



# *IPSWICH ULYSSES BRANCH*



*Monthly Newsletter #55 April 2019*



**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](http://www.ipswichulysses.com)

# *Your Committee for 2019.*

## *President:*

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*#38905*

*TM #27 0433874512*

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# *Ado's Air Spray.*

## ADO APRIL REPORT

Hi all, welcome to the April edition of the Ipswich Ulysses Club Newsletter. If you are reading our newsletter for the first time then I hope we see you face to face in the near future. If you are reading our newsletter online – we hope to see you face to face as well.

After being away overseas last month Amanda and I have returned to serve our last couple of months with the branch, until our AGM in May. It was wonderful that Chopper and the crew kept everything going as though we weren't even gone, not that I would expect anything less.

Tonight's information night is the last chance for you to be nominated for a position on the 2019/2020 branch committee. Amanda will read the nominations before the end of the night and there can be no late nominations accepted once the nominations have officially closed.

The Ipswich Branch has been very fortunate with the quality of members who have put up their hands to serve the branch, I hope this continues.

I must congratulate our Branch Padre Robert Paget on his new post as Priest in Charge of Samford Parish. The Padre is a good man and we wish him well with his new appointment. It becomes more evident on how devoted he and Helen are when you understand that both are Priests, Helen at Boonah Parish and that they will have to live apart while they serve their parishioners. Robert has told me that this isn't the first time they have had to live apart to fulfil their religious pathways, but distance does make the heart grow fonder.

I am attending the South East Queensland Presidents Meeting at Harrisville with Chopper and Windsucker so unfortunately we won't be on the ride to Clifton that day. I wish you all a very safe ride and that Kathy enjoys her first ride as ride leader with the branch. Thanks to our ride coordinator, Silver Fox for nursing all our ride leaders through what can be sometimes a nervous time. I have been ride leader many times, and still feel the butterflies bouncing in my gut before I arrive at the leave point.

This year the Branch will once again be attending the Bundamba Honour Stone on 25<sup>th</sup> April 2019 Anzac Day for the Dawn Service. For those who aren't aware we have done for the past 5 years. Brenda and Bill will be our representatives to place the wreath at the stone during the Remembrance Ceremony. We will then ride/drive to the Queens Park after the service to share breakfast together. For those who don't know where to go – drive past the Kiosk and straight into the car park – we will be on the left-hand side. For catering our BBQ Breakfast could you please advise me if you are intending to come along. This will allow us to organise enough food and drink for all without having to make it like the loaves and fishes. If possible, could you please bring a flask filled with hot water for our tea and coffee, and a few extra cups if you could bring them.

This information night we have a presentation by a new business owner for motor bike towing. This will be done at the start of the night, please give him the attention he deserves.

Thank you to Eric for organising the visit by Maurice Blackburn, Solicitors to our March information night. I was sorry to miss this one, but believe there was loads of good information and the members had the opportunity to ask questions.

Although the start time for the Information Night is posted at 7 pm – you would have noticed that we are starting later than that. This is because of The Ippy Members Draws, where we have the opportunity to win over \$1,000 or \$50 vouchers from 7 pm each Friday night. I won't apologise for this because I know that a few of us have won the \$50 vouchers.





Our ride to Sri Lanka was amazing, exhausting and a real eye opener. I will write a report for the May newsletter (but I believe that Eric is also thinking of doing the same). One thing I will let you know is that Ken “Buzz” received a new nickname just for our Sri Lanka trip when a resident asked to take a picture with him, Chubby and his motorbike at the Lipton Seat. Also, I believe Ken now has the dirt bike bug, and we will be interested to see if my prediction is right. Eric and Anni have the motorcycle travel bug and are off to Peru next year. Amanda and I are seriously contemplating a cruise with all the luxuries.

Since arriving home from Sri Lanka I’ve been struck down with multiple illnesses.... Actually, within ½ hour of getting home and sitting on my favourite lounge chair we had to call the ambulance as I had an extreme kidney stone attack and no drugs to treat myself. Thank Heaven this happened at home, and not during the 10 hour+ flight home or 14 days we were in Sri Lanka. I brought home with me a cough which wouldn’t leave; the kidney stones; and the realisation that I have to have an eye op in late April. I’ve taken all sorts of drugs to help alleviate the symptoms and Nurse Amanda has been wonderful with her sympathetic style, or should I say giggles and laughs at my many misfortunes. As most of you are well aware, medical conditions are just part of getting older but the alternative is not worth thinking about. In saying this, I am aware that some of our members have parents who are not well at present, and I want you to know that Amanda and I are thinking of you.

