

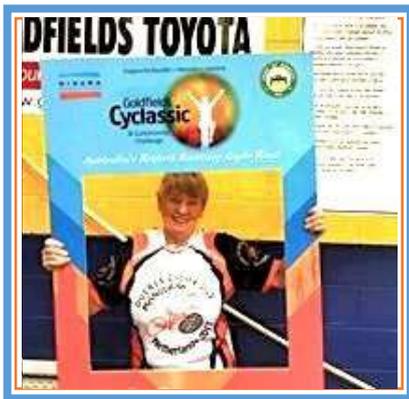


Cyclemania

Mandurah Over 55's Cycling Club News Letter

June / July Edition

Dad inspires Daughter in Goldfields Cyclclassic



Lyn Trembath of Mandurah's Over 55's Cycling Club aimed to follow in her father's footsteps when she competed in the Goldfields Cyclclassic for the first time on 1st June 2019. While many of her club mates have travelled overseas, the cycling enthusiast headed to the town of her birth where her father, Richard Trembath, was once a member of the local cycling club. A senior member of my family commented he saw her father come over the finishing line in that race said Lyn.

After learning of her dad's involvement in the race in the late 1930s, it became a must do for Lyn, whose passion for the sport blossomed after her retirement.

"Being a Kalgoorlie kid, I have been riding my whole life, but I really started seriously when I was 65. In our club it is not just cycling - we have 190+ members and it is as much about friendship, socialising and touring as it is cycling."

Back when Dad Richard competed in the race, it was a one stage event from Menzies to Kalgoorlie. Founded in 1928, it was renamed the Chas Egan Memorial Race after the sudden death of the popular Eastern Goldfields Cycling Club Secretary in 1932.

Since 2011 it has been raced from Kalgoorlie Boulder to Menzies, with a second leg added to take competitors from Menzies to Leonora ahead of the running of the Golden Gift. The prize money on offer has swelled to \$40,000, leading to the event being coined Australia's richest handicap cycling race.

Riding in the D-2 grade, Lyn laughed when asked about her prospects of seeing off the A grade riders who are often future or recent professionals who traditionally dominate the competition. But she was confident of crossing the line, just like her father did decades ago. "I can do the distance – that is not a problem for me. It is just about the time", said Lyn. **"Congratulations Lyn Trembath"**

THE JIM EVERY BUSSELTON TOUR. 1st to 5th April.

71 people attended this year, mostly riders and a few non riders. This was the club's 19th Busso Tour and Sunday's Happy Hour was for a welcome and itinerary introduction.

Monday was Dunsborough day with 50 riders covering 50km, always a popular town to town ride along the coastal path all the way.

Tuesday was to Capel with 3 groups riding over 60km, and other groups opting for shorter rides around Busselton. Lawn bowls was very popular again this year, thanks Michael. Over 60 people enjoyed an evening meal at the Esplanade Hotel.

Wednesday was a day off but many riders rode anyway. Either the new Ambergate 37km ride using the Chuck Wagon, thanks Lu, Elaine and Cheryl, or the scenic Easy Ride, 30km through linked cyclepaths to the old stone Fat Chef cafe in Vasse. The evening was a Hamburger night on the house.

Thursday was the big one, 101km to Cowaramup through howling wind and drizzle, causing many riders to turn back after 25km and the Chuck Wagon. Thanks Susan and Norman. 9 riders finished the whole distance incl. Anne Mc. and Lyn T.

Aileen and Julie went to Vasse while Arno took a hungry group for a big breakfast in Broadwater. Later, Joan held her Crafty Critters group, then about 40 people dined at the Dynasty Chinese Restaurant.

Friday was Wonnerup Country Ride day and 3 groups rode 44 to 54km using the Chuck Wagon for morning tea again out in the bush, thanks Kaye and Arno.

A shorter ride was arranged to the Port Geographe Marina cafe.

The last Happy Hour for the week was a wrap up. There were many people to thank and everyone helped in some way to make the tour another success.

There were a variety of leaders this time, some gaining the experience. An enjoyable active and social week with no mishaps but lots of fun at Happy Hour.

Andy.

COLIN'S PERTH RIDE. Friday 10th May.



19 rider names were on the list but a massive group of 38, the biggest ever, turned up to fill the train to Bullcreek.

This one was for the Easy Riders and after negotiating path works along the Freeway we arrived at Elizabeth Quay for morning tea. Such a big group had to be split into two big groups and was at times quite hard to manage due to lots of stops and starts for everyone to cross junctions etc.

