey highway and I took the wrong exit and put us all on the highway going north to Brisbane, oops I guess that's a \$1.

Then we pulled off at the next exit to do a U turn to head south and I pulled over to get my bearings and stopped on an roundabout and left Kevin stranded on the road as there wasn't enough room for him to pull over and then the paddy wagon came around the corner, oops there's \$2

We took off and safely got going in the right direction and I left my indicator on flashing in the wrong direction, oops that's \$3, from there on we had a good ride down to the beaded dragon for a rest and good coffee and some had a beer.

After a rest we headed on to the Rathdowney pub for a well-deserved lunch, after lunch we split up with some heading back to Beaudesert and the rest of us headed to Boonah.

Thanks everyone for coming along and we had a couple of new riders, Peter, Steve, Mitchel, and think we had one more, but my memory escapes me.

As for my riding tips I'll leave that for our February info night as I am on holidays.

Happy 62ND birthday to Ado.

That's all for now from someone who knows how to crash.

Crash.

#42697 CRASH



# WHO ARE YOU?

Name Kathleen Clarke

Ulysses Number 68363

Nickname Speedy

Partners Name Still thinking about it

Occupation Aged Care

Current/Previous Bike Honda VTR1000 BuellXB1200

I got into riding when At the age of 5

Toughest Ride Broken Hill in a Heat Wave

My life began when I bought my first bike

I am really bad at Going Slow

I am really good at Track days

My hobbies are Motorcycles, Lawn Bowls, exercise

Favourite movie Burlesque

Major dislikes Drunks, Fast lane slow drivers

Smartest thing I've done Buy a Cruiser and save my licence,

VStar 1100

Best time of my life On the track

Advice to new riders Listen to advice from experienced riders.

# Amanda aka Bling's Christmas Night Lights Ride

# Saturday 22<sup>nd</sup> December 2018

This will be my first Bling led ride in 2019.....yep the Pillion is going to lead the ride. Lucky Adrian.... He has to follow my lead for once.......lol.

Saturday 22<sup>nd</sup> December we will be meeting around 6 pm at Yamanto Maccas – we will probably have to wait a little for the sun to lower – but will leave as soon as we are ready. If you're coming from work in Bris Vegas let us know via text (Ado 0433 874 512) and we can wait a little for you.

To comply with QPS – we won't be riding around with our lights ON on our bikes – and will be turning them on as we arrive at each of our destinations. We will be joining hundreds of others looking at the lights – so parking will be at a premium – some walking will be involved, but if you can't walk too far you can always stay by the bikes which normally draw their own crowd with their lights all a glitter. We will also have high viz vests available for the night- in the hope we won't loose anyone.... That's what mobiles are for – so call us if you loose us.

Adrian and I will be working on the route once the winners have been announced – but we do have a special visit organised with parking on the home owners driveway....yay for us.

So remember to Bling up your trusty stead / self and bring water to keep hydrated.

We will finish off with coffee n cake somewhere – or perhaps a little drink to celebrate the year.





To Bling or Not to Bling ... That is the question!

# QAS "HOT TIPS" to BEAT THE HEAT

- Drink small amounts of water every 15 or 20 minutes to remain well hydrated
- · Avoid alcohol, caffeine and sugary drinks as they can contribute to dehydration
- Avoid being outdoors in the warmest part of the day between 10am and 3pm
- If outdoors, wear a hat, and stay in the shade wherever possible
- Wear loose, light weight clothing that allows airflow and won't stick to your body
- If you don't have aircon at home, consider going to a location that has it, such as the cinema

# THINGS TO BE AWARE OF

- Check in on those most vulnerable to the heat Babies, the sick and the elderly
- Those that take regular medications should speak to their doctor to see if they're at an increased risk of heat related illness - if exposed to the elements.
- Hot weather has shown more snake activity than usual. Be aware of your surroundings and never touch or provoke a snake.

# SIGNS AND SYMPTOMS OF HEAT RELATED ILLNESS

(may include the following)

- Muscle cramps
- Heavy sweating
- Dizziness
- Nausea / vomiting
- Fainting
- Change in colour

If you experience any signs or symptoms, seek medical help immediately or call Triple Zero (000) for emergencies.  $\textbf{Keeping Hydrated ... especially on rides} \ \ \textbf{-} \ \ \textbf{Found this article from Motorcycle Writer}$ 

https://motorbikewriter.com/dust-storm-heatwave-riders/

Dust storm and heatwave to hit riders

POSTED ON <u>27TH NOVEMBER</u>, <u>2018</u> BY <u>MARK HINCHLIFFE</u>

A massive dust storm over the next couple of days and heatwave conditions across NSW and Queensland are expected to make life difficult for riders.

Earlier this month, a <u>heatwave in Western Australia cost the lives of a rider and hiker from dehydration</u>. Last year a 30-year-old father also died from dehydration after riding in the forests of the Sunshine Coast hinterland.