As you would have seen via the website – Konrad’s Memorial Ride has been postponed and not cancelled.

Here’s to another month of rides for us with rain during the week and not on our Sundays.



Eye's a Watching..... etc

# *From the Editor.*

I thought with the Branch AGM fast approaching I would share this article about our Club and especially the 3 basic principles that make the Club what it is and who we are, not to be confused with other Bike Clubs who do not share the same values.



The Ulysses Club was formed for [motorcyclists](#) aged 40 years and older at the instigation of Stephen Dearnley in [Sydney](#), Australia in December 1983 in reply to a letter in the now defunct *Bike Australia* magazine, the [editor](#) being Peter "The Bear" Thoeming. The name *Ulysses Club* was the idea of Rob Hall, while the club's motto of "*Grow Old Disgracefully*" was devised by his then-girlfriend Pat Lynch. Peter "The Bear" Thoeming sketched the "old man" logo that is still used by the club in its original hand-drawn form. The inaugural meeting of the club was held in Sydney on 6 December 1983 when the five people present approved a draft [constitution](#) and the *Ulysses Club* was duly formed. From this meeting a draft constitution was adopted, and the three basic principles or purposes of the club were formulated. These principles are:

1. To provide ways in which older motorcyclists can get together for companionship and mutual support;
2. To show by example that motor cycling can be an enjoyable and practical activity for riders of all ages;
3. To draw the attention of public and private institutions to the needs and views of older riders.

These original purposes are entrenched in the club's constitutions and have remained unchanged. At that initial meeting the five founding members became an interim management committee, until two months later, on 7 February 1984, 11 of the club's total membership of 25 members attended the club's first annual general meeting, formally electing the very first National Committee and adopting the club's constitution.

The name comes from [Ulysses](#) by [Alfred, Lord Tennyson](#). It tells how the great Greek hero [Ulysses](#), now middle-aged and securely in charge of his kingdom of [Ithaca](#), is getting bored with things around him and longs to go adventuring again with his shipmates of old. It describes very well indeed the sort of person who still has enough spark to go on riding into middle and later years.

It is the largest organisation of its kind with over 138 branches in Australia and it now has branches in Germany, Vietnam (2008), South Africa (1997), Norway, Zimbabwe, the Netherlands, Switzerland, France, Great Britain and Cuba, with external members of the Australian club in Italy, Papua New Guinea, Singapore, Fiji, China, Austria, Thailand and the United States.

Membership of the club is open to any person, subject to National Committee approval, who has attained the age of 40 years and who holds a current motorcycle licence. Additionally, the spouse or regular companion of a member, who has attained the age of 40 years, may also be admitted as a member on application.

At our last committee meeting Fox brought up an item for discussion around the fact that often we ride off the beaten track and in the case of an emergency it could be difficult for any emergency services to find us in a timely manner. Fox suggested we could purchase an EPIRB device which would indicate our exact position and alert the services. Rizzo mentioned that There is a free phone app called 'EMERGENCY' that will do pretty much the same job, giving an accurate GPS position and numbers to call.

I have downloaded it onto my phone and I think it would be a good idea if a few others did so too, in case you need it when you're out on your own, it is free so you've nothing to lose.

## News

- > Bushfire Warnings
- > Disasters: Know Your Role
- > Red Cross Emergency REDiplan
- > Triple Zero Kids' Challenge
- > **Emergency+ App Shows The Way**

Print

## Emergency+ App Shows The Way



An app has been developed to encourage people in Australia to call the correct number for help in emergency and non-emergency situations, such as Triple Zero (000) for emergencies and 132 500 for SES flood and storm situations.

The Emergency+ app uses the existing GPS functionality of smartphones to enable callers to provide emergency call-takers with their location information as determined by their smartphone. Latitude and longitude details can be relayed to an emergency operator as well as an address and suburb details.

More than 65% of incoming calls to Triple Zero (000) nationally are now made from mobile phones. In many cases, people aren't aware of their location, especially if they are in open space areas like beaches, parks, long stretches of roads or simply unfamiliar with their surroundings.

