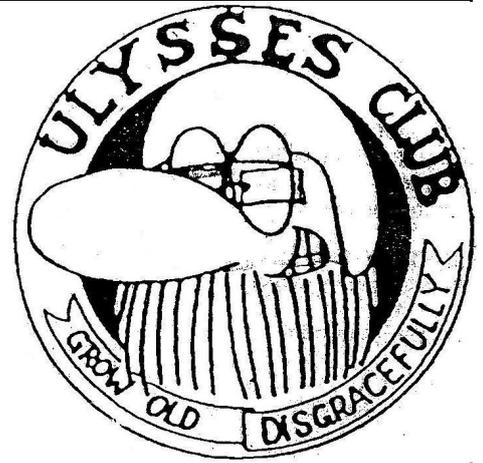


THE ITHACA TIMES



Volume 29 Issue 4

No 290

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January-March 2017

ULYSSES CLUB, PERTH BRANCH

Established September 1988

www.ulysses-wa.org

ALF BRIDLE (1196) WA's No 1 Member

by LIONEL (41078) and
CHERYL CAMM (41195)



It is with great sadness that we inform Members of Ulysses Club of the passing of ALF BRIDLE, Life Member and Dearnley Medalist and one of the founding Members of Perth Branch, the first Branch in WA.

He was a great friend to all and well respected throughout the Club.

He passed away on Sunday, 29 January 2017 after a short illness.

See page 4 for more information on ALF'S involvement with the Club and Perth Branch in particular.

RIP ALF

WHAT'S INSIDE

REGULAR STUFF

	page
Birthdays in January, February & March	3
Branch Info	2
Club Discounts	15
Hot & Throbbing	3
Ride and Social Calendar	back page
WA Branches—Meetings and Contact Details	15
Website Membership List	13

NEW STUFF

	page
Alf Bridle	1
Black Dog Ride News	8-10
For Sale	12-13
Geraldton 3-Day Rid	18
Grass Valley Ride	18
Irish Prostitute	17
Marketing	13
Meet A Member—BUSHY	7
Member in the Wars	3
Member Over Board	5
Memories of Alf	7
Mt Barker Overnighter	18
RAC Council Elections	16
School Run	16
Sculptures By The Sea	18
Smart Arse Answers	17
Social Meetings	3
Statement of Receipts & Payments	4
The Ulysses Club in WA	6
Three Old Ladies	16
UCARF	10
Ulysses Club Road Safety Committee	11
Valentine's Ros	16

Enjoy!

COMMITTEE MEMBERS

PRESIDENT

JOHN GLIDDON (35299)
H: 9332 0440
M: 0417 945 789
E: jgliddon@dodo.com.au

SECRETARY

MARK DIXON (40152)
H: 9313 3944
M: 0413 820 071
E: mdixon@anysize.com

TREASURER

BILL WESTERHUIS (34479)
H: 9378 3383
E: bwest@iinet.net.au

COMMITTEE

KEITH GAMBLE
E: keith@kg.id.au

JOHN MORRISON (58731)
M: 0415 1998 183
E: morjohn@iinet.net.au

KURT MUELLER (25593)
H: 9277 7134
E: kurtrb2@hotmail.com

BRANCH POSTAL ADDRESS
89 Lockhart Street
COMO WA 6152

APPOINTED POSITIONS

RIDE CO-ORDINATOR

JOHN MORRISON (58741)

SOCIAL ORGANISER

DONNA SCOTFORD (65151)

QUARTERMASTERS

PAM HENDREN (26237)
DICK HENDREN (3640)
H: 9733 4018
M: 0400 549 255

MASTER OF CEREMONIES

KEITH GAMBLE

WEBMASTERS

MARK DIXON (40152)
BILL WESTERHUIS (34479)

WELFARE OFFICER

BUZZ ROWE (18496)
H: 9279 6273
M: 0409 293 823
E: buzzbee4@bigpond.com

EDITOR

The Ithaca Times
DOT CAMERER (23934)
H: 995 11 997
M: 0407 955 440

THE ITHACA TIMES

Next Issue Deadline: 22 March 2017

ADVERTISING RATES

CALENDAR YEAR

Business Card size	\$38.50
Quarter Page	\$77.00
Half Page	\$143.00
Full Page	\$275.00

MONTHLY FOR MEMBERS

First 2 Months	Free
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Thereafter: Up to Quarter Page	\$10.00
Half Page	\$15.00
Full Page	\$25.00
Ulysses Events	Free

MONTHLY FOR NON-MEMBERS

Up to Quarter Page	\$11.00
Half Page	\$15.50
Full Page	\$27.50
Ulysses Events	Free

Please inform the Editor when your item is sold.

SUBSCRIPTION RATES

\$25 for a calendar year to have The Ithaca Times posted to you. Please contact the Treasurer in regard to payment.

OFFICIAL COPIES

The official copies of The Ithaca Times are held by ALF BRIDLE (1196), our No 1, from issue No 1 to the current issue. Please see ALF if you would like to refer to any back issues.

CLUB STUFF

Official Gear, Branch and Round Name Badges,
WA Black & Yellow Caps
PAM and DICK HENDREN - 9733 4018

SOCIAL MEETINGS

Last Wednesday of the month at The Carlisle Hotel,
948 Albany Highway, Victoria Park at 8:00pm.
Please note, there is no meeting in December.

COMMITTEE MEETINGS

7:30pm on the Wednesday prior to the Social Meeting.

MEMBERSHIP RENEWALS and BADGE PURCHASES

When you need to renew your Membership or wish to obtain Length of Membership or Age Badges, please contact Head Office in Narellan NSW on 1300 134 123. These items are the responsibility of each Member.

DISCLAIMER

All expressions of opinion are published on the basis that they are not to be regarded as expressing the official opinion of the Ulysses Club, Perth Branch, nor the Editor, but are included for general interest only. The Ulysses Club, Perth Branch accepts no responsibility for the accuracy of any of the opinions or information contained in The Ithaca Times and readers should rely on their own enquiries in making any decisions touching their interest.

Errors and omissions excepted.

Publication of articles is at the Editor's discretion.

HOT AND THROBBING

by DOT CAMERER, Editor (23934)

I'm still looking for Members to write a story about their experiences with motorbikes for the "Meet A Member" feature. This can include when you started riding motorbikes, what was your first bike, what bikes you have owned, and some of your most memorable rides. Thanks, I'm prepared for an onslaught.

THANKS to the following Members who contributed to this issue: ALF BRIDLE, Black Dog Ride Board, BUSHY, CHERYL CAMM, LIONEL CAMM and BILL WESTERHUIS.

BIRTHDAYS

The following Members celebrate their Birthdays in January, February and March.