Heatwave conditions are bad enough, but add in a dry dust storm and it makes dehydration a bigger risk for riders exposed to the elements.

Road riders tend to be a bit blasé about hydration. Maybe it's because riding doesn't take a huge amount of effort.

The dangers of becoming dehydrated in a heatwave are headaches, disorientation, heat stroke, muscle cramps, loss of concentration, drowsiness and nausea, each of which can cause crashes. And the problem is that once any of these symptoms becomes evident, it is already too late to do anything about it.

The dust storm could also clog your bike's air filter, so remember to check it after your ride.

Riders in Queensland should also be aware of <u>current bushfire</u> <u>warnings</u>.



# Tips to avoid dehydration in a heatwave:

- 1. Don't drink too much alcohol the night before a ride. It has a diuretic effect which means it causes you to urinate more water than you take in which means you are losing fluid. And you can't counteract that by drinking lots of water because most of it will go out in your urine. Obviously, don't drink alcohol while you are riding!
- 2. Start drinking water as soon as you wake and keep sipping water right up until you get on your bike. It takes about half an hour for water to reach your muscles. Guzzling water just before a ride is not good as it can make your stomach to cramp. The Royal Flying Doctor Service which has attended dehydrated riders in the Outback, recommends carrying 10 litres of water per day!

3. Wear ventilated motorcycle clothing. Leathers may protect you better in a crash, but they create a "microclimate" which impairs your ability to lose heat. As a result you will produce more sweat to decrease your core temp. Instead, wear a flow-through jacket. There are heaps of options on the market. Make sure they have vents in the back so the air flows through. Also,



loosen the sleeves so you get plenty of air on your wrists which have a lot of blood vessels close to the skin to effectively cool you down. However, be aware that a flow-through jacket cools you down because it is drying the sweat off your skin which can lead to dehydration. A set of <u>Ventz</u> up your sleeve will also keep you cool as air flows up your arms. However, don't be fooled by your level of coolness as ventilation can also cause you to loose more water through evaporation. So you still need to keep drinking plenty of water.

### 4. <u>BUY Ventz motorcycle jacket vents NOW</u>

- 5. Don't be tempted to remove your jacket in the heat! Exposed skin may feel cooler, but that's because the sweat is evaporating quicker, but that is just making you more dehydrated. And while your skin feels cool, you'll be tricked into staying in the sun longer which leads to sunburn. That also leads to dehydration because your body needs water to repair and renew damaged skin.
- 6. Get a Camelbak or other brand of water-dispensing unit so you can continue to take small sips of water while you are riding. I've seen riders on GoldWings and other big tourers with cup holders so they can take slurps from a water bottle. That's obviously not as safe as the hands-free Camelback option, but anything is better than nothing. Some people don't like Camelbaks because the water gets hot, but the temperature of the water doesn't affect dehydration.
- 7. Stop more often than usual and hang out in the shade or in an airconditioned cafe. Since you are drinking lots of fluids, you will probably need to stop anyway!
- 8. While you're stopped, have a coffee, but take it easy. No need to swear off your favourite caramel latte, but avoid excess coffee. That also goes for caffeinated drinks such as Red Bull. High levels of caffeine have a diuretic effect just like alcohol.
- 9. While having a coffee break, avoid having too many sweet cakes, donuts and muffins. Sugar can dehydrate you if it gets to very high levels in your blood. This can happen if you are a diabetic, take certain medications or have an infection or some organ diseases. Sugar causes your kidneys to produce more urine to eliminate the sugar, leading to dehydration. Likewise, don't drink too many sugary drinks. Best to

stick to plain water, real fruit juices with no added sugar or drinks such as Gatorade that replace salts and minerals lost in sweat.

- 10. We've talked a lot about urine and it's important that you monitor the colour. It should be a straw colour. If it's too dark, you are dehydrated.
- 11. Sweat also depletes your body of sodium and if it becomes too low, it can cause many of the same symptoms as dehydration. The average diet probably has enough sodium, but it's good to have a little bit of salt on your meals or drink sports drinks that have a sodium supplement. However, beware of sports drinks with caffeine and sugar.

Ok, I know I said there were only 10 tips, but dehydration doesn't just occur in a heatwave. In winter, the cold can shut off the body's thirst mechanism and trick you into thinking you're not sweating. Meanwhile, your body is losing fluids as the air passes over your body.

Let's look after each other this summer! If you have panniers bring some extra water ... It could save the life of a fellow Ulyssian ©

# We Will Remember

### Armistice Centenary 1918-2018

### Australia in the Great War 1914-1918

"At 11 am on the 11th day of the 11th month in 118, when the fighting stopped and silence swept into the trenches, our differs stood in the embrace of peace. For 11 years we have kept our promise to remember those who did not return and to honour those who served.