The app includes the option of calling State Emergency Services (SES) 132 500 or Police Assistance Line (PAL) 131 444 numbers.

The Emergency+ app is available for free in [iTunes](#) and [Google Play](#).

Chopper and Yakki (Sue)

Chopper. #66352





# *Sheriff's Office*

James wasn't at the last meeting due to illness, so there were no fines or Birthdays on the night. He will make up for it this month and cover both months.



**I JUST SAW  
SOME IDIOT AT  
THE GYM PUT A  
WATER BOTTLE  
IN THE PRINGLES  
HOLDER ON THE  
TREADMILL.**



James McColm #50255

# *The Fox's Den.*

Hi Fellow Ulyssians,

Into April we do go with this being the last month with this present committee before re elections at the May information night meeting. It's been a steep learning curve for the last 12 months for me to take on the roll of Ride Coordinator. My time will be judged.



## **Current upcoming rides.**

**Friday 5th April** - info night.

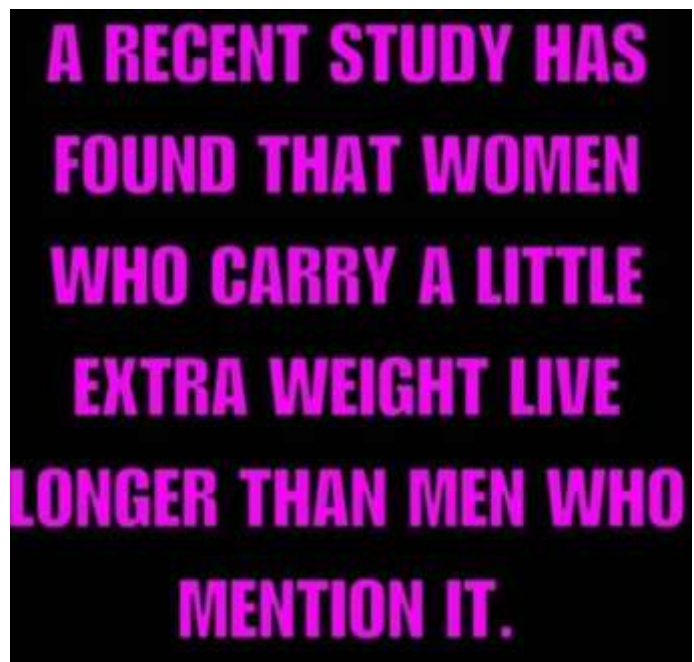
**Sunday April 7th** – off to Clifton we go. 9am departing form the Ippy Club Sanford Rd. Kathy (Speedy) is our ride leader. You go girl, put your best foot forward.

**Sunday April 21st** – Easter Sunday – short ride to Boonah for breakfast. 8.30 am depart Yamanto. Looking for a ride leader.....

**Thursday 25th April** – ANZAC dawn service Bundamba 4am. Breakfast at Queens Park afterwards.

*Safe riding and ride within your capabilities.*

*Bob, the Silver Fox #63410*





# *Lumberjacks Web.*



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Sri Lanka March 2019, Erik, Anni, Ado, Amanda and Ken.

## Part 1.

Our Sri Lanka adventure started in Brisbane. Anni and I met up with Ken, Amanda and Ado in Brisbane Airport. We had a drink in a bar near the gate where the plane from Singapore Air were parked. After some waiting, we finally boarded the plane and had a very boring 8 hour flight to Singapore and then another 4 hour flight to Colombo Airport in Sri Lanka.

We were amazed to see that we could buy fridges and stoves in the Airport in Colombo, but I suppose that it is normal to buy a duty free fridge and take it on the plane as hand baggage.

We couldn't see much, going to our hotel as it was late and dark so we were excited to see what it looked like when the sun got up. We didn't get disappointed when we got up the next morning. The breakfast was first class and the view from the restaurant also first class. From our table, we could see two swimming pools and the ocean. As for entertainment we could watch a security guard wondering around with a slingshot in his hand. Every now and again he had a shot at some crow looking birds when they came within his shooting range.

We met with our tour guide after breakfast and he showed us where we could get the local money. He also showed us the bike rental place where we would pick up the bikes and start our trip.

We had that day to ourselves and wandered around the town, saw a powerboat race and went to the pool for several swims.