BIRTHDAYS IN JANUARY

- 5 STEVE SIMPSON
- 5 BILL WESTERHUIS
- 26 KEITH GAMBLE
- 28 DOT CAMERER

BIRTHDAYS IN FEBRUARY

- 2 JOHN MORRISON
- 14 DICK HENDREN
- 22 RITA WESTERHUIS
- 28 BRYAN WILSON
- 28 GARY WARNER

BIRTHDAYS IN MARCH

- 4 SANDI HERRLING
- 13 BUZZ ROWE
- 14 JIM NASH
- 21 JIM CHEESEMAN

Please let me know your Birthday—don't tell me how old you are—so it can be featured here and celebrated at the following Social Meeting. Thanks—Editor

SOCIAL MEETINGS are now held at the CARLISLE HOTEL 174 Rutland Avenue, Carlisle



on the last Wednesday of the month at 8:00pm

The Carlisle Hotel & Motel is a magnificent historic hotel, built in the early 1900s. It provides great food and entertainment.

MEMBER IN THE WARS

by DOT CAMERER (23934)

I heard from EDWINA BRADY in the last few days. She has been in the wars in more than one way. For instance, on a recent trip to the Eastern States for a funeral, she mislaid her mobile phone and asked that Telstra lend her a phone for the duration. At 83-years-of-age, she didn't fancy being totally isolated. Telstra came to the party and she handed it back when she came back home. It certainly pays to ask when in need.

You'll be glad to hear that EDWINA is now back on the road to recovery and getting up to her usual mischief again. Goodonya EDWINA!

She also told me that she is hoping to get to a Social Meeting in the near future. If any Member lives near Helena Valley and could take her, she would be extremely grateful.

Thankyou.

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31 DECEMBER 2016

		2016		2016
	\$	\$	\$	\$
RECEIPTS				
Trailers	18.18		18.18	
The Ithaca Times Sales	174.55		232.73	
Interest Received	101.54		.26	
Gear Shop & Clothing Sales	492.27		244.54	
Functions (inc Gold Coin Donations)	204.55		80.15	
Raffles, Prizes & Auctions	273.27		398.59	
Sundries	432.53		140.07	
GST	126.42		98.34	
	<u> </u>		<u> </u>	
		1,823.31		1,212.86
LESS PAYMENTS				
NatCom—GST	50.77		-	
Bank Charges	61.47		38.70	
Vehicle Licences & Insurances	93.65		273.36	
Functions	530.66		1,273.90	
Gear Shop & Clothing Purchases	214.73		108.18	
Computer & Internet	372.73		172.73	
Printing & stationery	156.60		-	
Raffles & Prizes	31.81		248.17	
Sundries	-		124.54	
GST	75.65		97.54	
	<u> </u>		<u> </u>	
		1,577.96		2,337.12
CLOSING BALANCE AT 31 DECEMBER 2016		1,997.10		1,761.74
OUTSTANDING LIABILITIES				
Net GST Liabilities re 2016		50.77		80
		<u> </u>		<u> </u>
FINAL CASH POSITION AT 31.12.2016		\$1,946.33		\$1,761.04
		<u>=====</u>		<u>=====</u>
BANK RECONCILIATION AS AT 31.12.2016				
Balance per Cash Book at 31.12.2016			1,997.10	
Add Unpresented Cheques				
28.12.2016 Chq No 782	53.10			
28.12.2016 Chq No 784	50.77		103.87	
	<u> </u>		<u> </u>	
BANK STATEMENT BALANCE AT 31.12.2016			\$2,100.97	
			<u>=====</u>	

MEMBER OVER BOARD

by DOT CAMERER (23934)

On Saturday 4 February BUSHY and I took a shopping trip to Geraldton on the bike, as one does. On the return journey, we had lunch at Dongara Bakery where our two local cops were also having lunch.

As we turned into the main street of Carnamah, BUSHY took the corner wide, knowing there was debris on the road from two previous storms, but not wide enough, it seems. The bike got caught up, over she went dropping us in the middle of the road. Of course BUSHY had an inkling of what was going to happen and curled into a ball. All I could see was his back and then felt the road sliding under me.

BUSHY picked me up and dragged me to a seat outside a shop. Within seconds, Merle Isbister, one of our local Ambos arrived from the direction of Three Springs and started by making my jeans into a new pair of shorts. Three local girls standing nearby helped Merle, as she was on her own. One bought me a bottle of water. Within a few minutes, our two cops arrived on the scene, one saying: "It's you, BUSHY!"

We had to wait for another Ambo to come up from Coorow before we could head to the Three Springs Hospital. On arrival, as the hospital is only staffed by nurses, I was included in a video link with Dr Richard Forbes in Sydney who made the decision on where I was to be taken for treatment. Geraldton Regional Hospital was recommended so BUSHY took me, after going back home to pack a bag for me.

I was put on a bed in a passage and seen by dozens of doctors and nurses and signed a plethora of forms. BUSHY left as he had the 175km trip back to Carnamah. I arrived in a ward at 2am rather exhausted.

I then started to notify people of my new address. One of those was GARY WARNER who had a bike accident just two weeks prior and had already related the details to me. I told him something like, "Ha ha, you're not the only one." I was surprised and pleased to see GARY at my bedside at 8:30 the next morning.

Then, as what often happens, my mobile battery went flat. Although BUSHY packed everything else I needed, he forgot my charger. In similar circumstances, I might have done exactly the same. To use the hospital phone, I had to get a nurse to dial the number for me. Grrr My son, Leon, put a notification on Facebook asking people to contact me via the hospital phone. At 5:30 the next morning I had a visit from a nurse who asked me if I had a SmartPhone and I noticed she was carrying a charger. No luck—it didn't

fit. It turned out however that she is the daughter of ENID and ARTHUR ANDREW of Geraldton Branch with whom I am friends on Facebook. How clever is Facebook?

My knee and foot were X-rayed and my knee washed out under general anaesthetic, dressed and covered with a Richard splint.

For the next week or so, I was confined mostly to bed with the inclusion of some physiotherapy to help me to walk again with exercises to practise.

I was visited by two friends from Carnamah, Marcell Billinghamurst and Leith Mackintosh who brought my charger, word puzzles to do and general good company.

MOOREY (PETER MOORE) and HERBIE (ROSS HERBERT) from Geraldton Ulysses also visited. ROSS came back with a long handled shoe horn with a hook on one end, a motorcycle magazine and a big bag of Malteasers—and it was Valentine's Day! HERBIE visited a few more times and cheered me up no end. Turns out he knows some of my friends involved in motorsport.

My friend Glenys Chisholm from Carnamah also came in when I was being transferred out of the ward into the Day Surgery Ward with no TV or personal light. I was pretty upset about this but Glenys had me laughing in no time. She also came in again the next day.

I had planned to send some info on ALF BRIDLE to GARY WARNER for Riding On and on one of his visits, I was able to give him some dates etc to help him write an obituary. I've since given him more info to complete an Obituary for the Summer Edition of Riding On.