We then continued along the scenic Riverside path to Claisebrook Cove, East Perth and took note of a few places of interest like City Farm and the ABC building etc. Over the new Stadium Bridge then past the Crown Hotel Casino and along the very picturesque cycleway on the south side of the Swan River back to South Perth. More construction works were negotiated and we stopped for lunch at the variety of venues.

The groups split up further for the return to Canning Bridge Station so as to not overload the train.

A scenic, pleasant ride of 32km at av.15kph. It was good to see many riders from the Easy Rider groups.

Andy.

COCKBURN CENTRAL TO COTTESLOE RIDE.

Friday 26th April.

A fairly small but keen group of 11 met at the Mandurah station for a train trip to Cockburn Central. From there we cycled along paths and back roads on a route we have never done before. Morning tea stop was the Ice Arena in Bibra Lake, something different, cold and busy being school holidays.

Continuing on through southern suburb linked paths etc. we rode through Fremantle then up the coast path to Cottesloe Beach. After a brief photo stop and check out of the scene we rode back to Freo. E Shed for lunch and a welcome break after 32km.

Onward south along the cycleway towards Woodman Point, then left, East, over some hilly suburbs, all the way back on the Beeliar Rd path to Cockburn Central.

A partially, moderately hilly 52km in total at average 18kph. Commendable efforts were put in by Peter H on his recumbent, Anne D riding that distance for the first time, and the same for new rider Phil R from Boddington of all places. Certainly a ride worthy of doing again.

Andy.

For Sale

Giant CRX 3 RoadBike

Complete with Carrier, Bag, Computer, 2 Bottle carriers & 1/2 Pedal clips.

(Including original front wheel.)

Fitted with Electric Front Wheel Hurricane conversion Kit (with owners manual)

Battery about half-way through it's life.

\$400

LIONEL Savill 0439527073

RIDE CAPTAIN'S REPORT.

Not very much happening on the Ride Calendar at the moment but most members have still been getting out for their regular group rides. Keep an eye on your calendar anyhow, as events seem to quickly arrive.

Many leaders have been away and some of the Tuesday ride groups have been left without an arranged deputy leader, creating some confusion. Groups have had to amalgamate, which hopefully will be a temporary arrangement. Group members arrive expecting to be led but not down the garden path.

A group of travellers have just returned from the Europe barge cycle tour, and we have still been attracting over 100 members on Tuesdays up until the recent weather change.

Unfortunately the Chuck Wagon was out of action for the May ride, and a lot of attention has been given to the wagon recently, so the improved version will be up and running soon.

Ride On.....

Andy McLeavy.



Welcome from the Presidents handle bar.



Hello and welcome to this edition of Cyclemania .Many thanks to the editor ,proof readers and to all who contribute an article or two along the way, to your magazine . Keep them coming.

If you have any cycling related items for sale. Please contact Rolan Hulme to advertise in Cyclemania.

By the time you read this a number of club members including myself and Mal will be on a two week cycling tour. Following the river valley of the Rhine and Mosel. No doubt enjoying a glass or two along the way.

This tour would not be possible with out the enthusiasm of Mike and Barb Burrows.

All cyclists who participate in these over seas tours, appreciate how much time and organisation is needed in the planning for them to be successful . Thank you Mike and Barb.

Check out the notice board for all up coming events . Enjoy a warming Casserole lunch on Tuesday 18th June. Or a ride from Bull Creek to Gosnells on Friday 21st June.

Keep safe on these wet winter roads and use your lights. Don't forget keep the communication clear up and down the line.

Winter Quote : I have decided not to go outside until the temperature is above my age!!.

Cheers Jo

In the Bike Shed



Thanks to a few hard working committee member Mandurah Over 55's have a new hot water boiler. A cup of Tea or coffee has always the one activity most member's can associate with when grouped around the Chuck-wagon at least once a month during the summer months.

Special thanks goes to Terry O'Shea for his research and order follow up.

Also in the pipe-line are plans to replace the aging Chuck-wagon BBQ .

Thanks to the volunteers and Terry O Shea for a well organised Bunings BBQ 27th April. Generated just under a \$1000.00 for the club. Great result !

For Sale

Giant CRX 3 RoadBike

Complete with Carrier, Bag, Computer, 2 Bottle carriers & 1/2 Pedal clips.

(Including original front wheel.)

Fitted with Electric Front Wheel Hurricane conversion Kit (with owners manual)

Battery about half-way through it's life.

\$400

Lionel Savill 0439527073

RIDE AGAINST DOMESTIC VIOLENCE SATURDAY 25th MAY 2019



Once again, at the invitation of Dr. Tony Buti MLA. Member for Armadale, MO55CC again joined at Bouvarde Bridge accompanied those riders who had travelled up from Bunbury and accompanied them into Mandurah.