Next day, the rest of the people for that mc trip arrived at the hotel. We had a fancy dinner that night and then we had to be ready early next morning so we could check out of the hotel and get our bikes.





There was a lot of traffic everywhere and I had trouble working out the traffic rules. I worked out that Trucks and busses had the right of way and then comes 4 wheel drives, then smaller cars. Motorcycles were right down the bottom of the list. Wherever there was a space, there would be a bike or car. There was no wasted space on the road. If someone was entering the traffic from a side road, he would just poke his front end out and then he was good to go and others just had to give way.

We saw a lot of things along the road that we were not used to see in Australia. The weather was hot and humid, but there was still fish for sale along the road just laying on a piece of tarp with no ice to keep them cool. We were riding along the ocean most of the day and at one stage, we stopped to see how some fishermen were pulling a big net in. There would have been about 20 people pulling, some of them out in the water.

We managed to lose 2 people during the ride but we also managed to find them again.

In the afternoon, Anni claim that she saw a monkey at the side of the road. 5 minutes later we all pulled over to take photos of our first sighting of an elephant.

About an hour later, we arrived at the hotel where we should stay for 2 nights. We all had a beer while waiting for our room key and after settling in, a lot of us went for a swim in the pool.

I found out that it takes 2 people to serve a drink at the pool side. One person is carrying the drinks on a tray and another person that looked like a supervisor was following the first person and did nothing else.

Later that night, we had a briefing at the tour guides hotel room where he was telling us about next day's activities. He also served some alcohol that is the most popular drink in Sri Lanka. It was fairly strong and tasted like a mixture of whiskey and cognac. I had 2 glasses of it and still didn't like it.



Next morning we were going to see a famous tourist attraction "Lions Rock" that was a small version of Ayers Rock. It cost money to go there. For a local it cost about 80 cents but for a foreign tourist it cost 30 US Dollars.

Some King decided to build a palace on top of that rock in about year 480 A.D. It was very impressive and there would have been used millions of bricks to build it. I bet he would have a really nice view. The only problem would be the more than 1000 steps to get up there but I suppose that it would keep the king fit.

As it was a popular tourist spot it was also crowded and it was not possible to get breathless going up the stairs as it went that slow, waiting for all the other people in front of you. We had plenty of time to watch monkeys playing while slowly going up the stairs.

After having seen all that, we went back to the bikes and went for a ride through the jungle and then back to the hotel where we jumped in the pool as soon as we got there.

Cheers, Lumberjack See ya all on the rides.





## Rizzo's Welfare Wrap.

April 2019.

Hi All

First I would like to say that we have had a great month in March, where nobody that I know of was hurt or sick so lets keep it up, but if there is anybody out there who needs help or someone to talk to please get in touch with me on **0418187177 from 8am until 9pm 7 days a week.**

It is good to see the new members taking interest in becoming a committee member, this could only be a benefit for our Branch.

Joke time.

Wife:- Could you please go and buy a carton of milk, and if they have eggs . get 6.

A short time later the Husband walks in with 6 cartons of milk.

Wife:-Why the hell did you buy 6 cartons of milk

Husband:- They had eggs!

God bless and safe riding... **Rizzo #59819**

**Local Police hunting the  
'knitting needle nutter'  
Who has stabbed six  
people in the rear in the  
last 48 hours, believe  
the attacker could be  
following some kind of  
pattern.**



**A WOMAN'S POEM:**  
He didn't like the casserole,  
and he didn't like my cake.  
He said my biscuits were too  
hard,  
not like his mother used to  
make.  
I didn't make the coffee right,  
he didn't like my stew.  
I didn't fold his pants,  
the way his mother used to  
do.  
I pondered for an answer,  
I was looking for a clue.  
Then I turned around and  
smacked the shit out of him,  
like his mother used to do.



## Fox Hunt to The Farmers Arms Cabarlah.

The day dawned with intermittent showers, but nine brave soldiers took on the elements to make the ride with The Fox out in front. Following closely was Billy Peters, Tiger, Madonna, Spook, Les & wife Carol with Mick & Paula acting as tail end Charlie.