There were plans afoot to give my knee another wash out, and after fasting for about 12 hours and tolerating the frustration of a doctor trying to find a vein in my arm for yet another cannula, the surgery was called off. Instead it was decided that I could, at long last, go home.

After trying out various modes of transport with the physiotherapist, I came home with a quad walking stick, a chair for the shower and one for the toilet.



What a relief to get back to Carnamah after 18 days in another world! BUSHY is now feeding me well, taking good care of me at his home, and dropping me off at mine from time to time in an effort to catch up everything computers, including this edition.

THE ULYSSES CLUB IN WA

by ALF BRIDLE (1196), July 2005

In July 1988, ALF BRIDLE wrote a letter to the Nat-Com Secretary requesting the names of Members who lived in WA with the idea of forming a Branch. He consequently had a reply a couple of weeks later with a list of 23 names of Members from Roebourne to Perth to Denmark to Kalgoorlie.

In a letter, dated the 12th August, he wrote to all the members who were listed suggesting that they get together once a month for a social evening. He set the initial evening as Wednesday the 29th September 1988 at the Pine creek Tavern in Forrestfield (being his local waterhole). All state members received this letter to inform them of the meeting just in case they were in the city at the time.

On that evening 3 members accompanied by about 4 non-members turned up and over a meal and a few ales it was decided that they would continue this event on the last Wednesday of each month. Membership steadily increased from that time and at writing there are some 1500 to 1600 members in WA.

The first issue of the Ithaca times was printed for March 1989 and was a single page. It has been in print ever since with eleven issues each year and grown to ten pages of information for members. The masthead, as drawn by Alf for the first issue, is still the original design. By June 1992, 210 copies of the Times were being printed of which half were being posted to country members.

In May of 1989 a bank account was set up with the Commonwealth Bank using a \$200.00 grant from Natcom. Alf administered this account with two other signatories, Burnie Oliver and Mal Slater. By the end of the first year the account showed a healthy \$600.00. For the first couple of years Alf was the Newsletter editor, Treasurer, Membership officer and meeting chairperson. Brian Lowther was the ride coordinator for a long time. Pam and Dick Hendren organised the raffles and in later years did all the organising of the Over the Hill Rallies.

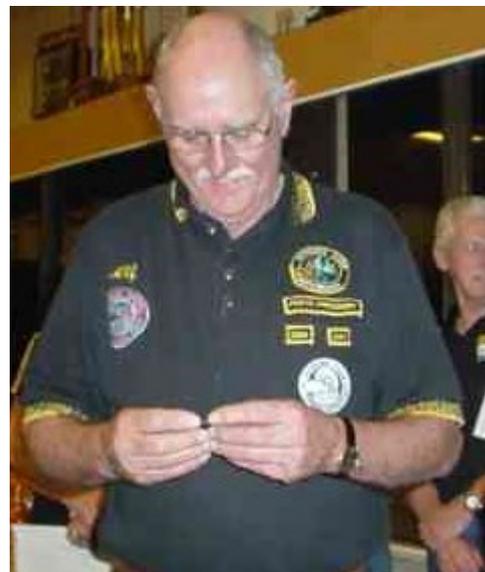
In October 1989 the meeting venue was moved to the Lynwood Arms due to the fact that our numbers were increasing and the Pine Creek Tavern meeting area was a little small. We were now getting some 40 people to a meeting. Our next move was to 'A' Shed, Fremantle in June 1992. This was a little more central as we now had members in Rockingham, Fremantle, North of the City and Eastern Suburbs.

In May 1993 the meeting venue was moved to the Leopold Hotel in Bicton. A further change was made in November 1993 when we went back to 'A' Shed. Then in April 1994 we moved to the Raffles Hotel at Canning Bridge. This was to become the home of the Perth Branch for the next nine years. Then a bombshell. The Raffles hotel was to be sold and possibly demolished so we had to find a new home. This turned out to be the Harp Tavern in Belmont.

During our time at the Raffles several other branches were formed. The first was Fremantle followed by Joondalup, Armadale and Warnbro Sound Wanderers (not necessarily in that order).

The Bunbury Branch had been going for quite some years under the guidance of Wayne Miller. So when Alf made a suggestion at the Alice Springs AGM in 1994 that WA would like to hold an AGM it was greeted with "About time!" by all the delegates. So over time the 1998 AGM was organised with Alf as the coordinator and Wayne Miller as the Bunbury contact. It was very successful with only a couple of minor hitches.

The Club in WA has gone from strength to strength with branches in Esperence, Denmark, Kalgoorlie and Geraldton. As Alf was once heard to say "I never imagined it would get this big."



MEMORIES OF ALF BRIDLE

GARRY CRIPPS

ALF was the main driver behind establishing Ulysses in WA. PAULA and I attended a couple of meetings at the Raffles Hotel when we first joined Ulysses and ALF always made us feel welcome. He got a great deal of delight mentioning that we had two members from Geraldton in attendance. Back in those days there was only the one Branch (Perth) in WA. They were getting over 50 people in attendance and it wasn't long after that they decided to start the Fremantle Branch.

One of the first things he got me to do was pay my subs for The Ithaca Times.

PETER and CHERYL MOORE

Yes, ALF was a real gentleman. I first met him at Regans Ford when his Goldwing broke down on the way from the AGM at Coffs Harbour. He was going around the block, as you do. Always friendly and helpful he will be missed by all those who knew him.

MEET A MEMBER



BUSHY

by PETER BUSH (26566)

Oh the joys of trying to remember. I have been asked to write of my first bike and subsequent ones to follow.

Well the first would have been my father's 2, a 250 BSA and a 500 BSA although I was only allowed on the 250 under supervision as I was only 8 or 9 at the time. The most memorable times would have been trying to avoid a broken leg when you don't get the stroke right with the kick start. You learn VERY quickly.

My first OWN bike was a little 100 Yammie roady when I was around 13 or 14 which I used to ride over

to the neighbours when helping out either in the paddock or in the shearing sheds around the district. The life of this gallant little bike was snuffed out when I rode at full throttle for 25 miles and melted the piston.

The next on the list was my own purchase, a bright green and yellow 350 Honda road/trail, and a beauty it was too. At 15 I didn't have a licence but living in the country it was not a great hindrance. It would take me the 60 mile down to Albany in around the hour mark. This also went by the way when I spied a magnificent beast in "Geronimo's Bike Shop" in Albany one day, a 750 Royal Enfield.

It had beautiful chrome crash bars front and back and a spiffy light green paint job. I immediately traded in the Honda and rode away on the "Dream". This took me on to the first real paying job as a deck hand/diver on an abalone boat working all along the south coast. This was also the one and only bike that I have fallen asleep on, coming home from Hopetoun one time after partying all weekend. No damage done except for my undies and heart rate. Unfortunately this magnificent ride was killed when I rode into the side of a car and totalled it.