Some of the members met before at Spill the Beans for a coffee before proceeding to the bridge and, in all, some 14 Club members joined the ride.

Most of the riders from Bunbury and including Dr Tony Buti and Zak Kirkup, MP for Dawesville, Chris Tallentine, MLA MP for Thornlie and Sam Buckeridge (A major donor and sponsor of the Ride against Domestic Violence), were regular cyclists and set off at a fast pace, exceeding 30 kms per hour, challenging for most of our members (and too much for some!) however we all arrived at the Rotunda one way or another and were treated healthy wraps and drinks provided by Pat Thomas house.

We were greeted by David Templeman MLA MP for Mandurah and he and other speakers, including Zak Kirkup highlighted the serious problems of domestic violence in WA and Mandurah particularly and important service Pat Thomas House.

They thanked all who had participated, and both David Templeman and Zak Kirkup were particularly complimentary to the involvement of the Club in this and other activities in the district.

The event finished about 2.00 pm. The riders will spend the night in Mandurah and will ride on to Rockingham, Freemantle and Parliament on Sunday

(More information can be found on the Website "Ride Against Domestic Violence 2019)

Brian MacFarlane





Vector images from
© ianboon.com/artwork

Under The Pump



JAN BUTTERLY

I was born in Northam in the WA Central Wheatbelt, the eldest of two girls.

Dad worked for the Railways and Mum stayed at home to care for the family..

Coming through the post-war years and the depression, made Mum and Dad thrifty, innovative providers, never wasting anything. I spent many happy carefree hours on outings in the bush to collect mushrooms and wood.

Childhood holidays were spent at Two Peoples Bay just outside Albany in a family-owned shack - no electricity or running water, but us kids loved it. Nearly the whole holiday was spent in our bathers, always returning home brown as berries and talking up the “big” fish we’d caught.

My love of horses saw me buy my first (and only) horse when I was 17, just after starting my first job at the local solicitors office. I agisted the horse at a family friend’s farm in Springhill, where I met my husband Brian. He played polocrosse for the Twin Pines Polocrosse Club, so horses were a big part of my early life.

Brian and I stayed in Northam for the first 10 years of our married life and the birth of our two daughters. During this time, I started work with the Shire of Northam and decided that this was the career for me.

Brian had many different jobs over the time we spent in Northam, but after building our first new brick and tile home, he decided that he wanted to be a bricklayer and started his apprenticeship at the ripe old age of 27. It became clear though that we couldn’t stay in Northam as building work was scarce, so we bought a block of land in Mandurah and moved into my parents beach house in Warnbro, until our house in Northam sold. Our son was born while we lived there.

Continued.....

Jane Butterly continued.....

We shifted into our new house in Halls Head in 1985 and Brian was never out of work, with all the new development happening in the town.

After our youngest child started school, I returned to work at the Town of Kwinana, and after being encouraged by the then Town Clerk, began studying for my Clerk's Certificate. There were at that stage no female Town or Shire Clerk's in WA. It was fairly common that I was the only female in the classroom. After 4 years of study and full time working, I graduated with my Diploma of Local Government (Clerk). I was so proud of my achievement, but soon discovered that being qualified and being given an opportunity to be a Town or Shire Clerk for a local government were two different things. I found the glass ceiling was firmly in place. Nevertheless I was content to continue my work at Kwinana, until a car accident made me decide to try and work closer to home. I started work with the City of Mandurah in 2001 and continued further studies at Curtin University. I held the position of Manager of Governance and Procurement when I retired in 2010 . Working for, and being involved in your local community has always been so rewarding for me - I never wanted to do anything else.

Brian and I have always loved travelling and have holidayed in most of Asia over the years. We splurged in 1995 to have our last big family holiday in Africa with our 3 children, seeing Egypt, Kenya, Tanzania and Zimbabwe. Our most memorable holiday however, would have to be the 20-week round-the-world trip we did in 2005. It was an amazing trip visiting India, Greece, Italy, France, Spain, Morocco, Portugal, Central Europe, UK and Ireland, Canada, USA, including Hawaii and New Zealand.

These days we are happy to visit our daughter and her family in Hong Kong, have the occasional trip to Thailand and travel around this beautiful country of ours in our camper trailer.



HOW WILL YOU SCORE?

Did you know there is a quick and easy test to determine your risk of heart attack?

A coronary calcium score CT scan can detect coronary artery disease long before it becomes symptomatic.