Esk was 1 km away when we encountered a brisk splatter of rain, but quickly parked & were undercover for a coffee. It stopped as quickly as it started. We checked out the Black Top motorcycle workshop next door. Many early English bikes are lined up & on display. Restoration & repairs for classic motorcycles is the guys speciality. Onward to Hampton we travelled on a wet road until we reached the top of the range. A quick stop at the information centre for some pamphlets and maps. Then down the highway to the Farmer's Arms Hotel. The timing of our arrival and the partaking of our lunch was excellent as the HOGS Harley's group arrived with 50 plus riders to pack the dining room to capacity. Jaffa and Cyclone had arrived before us in their tin top and had lunch with us. After lunch we checked out all the Harleys parked outside. We then headed to Murphy's Creek Rd and onto the highway. The road exit has changed for Postman's Ridge Rd and a little detour occurred to get us back onto the highway. On the Gatton bypass the rain was approaching but again, 2 minutes of pitter patter and all was gone. Topped up with fuel for some of us at the BP on the highway and a dry run home. Thanks you to those who came for the ride.



## Silver Fox



# WHO ARE YOU?

## Member Profile

**Name:** James McColm      **Ulysses Member #**50255

**Nickname:**      Windsucker



**Partners name/nickname:**      Elizabeth – Pole Dancer

**Occupation:**      Retired

**Current / Previous bike:**      Hooaka Wombat / 125cc Devillairs / 650 Honda / 1100 Suzuki / 900 Volcan

**I got into bike riding when:**      My father used to do hill climbs

**Toughest Ride:**      Easy Riders “Dawn Ride”

**My life began when:**      I met Elizabeth

**I am really good at:**      Tinkering in the shed

**I am really bad at:**      Housework

**My hobbies are:**      Drinking

**Major dislikes:**      Ignorant people

**Smartest thing I’ve done:**      Married Lizzy 45 yrs and counting

**Best time of my life:**      Holidays around Qld especially Longreach

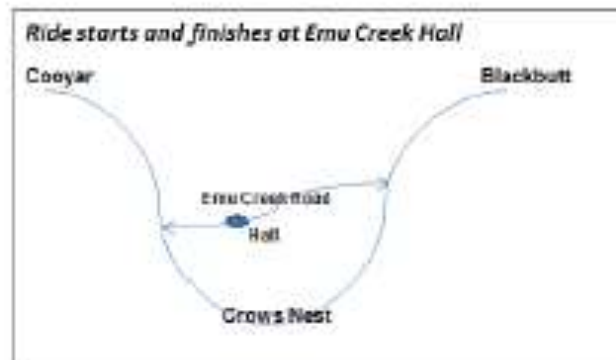
**Advice to new riders:**      Don’t worry about others, ride to your ability



# TAKE A PEEK @ EMU CREEK

## WEEKEND ADVENTURE BIKE RIDE

**4th & 5th MAY 2019**  
**(Fundraiser for Emu Creek Hall)**



Two days of 200+ km loops exploring Emu Creek and surrounding areas utilising a great mix of back roads, forestry trails, stock routes & some sections of blacktop. All registered trail & adventure bikes are suitable for this ride. Refuelling at towns approx. every 180kms. The support vehicle can carry your extra fuel if needed. All riders must hold a current motorcycle licence.

### *To Register:*

<https://www.trybooking.com/BBOKD>

### *For more information please contact*

- David 'Duck' Parton - 0418745166  
([djparton@activ8.net.au](mailto:djparton@activ8.net.au))
- Mark 'Goof' Goddard - 0438147662  
([m.goddard25@optusnet.com.au](mailto:m.goddard25@optusnet.com.au))

**COST - \$ 100 per rider**

*Includes ride, support vehicle  
and all meals (Sat & Sun).*

*Register by Sunday 21<sup>st</sup> April.  
Capped at 80 riders*

*Camping at hall - Throw your  
swag in the hall or room for  
tents. Camping & Catering  
available Friday night if  
required.*



**Saturday 4<sup>th</sup> May**  
**Sign-In - 8am-9am**  
**Ride Brief - 9.15am**  
**Ride Departs - 9.30am**

## ACKNOWLEDGEMENT OF RISKS, DANGERS AND OBLIGATIONS

I, \_\_\_\_\_

(Entrant/Rider)

ACKNOWLEDGE that motorcycling is a dangerous sport and by engaging in the sport and participating in this event I am exposed to certain risks and dangers and I am under certain obligations:

1. That I have an obligation to myself and others to participate safely and within the rules of this event.
2. That other participants may ride dangerously or with lack of skill.
3. That I may be injured/killed or suffer mentally or physically.
4. That there may be no or inadequate facilities for treatment or transportation if I am injured.
5. That any policy of insurance I may have may be void.
6. That my motorcycle, equipment or other personal property may be lost, destroyed or damaged.
7. That the event conditions may be hazardous and may vary without warning.
8. That the organisers, officials, land owners, state forests, any agent or representatives of those in charge of this event are frequently obliged to decisions under pressure of time and/or events.
9. That it is my responsibility to ensure my motorcycle is in a roadworthy condition and scrutineering my motorcycle does not imply it is road/trail worthy and is not the responsibility of the organisers or scrutineers to ensure road/trail worthiness..