This was the end of bikes until I joined the Army at 19 and I bought a GS 750 Suzuki in 1975. The "Waterbus" was FAST with a full racing faring.

Then the old story of life getting in the way of having fun, I left bikes for 20 years while I grew my children up and wore out a couple of wives, then after I was medically retired in 2000, I joined the Ulysses mob, bought a 1100 Honda Shadow and set about having a look at this bloody great country of ours.

This was followed by a 1600 Honda cruiser, then my lovely, comfortable and totally acceptable ST1300, which will probably be my last as age and arthritis are catching up with me.



Remember people, enjoy the time you are here and STAY UPRIGHT.



MESSAGE FROM THE BOARD RESIGNATION OF STEVE ANDREWS

by The Board of Directors
Black Dog Ride Australia Limited

STEVE ANDREWS, the Founder, Chief Executive and managing Director of Black Dog Ride Australia Limited has advised the Directors that, due to personal health issues, he is resigning his position with the organisation effective today (31 January 2017).

This is STEVE'S personal decision and is one respected by the Board. We appreciate this will come as a shock to the many supporters and stakeholders in BDR, and we request STEVE'S privacy be respected.

As we are aware, Black Dog Ride had its genesis in 2009 when STEVE commenced his solo ride around Australia to raise awareness of depression and suicide prevention. Since that time, many thousands have embraced the work of BDR as riders, volunteers, donors and supporters both in Australia and overseas.

STEVE has led the organisation exceptionally well, and, as with all those associated with Black Dog Ride, is immensely proud of its achievements particularly in creating awareness of mental health and raising over \$2.2 million for mental health services. Whilst this is a considerable sum, the work of Black Dog Ride stretches past raising money. What it has created in the community by way of awareness and understanding is a testament to its success.

We are sure all those associated with Black Dog Ride join with the Board in thanking STEVE for his service and congratulating him for what he has been able to achieve for Black Dog Ride.

The Board anticipates appointing an interim Chief Executive Officer of Black Dog Ride for the period of the March 1 Dayer and Tasmanian Ride very shortly. During this period the Board will seek a permanent CEO to lead Black Dog Ride.

AN OPEN LETTER TO MEMBERS OF THE BLACK DOG RIDE FAMILY

by STEVE ANDREWS (45346)

When I embarked on the inaugural Black Dog Ride around Australia in July 2009, I had a simple—to raise awareness of depression and suicide prevention. Having lost my Mum and a dear friend to suicide, this was a very personal crusade, one I hoped would help prevent others from suffering such tragic loss. I had no idea my 15,000km, 26-day solo journey would have such an impact on so many people, including me, in the following 7 years.

During that time, Black Dog Ride evolved from one man's mission into a National Charity which started thousands of conversations, altered people's prejudices towards mental illness and most importantly, changed and saved countless lives.

But there was a problem. Whilst I was out there encouraging help seeking behaviour across Australia and more recently in the USA, I actually didn't look after my own mental health. I'd never had depression or anxiety, nor suicidal thoughts – I was resilient. I thought I was lucky to have dodged the mental illness bullet which had been fired through numerous members of my family. Bullet proof! Wrong!

Towards the end of 2016, I finally realised that I was not mentally well. I visited my GP who diagnosed me with anxiety and depression and recommended I undertake a Mental Health Care Plan.

With the recent help of sessions on the Psychologist's couch, I identified what I think was the turning point for my mental wellbeing – when my resilience started to be chipped away. In late 2012, an organisation I had been instrumental in raising nearly \$500,000 for, along with considerable national exposure, turned on me. I was gutted! A 4-year battle ensued for our brand, the flag we ride under, Black Dog Ride. Finally, late last year, we were granted our Trade Mark. A victory of sorts but it was a sad and hurtful chapter in the BDR story and it took its toll on me.

During those four years, tragically 3 of our fellow riders, including my friend Les James, died on Black Dog Rides. A number of riders have also suffered life altering injuries. Whilst I don't feel personally responsible for these accidents, they happened on my watch and have caused me considerable trauma. During Ride time I live in dread of those phone calls from our Ride Coordinators advising of another accident or even worse, another death.

AN OPEN LETTER TO BLACK DOG RIDERS cont'd

I have lost count of the number of riders and supporters I have "counselled" over the years when they were suffering with a mental illness or had a friend or loved one struggling. There have also been many conversations with people who were at risk of suicide or were grieving from losing someone to suicide. I do not have the professional boundaries a Doctor or Psychologist has to be able to deal with these emotionally draining conversations and without me knowing, they impacted on my own state of mind. My Psychologist asked me "why do you feel you have to carry this burden on yourself?" After considerable thought I came to the realization that it may be me trying to save everyone else because I couldn't save my Mum from taking her life.

Throughout my Black Dog Ride journey there have been a few detractors and that's fair enough, it's human nature. I know I'm not perfect and that BDR isn't perfect but criticism of the organisation and character denigration via social media does, at best, no good for anyone involved and at worst, can be divisive and cause great harm.

I share my personal situation with you because I feel I owe you an explanation about why I am leaving something I am so passionate about and because I hope my story will be further reinforcement of the Black Dog Ride message that it's OK to talk about your mental health and that it's OK to reach out for help. Perhaps in my case I left it a little longer than I should have but thankfully not too late!

I feel privileged to have met, ridden with and worked with so many wonderful people and organisations during my time at Black Dog Ride. Many will remain friends for life. Thank you, it has been an amazing 8 years which I will never forget.

I would also like to thank the dozens of individuals and companies who have so generously sponsored and supported Black Dog Ride. I hope you will continue to do so.

Where will the road take me now? Hopefully to a full recovery and then who knows where? But I hope to see you on it one day.

Thank you.



BLACK DOG RIDE ANNOUNCES INTERIM CEO

by the Board of Directors
Black Dog Ride Australia Limited

Early February 2017, we were saddened to announce that Black Dog Ride's Founder and Managing Director, STEVE ANDREWS, was stepping back from operational duties for health reasons. We are now pleased to announce that Black Dog Ride's Wangaratta Coordinator Jim Redmond will be Black Dog Ride's Interim CEO to manage the planned March 1 Dayer and national Tasmania rides.

As a long time Black Dog Rider, Jim is familiar with the operations of Black Dog Ride and has a strong background in Business Administration, Human Resources and Occupational Health & Safety. We're grateful to Jim for stepping up and we look forward to working with him to continue STEVE ANDREWS' life saving legacy of raising awareness of depression and suicide prevention.