On the Centenary of Armistice we remember their service and sacrifice, and embrace the Spirit that is their legacy. It is now our pride to carry forward."



Thanks to the members who came along to honour our diggers at the Bundamba Honour Stone on this day. Adrian and Peter were honoured to lay the wreath on behalf of the Branch.









# UCARF NATIONAL BIENNIAL RAFFLE 2019



### Greetings members, it's on again!

The UCARF national biennial raffle is underway and will be drawn at the Ulysses Club National Rally 2019 at Mornington Peninsular, Victoria.

Details are printed on the ticket.

### What's on offer?

First Prize: Suzuki V-Strom 650 XT plus adventure accessory pack, valued @ \$14,990.00.

Sponsored by Suzuki Australia P/L and Ulysses Club.

Includes all on road costs, GST and comprehensive insurance supplied by QBE Insurance (Australia) Ltd. The Adventure Accessory Pack includes –

- Knuckle cover set
- Under cowling set
- · Accessory bar
- Centre stand set
- 39 litre top case
- Top case mounting kit

Bike Sales Review -

It's a hard bike not to like: rugged looks, superb fuel economy and all the attributes that have made the standard V-Strom such a popular bike over the last decade.

**Second Prize:** Two general admission tickets to 2019 Australian Moto GP, valued @ \$900.00 (inc GST).

Sponsored by TAC (Transport Accident Commission, Victoria).

**Third Prize:** Indian leather jacket valued @ \$600.00. Sponsored by Polaris Sales Australia.

### Who is the beneficiary of the raffle?

All proceeds from the raffle are deposited and held in the Ulysses Club arthritis research fund (UCARF) account. UCARF administration is totally voluntary thus ensuring 100% of all funds raised are periodically allocated for scientific rheumatoid arthritis research.

How do I purchase my Tickets are \$5.00 each and can be purchased by contacting Mike Abberfield

on 0423 379 848 or (02) 4951 2519 or by email abberfielduc@bigpond.com for details on how to purchase.

Kim Kennerson, UCARF Coordinator.

# **MOUNT LINDESAY TOY RUN**















# IDSWICH ULYSSES BRANCH FAMILY DAY

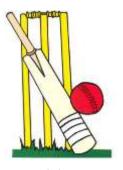
Date: - 20th Jan 2019

Venue: - Kholo Gardens

Time: - 09:00am

**BBQ** Lunch





A fun day for members and families, bring the kids / Grandkids along, Games and Sports for everybody.

Probably a good idea to bring your own camp chairs along. Any games that you think the kids

would enjoy playing please bring them along as well.





Ulysses Club Inc.

Draft Code of Conduct 15th June 2017

Applicability of the Code

The Code applies to all Ulysses Club members, their proxies and nominated members of committees, employees, or groups formed to assist the Ulysses Club conduct its business.

The Code applies at all Ulysses Club meetings, official visits and events and any other official gathering or meetings where individuals are representing the Ulysses Club

### Member Conduct

- 1 As a Ulysses Club Committee member, we will;
- · act ethically and with integrity; · make decisions fairly, impartially and promptly, considering all available information, legislation, policies and procedures; · treat members of the public and colleagues with respect, courtesy, honesty and fairness, and have proper regard for their interests, rights, safety and welfare; · not harass, bully or discriminate against colleagues, members of the public and employees; · contribute to a harmonious, safe and productive work environment by our work habits, and professional workplace relationships; and · fulfilling our purpose as Committee members.
- 2 Communication and official information we will:
- $\cdot$  not disclose official information or documents acquired through any Ulysses Club Committee, other than as required by law or where proper authorisation is given by The Committee.  $\cdot$  not misuse official information for personal or commercial gain for myself or another;  $\cdot$  adhere to legal requirements, policies and all other lawful directives regarding communication with members of the media and members of the public generally; and  $\cdot$  respect the confidentiality and privacy of all information as it pertains to individuals.
- 3 Fraudulent and corrupt behaviour we will:  $\cdot$  not engage in fraud or corruption;  $\cdot$  report any fraudulent or corrupt behaviour; and  $\cdot$  be accountable for the decisions and input we provide.

Accepted at the National Committee meeting 1 July 2017

# **Christmas**

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CHRISTMAS
CRACKERS
TREE
DECORATIONS
FAMILY
FRIENDS
GIFTS
MANGER
NATIVITY
MERRY
JOLLY
SCROOGE
PRESENTS
GRINCH
ANGEL

# THANKS TO OUR SPONSORS





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Thanks to the Ipswich City Council

For printing our Newslettter







Disclaimer: The committee feel compelled to include a disclaimer in this Newsletter which states that: we take no responsibility for the content of this Newsletter now, before or in the future. The content of this Newsletter is largely written and /or submitted by the members at large and where that content will fit it will be included and where possible.

However, we will endeavor to publish only that material deemed appropriate to this branch and if any offence has been given then it was not intentional and will be rectified where possible.