### INDEMNITY GIVEN TO ORGANISERS:

In consideration of acceptance of me as an entrant in this event, I AGREE TO INDEMINIFY and hold harmless the organisers, officials, land owners, state forests, any agent or representative of those in charge of this event, any participant, bike owner, riders, rescue personnel, sponsors, advertisers, member of the general public, against any actions or claims which may be made by me or on my behalf or by other parties for, or on respect of or arising out of my death or any injury, loss or damage caused by me or my machinery or equipment whether caused by negligence, breach of contract or in any other manner whatsoever.

I hereby release and agree to waive my rights in regards to the use of any still or video footage taken of me. I agree to the use of footage of myself for any purpose for private or commercial use and seek no financial compensation.

I hereby release and agree to waive my confidentiality rights where medical services are required, to give to any official details of my injury(s).

I hereby release and agree to waive my confidentiality rights for my details to be given to sponsors of this event for marketing purposes.

Entrant/Riders Signature:

Date:

# Bundamba ANZAC Observance Committee

## THE PRICE OF LIBERTY IS ETERNAL VIGILANCE

Proudly Sponsored by The Salvation Army Bundamba



6 February 2019

Mr Adrian Pamerter  
President  
Ipswich Branch Ulysses Club  
39 Tristania Street  
YAMANTO QLD 4305

Dear Adrian

Bundamba ANZAC Observance Committee and The Salvation Army Bundamba Corps, invite your organisation to participate in the ANZAC Day Processions, Services and Wreath-Laying being held at Bundamba Memorial Park this year.

Please find listed below our ANZAC DAY Activities:

- 4:15 am Dawn Service March commencing at the cnr of Brisbane Rd & Coal St.
- 4:25 am Dawn Service with Wreath Laying Ceremony held at the Honour Stone in Bundamba Memorial Park.
- 5:00 am Gunfire Breakfast will be held at The Salvation Army Youth Hall (cnr Brisbane Rd & Coal St, Bundamba.) Everyone welcome.
- 9:00 am A march leaves the cnr of Brisbane Rd & Coal St to the Bundamba Memorial Park.
- 9:15 am Memorial Service with Wreath-laying Ceremony at Honour Stone, Bundamba Memorial Park. Morning Tea available following the Service.

Free parking is available in the Bunnings car park and is in walking distance to park.

I appreciate your consideration of this matter and look forward to your early response to aid us in our planning for the day's activities. We value your contribution.

Sincerely

Brad Strong  
CHAIRMAN

### PATRON

Keith Pennell

### CHAIRMAN

Brad Strong

### COMMITTEE

Laithe Greenaway (Mjr)  
Don Barney  
Eddie Habben OAM  
Ralph Coulson  
Suzanne Barney  
Rod Strong (Major) Rtd  
Dr Rod Whybird  
Bruce Casos  
David Earl  
Michael Fitzgerald  
Kay Mathie  
Tom Earl  
Robert Walker (Rev)  
Kiwi Reg

### HONOURARY MEMBERS

Sir Llew Edwards AC  
Vivienne Stanbury  
Carole Sander  
David Rees (Lt Col) Rtd  
Adam Duce  
Jean Bird (Mjr) Rtd  
Don Hill (Mjr) Rtd

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BOOVAL FAIR QLD 4304

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Mobile: 0438 776 864  
Email: bnrstrong@hotmail.com

The Salvation Army Bundamba

Office: 3282 2714  
(9am-2.30 pm)

Fax: 38160775

*"They fought and died that our lives and freedom might be made secure; Greater love hath no man than this."*



# ANZAC DAY DAWN SERVICE 2019

Thursday 25<sup>th</sup> April

Held at the Bundamba Memorial Garden, Brenda and Billy will be laying a wreath on behalf of the Branch.