LETTER TO BLACK DOG RIDERS FROM INTERIM CEO, JIM REDMOND

The resignation of STEVE ANDREWS as CEO of Black Dog Ride came as a great shock to me, especially as I had spoken to him regarding the Tasmanian event as recently as mid-January. The role STEVE filled was pretty much non-stop but I never realised the immense personal pressure he had been under. It brings home to me how crucial it is that we each make a genuine effort not only to look after those we care about but also to look in the mirror once in a while when we ask RUOK?

When I was approached by the Board regarding the interim role as CEO, I understood that a possible alternative was the cancellation of the 1 Dayers on 19 March and even the National Ride to Tasmania in November this year. As a volunteer Ride Coordinator myself, I understood the work which had already been done, the commitments made, the registrations paid, the tasks organised and the support generated, all under the Black Dog Ride banner. I felt that I should take whatever steps I could to avoid damage to the BDR brand and ensure that the activities which mean so much to all of us continued, and they will. Black Dog Ride's 1 Dayers all over the country are gathering online registrations, supporters and donors have pledged their resources and coordinators have incredible teams working with them to

provide one of our key annual events. In addition, deposits have been paid and dates locked in for the Tasmanian ride and I will be in contact with the State Coordinators regarding arrangements. We'll be working to get the registrations happening as soon as we can.

It's very important to me that the work started by Steve Andrews and taken up by so many exceptional Coordinators and committed volunteers continues and gains even more momentum. My involvement with Black Dog Ride began in late 2013 with a phone call to Steve to see if we could get a local 1 Dayer started in Wangaratta, because I'd read about what Black Dog Ride was doing and I believed I could help. What particularly struck me was the potential to do so much good from something so direct; to involve riders, to engage the community, to open doors and remove some of the barriers to understanding and talking about mental health and the prevention of suicide.

My journey to this point and further is not the same as that for Steve, but nor is that of any other supporter of Black Dog Ride. We all have a history that makes every one of us different, but what makes us the same is the incredible shared effort to accomplish what we take on every day, every year. Every rider that tells me why this is so personally important for them makes me more certain that what we are doing together needs to continue and to grow from Steve's inaugural ride in 2009.

Black Dog Ride commenced because of Steve's passion and it continues to make a difference because of every one of you, because of the personal and powerful influence you develop in your communities. Don't stop. Don't lose sight of why you became involved or of the huge effect you have on the people around you.

Please understand that I'm still getting across some of the priorities so I ask that you keep in mind the tireless BDR staff are doing everything they can to help, I thank you in advance for your patience.

UCARF

ULYSSES CLUB ARTHRITIS RESEARCH FUND

Rheumatoid arthritis research has been the preferred charity of the Ulysses Club since 1997 when founding member, the late STEPHEN DEARNLEY OAM proposed the initiative. The impetus for the funding support was the sad death a year earlier of STEPHEN'S wife JO who had lost a 20-year battle with the insidious disease.

The Club has generously and proudly sponsored many scientific researchers over the last 17 years with strong support of the 137 plus Branches. A few years ago the Club took complete control of the funds by setting up a separate account known as UCARF (Ulysses Club Arthritis Research Fund). With this latter arrangement the Club can now fulfil it's ideal of ensuring that 100% of donations are directed to the scientific researchers in the form of sponsorships. We are currently supporting a post graduate sponsorship at the Institute of Bone and Joint Research (IBJR) at the Royal North Shore Hospital in Sydney and another at Monash University in Melbourne.

The present UCARF Coordinator is KIM KENNERSON. The decision to choose award recipients is based on the previous year total donations to UCARF from Branch fund raising activities.

The awards are presented to the winning Branches during the Civic Welcome Ceremony, which is held immediately after the conclusion of the Grand Parade on Saturday morning. Both awards are presented by the Club's UCARF Coordinator, with support from fund recipients engaged in arthritis research. The two awards presented are the Jo Dearnley Memorial Award and the Good Joint Award.

The Jo Dearnley Memorial Award was introduced as a perpetual shield to be awarded to the Branch which donates the most money to the Club's preferred charity (UCARF) during the previous calendar year.

The Good Joint Award is also a perpetual shield that was introduced to recognise the generosity of smaller Branches that, due to their size, are unable to compete in raising funds with larger Branches. The winner of this award may be either a single small Branch or a cluster of small Branches that raises an impressive comparative amount of funds during the previous calendar year.

ULYSSES CLUB ROAD SAFETY COMMITTEE February 2017

JEN WOODS, NEVILLE GRAY, DAVE WRIGHT,
SHAUN LENNARD, TERRY McCARTHY, PETER
IVANOFF and JIM BECK

DAVE WRIGHT, Road Safety Committee delegate from WA, has been concerned about the effects of dehydration due to riding in the extreme heat we've been experiencing, not just in WA, but all over this great nation of ours.

DAVE asked Janine Nicholas, who runs First Aid courses in WA for some advice, and she provided this Info Sheet on the effects of dehydration, prevention of the condition, how to recognise and treat it. You may like to send the Info Sheet on through your Branch newsletters as well.

We aren't quite through the hot months yet, so it's a good time to remind riders of the dangerous problems that can arise due to a lack of fluids.

If there are issues or questions for the Road Safety Committee members to address, please email me at vicepresident@ulysses.org.au all over this great nation of ours.

Info Sheet—Dehydration

Water makes up the largest component of the human body representing 45% to 70% of our body weight. For example, a 75kg person would contain 45 litres of water, representing 60% of body weight. Any excessive change in the normal body water balance, such as fluid loss causing dehydration, can be a serious outcome for the motorcyclist.

We lost body water daily through normal tasks such as breathing, sweating, urinating and some medications for example. A reduction of only 1% can start to impair our body's normal temperature regulation system and dehydration will kick in.

During heat exposure, body water is primarily lost as sweat, individuals can sweat anywhere between 800mL to 1.4 litres per hour. People normally do not perceive thirst until a deficit of approximately 2% body weight loss has resulted from sweating. Thus, thirst provides a poor indicator of body water needs during test or physical activity.

When individuals are encouraged to drink fluids frequently during heat exposure, the rate at which we can replace the fluids by mouth is limited by the rate at which fluids can be absorbed from the stomach to

The intestines (where the absorption process starts to take place).

Fluids can only empty from the stomach at a maximum rate of approximately 1 to 1.2 litres per hour.

The important message is that once dehydration occurs, it becomes more challenging to rehydrate adequately by drinking water.

The key to preventing dehydration for the motorcyclist is to begin consuming water before going on a ride and to maintain hydration by taking frequent drinks of water during the ride.

Just remember that you can sweat more per hour on a hot day than what your body is capable of absorbing. That is why it is critical to maintain your water intake before, during and after the ride.

FIRST AID

Keep an eye out for common signs (something you see) and symptoms (something you hear or the patient tells you) of dehydration. Also keep in mind that each person may experience symptoms differently, they include:

- Less frequent urination and dark in colour
- Thirst
- Fatigue and light-headedness
- Confusion
- Dry mouth
- Frontal headache

DRINK, DON'T SIP

Cool the individual down and get them to drink as much water as possible (may include electrolytes). Be aware that large amounts of oral fluids may increase bloating, nausea and vomiting due to the delays in stomach to intestine absorption rate. In this case, the individual needs urgent medical attention and intravenous (IV) fluid replacement. Please remember that the volume of oral fluids ingested typically must at least equal the volume of fluid lost.

RIDER DOWN First Aid for the Motorcyclist

1300 585 000

PO Box 42, Cannington WA 6987
www.riderDown.com.au

**FOR SALE
BY OWNER**

OR AS OTHERWISE STATED

HONDA GOLDWING TRIKE



DALE cannot ride any more and is very sad about parting with his pride and joy with all the bells and whistles including extra fuel tank under pillion boot. 111,000km. So, if you know anyone who is interested please tell them. This bike is with Kim Britton Motorcycles, 91 Dixon Road, Rockingham awaiting a buyer with \$34,995.

**Contact: ROBIN WATKINSON (34615)
on 0413 900 379**

KAWASAKI VULCAN

IAN JOHNSTON will not be riding for a while and has reduced the price to \$9,990 for a quick sale. The battery was renewed recently and also it has a new number plate "WA 1IC441". Rego expiry date 1/3/17. I can arrange transportation to you at your cost if necessary.

IF YOU ARE INTERESTED, DON'T DELAY. IT WILL SELL AT THIS PRICE. MAKE AN OFFER.

The old Ulysses plate is for sale to the highest bidder, ie WA No 800 UC. Remember these personalised Club plates are no longer available - the value can only go up.

Send any offers to:

**PETER MOORE (47546)
Phone: 0427 509 067
Email: mooreintimor4@hotmail.com**

2009 ELITE CAMPER TRAILER

Elite Camper is for sale at \$7,250. Includes ground sheet and full annex with flooring. Battery with Projecta 100 diverter. Waeco CDF-11 fridge.



**Contact: PETER CRIPPS (46673)
email: peter.cripps@bigpond.com
phone: 9936 6020**

2012 HONDA CB125

Excellent condition, runs well, easy to ride. 7,000km. Registered to 13.4.17
Number plate CGG 2843.

Reduced from \$1,800 to sell at \$1,500.

**Contact: PETER MOORE on 0427 509 067
mooreintimor3@hotmail.com**



I'm selling the bike on behalf of CRAIG LUPTON who has returned to NZ for family reasons.

CLASSIC INDUSTRIES MINI TOURER

Hydraulic Disc Brakes, A-Frame Mounted Cooler,
Chrome Roof Rack, LED Lights, Rear Nudge Bar,
In well-above average condition.

Might be handy for someone going to the 2017 AGM
Can deliver to Perth.

Price: \$2,500
Contact: GARRY CRIPPS (15842)



Geraldton on 0427 362 066

MARKETING

submitted by LAWRY AARONS

One buzz word in today's business world is "Marketing". However, people often ask for a simple explanation of "Marketing." Well, here it is:

You're a woman and you see a handsome guy at a party. You go up to him and say, "I'm fantastic in bed."

That's Direct Marketing.

You're at a party with a bunch of friends and see a handsome guy. One of your friends goes up to him and, pointing at you, says, "She's fantastic in bed."

That's Advertising.

You see a handsome guy at a party. You go up to him and get his telephone number. The next day you call and say, "Hi, I'm fantastic in bed."

That's Telemarketing.

Your friend can't satisfy him so she calls you.

That's Tech Support.

You see a guy at a party; you straighten your dress. You walk up to him and pour him a drink. You ask, "May I?" and reach up to straighten his tie, brushing your breast lightly against his arm, and then say, "By the way, I'm fantastic in bed."

That's Public Relations.

You're at a party and see a handsome guy. He walks up to you and says, "I hear you're fantastic in bed."

That's Brand Recognition.

You're at a party and see a handsome guy. He fancies you, but you talk him into going home with your friend.

That's a Sales Rep.

You're on your way to a party when you realise that there could be handsome men in all these houses you're passing, so you climb onto the roof of one situated towards the centre and shout at the top of your lungs, "I'm fantastic in bed!"

That's Facebook.

You are at a party; this attractive older man walks up to you and grabs your ass.

That's Donald Trump.

You didn't mind it, but twenty years later your lawyer decides you were offended and you are awarded a settlement.

That's America!

**Young girls are made of sugar &
spice & everything nice.**

**I must be made of wine &
caffeine & everything mean.**

**Because that's what old broads
are made of!!**

See Bill



DR WG (BILL) Burn
 BSc. G.Dip.Forensic Odontology
 Dental Surgeon
 Nedlands Dental Centre

Office 9/117 Broadway,
 Nedlands, Perth WA 6009
 Phone: 08 9386 8394
 M: 0411 222 893 F: 9386 8526
 E: wburn@bigpond.net.au

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Dean Ellis, Barrister and Solicitor

Dean Ellis

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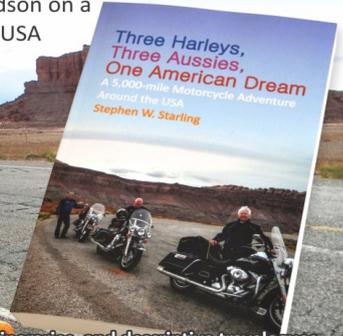
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Contains ten route maps, detailed itineraries, and descriptive travelogues.
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WEBSITE MEMBERSHIP LIST

It is useful to have an updated list of Members who are attached to the Branch so we can contact each one for Branch and Club related things, if necessary. This information is not available from Head Office, so we have to rely on you to tell us.

Please check your details on the website Members Page. If your details are incorrect or your name not there, this needs to be rectified.

Send your details to: MARK DIXON, Web Master at markdixon@anysize.com

ULYSSES CLUB BRANCHES IN WA MEETINGS and CONTACT DETAILS

ARMADALE HERITAGE

Meet first Thursday each month at 8:00pm
Narrogin Inne, Armadale
armadaleheritage@ulysses.org.au

BROOME WEST KIMBERLY

broomewestkimbeley @ulysses.org.au

BUNBURY

Meet first Wednesday each month at 7:00pm
Highway Hotel, Bunbury
bunbury@ulysses.org.au

ESPERANCE

esperance@ulysses.org.au

FREMANTLE

Meet 2nd Thursday each month at 8:00pm
Swan Yacht Club, Fremantle
fremantle@ulysses.org.au

GERALDTON

Meet first Wednesday each month at 7:30pm
Camel Bar, Geraldton
geraldton@ulysses.org.au

GREAT SOUTHERN

greatsouthern@ulysses.org.au
0459 138 806

JOONDALUP

Meet 2nd Tuesday each month at 8:00pm
Glengarry Tavern, Warwick
joondalup@ulysses.org.au