BBQ Breakfast at Queens Park after the Service

Service starts at 04:25 am, the Parade, leaves Coal Street Bundamba at 04:15



Sue and I will be away for Anzac Day so I would be grateful if someone could take some photos and send them to me for the newsletter.

Thank you.

## Taken from Motorcycle Cruiser magazine.

You know why you ride. We all do, right? (Cue violins.) It's that feeling of release, the rush of adrenaline, the social benefits of a group ride, yadda yadda yadda. We all have known since day one that just a couple of minutes on a bike was a surefire way to relieve any pesky stresses that might crop up in the daily grind.

Well, now there's a study out of UCLA, funded by [Harley-Davidson](#), that officially confirms all those messy thoughts and puts it into bigger, more precise, and scientific context. In short, it seems that riding a scoot gives you some of the same benefits as a workout and decreases cortisol, the nasty hormone that signals stress.

Maybe you can skip the gym—riding a motorcycle can give you the same results as a light workout, according to this new study.

### Harley-Davidson

The neurobiological study was produced by a team of researchers from UCLA's Semel Institute for Neuroscience and Human Behavior who studied a group of healthy experienced riders piloting their own bikes on a predetermined route for 22 miles under normal conditions.

The researchers recorded the riders' brain activity and hormone levels before, during, and after motorcycling, driving a car, and resting. The research team monitored participants' electrical brain activity and heart rate, as well as levels of adrenaline, noradrenaline, and cortisol using mobile EEG technology. The results found that when riding, the subjects experienced increased sensory focus and resilience to distraction. Riding also produced an increase in adrenaline levels and heart rate, and a decrease in cortisol levels—the kind of results you often get after a light exercise session, which also is a stress reducer.

The use of that tech was pretty ground-breaking in itself: “Until recently, the technology to rigorously measure the impact of activities like motorcycling on the brain didn't exist,” said Dr. Don Vaughn, the neuroscientist who led the research team. “The brain is an amazingly complex organ and it's fascinating to investigate the physical and mental effects riders report.”

UCLA researchers studied the biological and physiological responses of more than 50 experienced motorcyclists using mobile EEG technology.

The study also emphasized these key points:

- Riding a motorcycle decreased hormonal biomarkers of stress by 28 percent
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 percent and adrenaline levels by 27 percent—similar to light exercise
- Sensory focus was enhanced while riding a motorcycle versus driving a car, an effect also observed in experienced meditators versus non-meditators
- Changes in study participants' brain activity while riding suggested an increase in alertness similar to drinking a cup of coffee.

The full report, entitled “The Mental and Physical Effects of Riding a Motorcycle,” which measured the biological and physiological responses of more than 50 experienced motorcyclists using mobile EEG technology will be presented later this year, according to Harley.

Of course, the Milwaukee folks had their own spin on the paper: “We’re leveraging the latest technologies as we shift focus from exclusively motorcycles to growing ridership, so it only made sense to tap technology to explore the impact of riding itself,” said Heather Malenshek, Harley-Davidson’s senior vice president of marketing and brand. “The research findings Dr. Vaughn and his team identified help explain what riders have felt for the past 116 years—there’s a vitality and heightened sensory experience that comes from the freedom of riding a motorcycle. We hope their findings inspire the next generation of riders to experience these benefits along with us.”

Harley also took the opportunity to gently push its Riding Academy schools for “those who wish to experience the heightened sensory experience of riding first-hand.” H-D Riding Academy introduces interested newbies to motorcycle riding and builds their skills, regardless of experience level. To see what’s near you, search for classes at [h-d.com](http://h-d.com).

It’s what Vaughn’s colleague, UCLA Professor Dr. Mark Cohen, said that hit the nail on the head for us though: “While scientists have long-studied the relationship of brain and hormone responses to attention and stress, doing so in real-life conditions such as these is rare. No lab experiment can duplicate the feelings that a motorcyclist would have on the open road.”

Amen to that.