KALGOORLIE

Meet 2nd Saturday each month at 6:00pm
Kalgoorlie Club, Egan Street, Kalgoorlie
kalgoorlie@ulysses.org.au

MANDURAH-MURRAY

mandurah@ulysses.org.au

PILBARA

pilbara@ulysses.org.au

WARNBRO SOUND WANDERERS

Meet 2nd Tuesday each month at 8:00pm
Indigo Bar at Leisure Inn, cnr Chalgrove Avenue and
Read Street, Rockingham
warnbrosoundwanderers @ulysses.org.au

CLUB DISCOUNTS

Please support these discounters:

American Motorcycles, 211 Albany Highway, Victoria Park 9361 4884—10% off after market parts & workshop

BLG Cafe, Pingelly -Ulysses Discount

Camping Australia Fremantle—10% on all items
Five Star Yamaha, 54 Rockingham Road, Hamilton Hill 9420 4090—Up to 20% off parts & accessories

Custom Bike Electrics & Restorations, Unit 2, 5-7 Kembla Way South, Willetton

Honda Country, 59 Dixon Road, Rockingham 9527 5093—Ulysses prices available

Hoon's Workshop, U5/4 Malcolm Street, Mad-dington 0417 956 523, VINCE. Trailers, towbars, bike modifications & custom parts painted or chromed & more.....by a Ulyssian for Ulyssians.

In City Used Motorcycles, 614 Albany Highway, Victoria Park 9470 4446—Ulysses Discount

Kim Britton Motorcycles, 2/91 Dixon Road, Rockingham 9592 1113—Ulysses Discount

Mack 1 Motorcycles, 237 GE Highway, Midland 9250 2522—5% off accessories, 5% + free tyre fitting

M & T Motorcycle Clothing & Accessories

U2B/34 Prindiville Drive, Wangara (opp Wanneroo Markets) 9408 0500 - Mark & Trudi Holland

Margaret River Tavern—10% discount on meals

Miners Rest, Mt Magnet—\$100 double inc breakfast JIM NASH (11476)

Motorcycle Pit Shop 29 Angove Street, North Perth —10% discount on most with discounts on various items on production of Membership Card to Craig or Karen

Motorcycles Plus, 126 Kewdale Road, Kewdale 9353 4567 - 10% off parts, labour, repairs & tyres

Motorlife, Tyre Shield, Inox, Lanox, Cab Fresh, Battery Conditioner - Tony Langford 9388 1709—Club prices

Murphy's Café, Mundaring—10% discount on coffee

Noneycup Tearooms, Donnybrook 9731 0600

Ranger Outdoors, 1163 Albany Highway, Bentley 9356 5177—15% off most products

Rick's Motorcycle Transport 9439 4982

Dave Robertson, M/C Riding Instructor, Rockingham 9527 1628—Special Ulysses Prices

Stanbridge's Hobby Shop 23 Railway Parade, Mt Lawley—10% discount

The Giddy Goat, Chittering Valley—10% on hot drinks, special prices on food for group bookings

Two Wheel Wreckers 7 Neil Street, Osborne Park

9443 2770 Morgan Evans—10% discount

Tyres For Bikes, 621 Albany Highway, Victoria Park 9362 6262 Peter Hoelzl—10% discount

Witch Cycles, 109 Day Road, Rockingham 9527 2398—10% discount

RAC COUNCIL ELECTIONS

by DAVE WRIGHT (51871)

President, Motorcycle Riders Association of WA
Ulysses Club Road Safety Committee
(WA Representative)

I would like to thank all of the people who gave me their vote for a position on the RAC Council at the recent RAC elections.

Unfortunately, I was not successful on this occasion but I do thank the 2,200 of you who took the time to fill in the form and send it back to the RAC. I was, however, about 2,000 votes short of being successful. I won't be nomination for this position again. I will, however, continue to lobby the RAC to use their influence for a better outcome for motorcycle and moped riders.

SCHOOL RUN

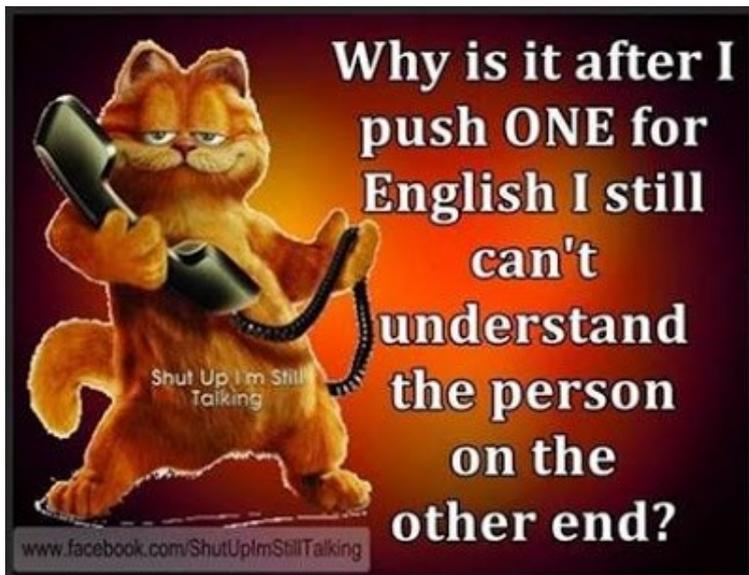
submitted by MICHAEL SHIPTON ()

A little five year old girl was usually driven to school in the mornings by her Grandad, but one day he was ill so her Granny took her instead.

That night the little girl told her parents that the drive to school with Granny was very different.

"What made it different?" asked her parents.

"Well," she replied, "Granny and I didn't see a single tosser, blind bastard, foreign prick or wanker on the whole journey!"



Because English is their **SECOND** language.

VALENTINE'S ROSE

submitted by KARL AMBROSE (25353)

Oh what a tangled language English is and how easy it is to misconstrue.

A man takes a lady out to dinner for the first time. Later they go on to a show. The evening is a huge success and as he drops her at her door he says 'I have had a lovely time. You looked so beautiful, you remind me of a beautiful climbing rose. May I call on you tomorrow?'

She agrees and a date is made.

The next night he knocks on her door and when she opens it she slaps him hard across the face. He is stunned. 'What was that for?' he asked.

She said, "I looked up "beautiful climbing rose" on Google last night and it said....."

"Best suited for rooting against a brick wall or fence, no good in an open bed."

THREE OLD LADIES

submitted by Peta Laine

THREE OLD LADIES WERE SITTING ON A BENCH WHEN A FLASHER WALKED PAST AND FLASHED THEM.

THE FIRST OLD LADY HAD A STROKE.

THE SECOND OLD LADY HAD A STROKE.

AND THE THIRD OLD LADY COULDN'T REACH.

SMART ARSE ANSWERS

submitted by CLAYTON CREAM (64245)

SMART ARSE ANSWER 1

It was mealtime during a flight on a British Airways plane:

"Would you like dinner?" the flight attendant asked the man seated in the front row.

"What are my choices?" the man asked.

"Yes or no," she replied.

SMART ARSE ANSWER 2

A lady was picking through the frozen Chickens at a Woolworths store but she couldn't find one big enough for her family. She asked a passing assistant, "Do these chickens get any bigger?"

The assistant replied, "I'm afraid not, they're dead."

SMART ARSE ANSWER 3

The policeman got out of his car and the teenager he stopped for speeding rolled down his window.

"I've been waiting for you all day," the Cop said.

The kid replied, "Well I got here as fast as I could."

When the policeman finally stopped laughing, he sent the kid on his way without a ticket.

SMART ARSE ANSWER 4

A lorry driver was driving along on a country road. A sign came up that read "Low Bridge Ahead". Before he realised it, the bridge was directly ahead and he got stuck under it.

Cars were backed up for miles. Finally, a police car arrived.

The policeman got out of his car and walked to the lorry's cab and said to the driver, "Got stuck, hey?"

The lorry driver said, "No, I was delivering this bridge and ran out of diesel."

SMART ARSE ANSWER 5

A teacher at University reminded her pupils of tomorrow's final exam.

"Now listen to me, I won't tolerate any excuses for you not being here tomorrow. I might consider a nuclear attack, a serious personal injury, illness, or a death in your immediate family, but that's it, no other excuses whatsoever!"

A smart-arsed teenager at the back of the room raised his hand and asked, "What would happen if I came in tomorrow suffering from complete and utter sexual exhaustion?"

The entire class was reduced to laughter and sniggering. When silence was restored, the teacher smiled at the student, shook her head and sweetly said, "Well, I would expect you to write the exam with your other hand."

SMART ARSE ANSWER OF THE YEAR

Telephone rings, woman answers. Pervert, breathing heavily, says, "I bet you have a tight arse with no hair?"

Woman replies, "Yes, I have. He's watching the rugby. Who shall I say is calling?"

IRISH PROSTITUTE

submitted by CLAYTON CREAM (64245)

An Irish daughter had not been home for over 5 years. Upon her return, her Father cussed her. 'Where have ye been all this time? Why did ye not write to us, not even a line? Why didn't ye call? Can ye not understand what ye put yer old Mither thru?'

The girl, crying, replied, 'Sniff, sniff....Dad....I became a prostitute...'

'Ye what!?! Out of here, ye shameless harlot! Sinner! You're a disgrace to this Catholic family.'

'OK, Dad-- as ye wish. I just came back to give mum this luxurious fur coat, title deed to a ten bedroom mansion plus a \$5 million savings certificate.

'For me little brother, this gold Rolex. And for ye, Daddy, the sparkling new Mercedes Limited Edition convertible that's parked outside plus a membership to the country club..... (takes a breath) and an invitation for ye all to spend New Year's Eve on board my new yacht in the River and...'

'Now what was it ye said ye had become?' interrupts her Dad.

Girl, crying again, 'Sniff, sniff....a prostitute Daddy! Sniff, sniff.'

'Oh! Be Jesus! Ye scared me half to death, girl! I thought ye said a Protestant. Come here and give yer old Dad a big hug.

R I D E S



SCULPTURE BY THE SEA RIDE **Sunday 12 March**

A short morning ride which leaves from East Perth at 9am goes via some northern beaches. Sculpture by the Sea is on at Cottesloe. This is a short ride, mostly suburban. We will arrive at Cottesloe before lunch. There are several places to buy food, however, it will be crowded. So if you want to eat there consider bringing a picnic or be patient.

Contact: MARK DIXON
on 0413 820 071

MT BARKER OVERNIGHTER **Saturday 18-Sunday 19 March**

Some familiar roads in this ride, but also some of the famous "roads less travelled". The ride will start from the carpark opposite McDonald's, Armadale at 9am and head south on the South-West Highway. After coffee in Harvey we'll take Mornington Road to Collie and then continue south to Boyup Brook for lunch. After lunch we'll head south through Franklin River to Mt Barker where we'll be staying overnight.

On Sunday morning we'll have breakfast in Mt Barker before heading north to Cranbrook and then on up the Great Southern Highway through to Narrogin for lunch. The final leg will be through Wandering to North Dandalup and then Albany Highway back to Armadale.

Accommodation is at Plantagenet Hotel (9851 1008). They have a number of motel rooms. If the motel section is fully booked they have rooms in the hotel.

Alternatives are the Valley View Motel (9851 3899) or the Mt Barker Caravan Park Cottages (9851 1691). They are both on the main road.

Contact: ED LOWE
on 0419 902 498

GRASS VALLEY RIDE **Sunday 16 April**

Ride leaves from East Perth at 9am and goes via Toodyay.

Morning tea at Noble Falls (if open) or Gidgegannup.

Lunch at Grass Valley Tavern.

Return via York for a round trip of around 260km.

Contact: MARK DIXON
on 0413 820 071

GERALDTON 3-DAY RIDE **Friday 23– Sunday 25 June**

Leaves from BP, cnr Wanneroo and Ocean Reef Roads, at 8:30am.

Itinerary: Perth to Geraldton via Indian Ocean Drive, overnight at Geraldton.

Geraldton to Kalbarri, sightseeing for the day and back to Geraldton, overnight.

Geraldton to Perth via Three Springs.

Note: Fuel not available at Three Springs on weekends, but available at Carnamah and Coorow by card.

Accommodation TBA

Contact: BILL WESTERHUIS
on 9378 3383

RIDE & SOCIAL CALENDAR

OCTOBER to DECEMBER 2016

RIDE DEPARTURE POINT: BP Service Station, Cnr East Parade & Brown Street, East Perth
unless otherwise stated

MARCH

Sunday 12 East Perth at 9am **SCULPTURES BY THE SEA RIDE** **MARK DIXON**
0413 820 071

Sat-Sun 18-19 Armadale at 9am **MT BARKER OVERNIGHTER** **ED LOWE**
-419 0-2 309

APRIL

Sunday 16 East Perth at 9am **GRASS VALLEY RIDE** **MARK DIXON**
0413 820 071

JUNE

Fri-Sun 23-25 BP Cnr Wanneroo & **GERALDTON 3-DAY RIDE** **BILL WESTERHUIS**
Ocean Reef Road
at 8:30am 9378 3383

LEADING A RIDE

Would you like some help to lead a ride?
Would you like help with the start and finish?
If you need any help or suggestions,
please contact JOHN MORRISON on 0415 198 183.

If undeliverable please return to:
ULYSSES CLUB, PERTH BRANCH
PO BOX 60
CARNAMAH WA 6517

THE ITHACA TIMES