**Brenda Riek**

February 18 at 6:28 PM

### 1997 250 Virago

**\$3,000**

📍 Brisbane

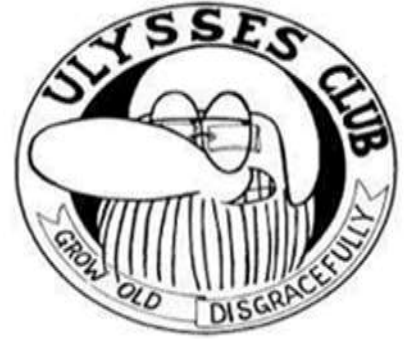
Classic old girl , great running condition, new makeover in custom color, new tyres , new front brakes , new clutch, new fork seals . With rego and RWC , Im am firm on the price and is located in the Ipswich region . Vera is a unique, well looked after bike . Im only re homing her as i have upgraded to a bigger bike . Please PM for further information or viewing.



# Happy Easter

U	S	S	A	T	E	C	R	O	S	S	C	D	A	EASTER
R	N	D	E	E	R	Y	L	I	M	A	F	I	D	SPRING
H	A	E	M	K	E	H	R	T	M	R	D	N	F	DECORATE
Y	P	C	L	S	T	Y	L	E	N	T	O	N	B	GOOD FRIDAY
A	A	O	R	A	S	E	D	D	G	U	H	E	U	FIND
D	L	R	E	B	A	H	I	N	E	H	H	R	N	LENT
I	M	A	V	T	E	S	O	R	A	A	R	S	N	PASSOVER
L	S	T	O	T	H	T	A	P	S	C	A	A	Y	PALM SUNDAY
O	U	E	S	Y	A	D	I	R	F	D	O	O	G	MARCH
H	N	T	S	O	S	F	I	N	D	N	B	S	N	HUNT
A	D	H	A	E	T	A	L	O	C	O	H	C	I	BUNNY
Y	A	E	P	O	L	S	A	D	M	A	R	C	H	CROSS
T	Y	U	N	N	S	P	R	I	N	G	I	F	N	HOLIDAY
V	A	C	D	U	D	C	T	C	P	L	O	N	C	BASKET
														CANDY
														CHOCOLATE
														HOP
														FAMILY
														DINNERS





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:

- 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.
- not misuse official information for personal or commercial gain for myself or another;
- adhere to legal requirements, policies and all other lawful directives regarding communication with members of the media and members of the public generally; and
- respect the confidentiality and privacy of all information as it pertains to individuals.

3 Fraudulent and corrupt behaviour – we will: · not engage in fraud or corruption; · report any fraudulent or corrupt behaviour; and · be accountable for the decisions and input we provide.

Accepted at the National Committee meeting 1 July 2017



THANKS TO OUR SPONSORS



Thanks to the Ipswich City  
Council  
For printing our Newsletter

An old cowboy walks into a barbershop for a shave and a haircut.

He tells the barber he can't get all his whiskers off because his cheeks are wrinkled from age. The barber gets a little wooden ball from a cup on the shelf and tells the old cowboy to put it inside his cheek to spread out the skin.

When he's finished, the old cowboy tells the barber that was the cleanest shave he'd had in years, but he wanted to know what would have happened if he had accidentally swallowed that little ball. The barber replied, just bring it back in a couple of days like everyone else does.

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.







## 2019 Nomination Form

Correspondence/Nominations to  
Secretary  
ampamenter@gmail.com

Enquiries to  
President  
0433 874 512

Meetings Held  
The IPPY  
Samford Road, Leichhardt Q 4305

### Nominee for 2019 Committee

Surname \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ Ph Home \_\_\_\_\_  
\_\_\_\_\_ p/c \_\_\_\_\_ Ph Mob \_\_\_\_\_  
Membership # \_\_\_\_\_ Email \_\_\_\_\_

### Nominated Committee Position

- |   |                                    |  |
|---|------------------------------------|--|
| <input type="checkbox"/> President        | <input type="checkbox"/> Secretary | <input type="checkbox"/> Treasurer         |
| <input type="checkbox"/> Ride Coordinator | <input type="checkbox"/> Webmaster | <input type="checkbox"/> Newsletter Editor |
| <input type="checkbox"/> Regalia Officer  | <input type="checkbox"/> Welfare   | <input type="checkbox"/> Sheriff           |
| <input type="checkbox"/> Vice President   |                                    |  |

Nominated By _____	Seconded By _____
Signature _____	Signature _____
Membership No _____	Membership No _____
Date ____/____/2019	Date ____/____/2019

I accept the nomination for \_\_\_\_\_ position

Nominee's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/2019

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