Ask your doctor to refer you for a coronary calcium scan.

perthradclinic.com.au





Venue : CHILDREN'S
LEUKAEMIA & CANCER
RESEARCH FOUNDATION

Date : 13-10-2019

Time : 08:00 AM

South West Bike Trek 2019

Venue : CHILDREN'S
LEUKAEMIA & CANCER
RESEARCH FOUNDATION

Date : 13-10-2019

Time : 08:00 AM

The 2019 Southwest Bike Trek is set to start on Sunday 13 October in Subiaco near the Children's Leukaemia & Cancer Research Foundation (Inc.) office, and finish in Augusta on Saturday 19 October. As in previous years, it is organised by trek organiser and CLCRF Foundation member, Eric Maddock, with the help of Lions and Rotary Clubs.

The trek will commence in Subiaco and a team of bike riders will make their way to Fairbridge on Sunday 13 October. On Monday the 14th, riders will travel to Preston then back to Fairbridge. From Fairbridge they will head over to Harvey. On Wednesday, from Harvey they will ride to Eaton. They will travel from Eaton to Busselton the following day. From Busselton they will travel to Margaret River and finish at the Augusta Lighthouse on Saturday 19 October.

Last year the Southwest Bike Trek raised an incredible \$36,376 for CLCRF and over the years it has raised close to \$700,000 in total! This year is our target is \$40,000

If you want to have a great cycling experience and explore the Southwest region at a leisurely pace, while raising money for child cancer research just sign up now – contact Eric Maddock and call him on 0433 905 703, email swbiketrek@gmail.com or complete the form below.

Costs:

There is a daily cost of \$30 which covers meals, accommodation, fuel etc. If you participate in the entire ride Sunday to Saturday it's a total of \$175. For participants of the entire trek we are endeavouring to provide a jersey. For those participating for only one or two sections there may be a small cost involved to receive the jersey. In order to accommodate this, registration will have to be paid by Wednesday 28 August to allow manufacturing and delivery.

Sponsorship:

The sponsorship minimum that is required, but not limited to, is \$300 if you wish to take part in the entire Trek or \$100 for one section/day. [Download your sponsorship sheet](#)

Riding Options:

You do not have to participate in the entire ride to take part in this Trek. You are able to arrange to ride certain days and legs to suit you.

Criteria:

You must have a reasonable level of fitness and maintain a pace of at least 20km per hour. Minimum age is 18 years unless a parent or guardian signs a disclosure for you to be able to participate in this fundraiser.

What you need:

Roadworthy bike, helmet, water bottle, sleeping bag, pillow, toiletries, towel, riding clothes, casual clothes and pyjamas. We have escort cars and a trailer in which your belonging can travel but please pack sparingly.

To Register:

Download: [Bike Riders' Information Sheet](#)

Download: [Registration Form](#)

then email your registration form to: swbiketrek@gmail.com

DAY	DATE	TIME	LOCATION	ACTIVITY
June				
Tue	4	9.00	Halls Head	Club Ride
Tue	11	9.00	Halls Head	Club Ride & Committee Meeting
Tue	18	9.00	Halls Head	Club Ride
Fri	21	8.45	Mandurah Station	Away Ride Bull Creek to Gosnells
Tue	25	9.00	Halls Head	Club Ride & Casserole Lunch
July				
Tue	2	9.00	Halls Head	Club Ride
Fri	5	8.45	Mandurah Station	Away Ride Aubin Grove to Armadale - not for Easy Riders
Tue	9	9.00	Halls Head	Club Ride & Committee Meeting
Fri	12			Evening Dinner Event
Tue	16	9.00	Halls Head	Club Ride
Tue	23	9.00	Halls Head	Club Ride & Bike Maintenance Demo - Incl light lunch
Fri	26	8.45	Mandurah Station	Optus Stadium Tour Bike Ride
Tue	30	9.00	Halls Head	Club Ride

REGULAR WEEKLY RIDES (UNCHANGING)

<u>DAY</u>	<u>TIME</u>	<u>VENUE</u>	<u>DESCRIPTION</u>
Every Thursday	9.00 am	Peelwood Path Opposite BP Service Station, Halls Head	Rides to Venue 1 & 2 on alternative months ALL LEVELS OF RIDERS CATERED FOR
Every Friday	9.00 am	Rotunda	Social Ride –slower riders catered for. “At the pace of the slowest rider”
Every Friday	8.00 am	Lakes Cemetery	Baldivis or Pinjarra Stock Road (For medium and Faster riders)

Thanks to all the Contributors for the Photos & Articles received for this news - letter. [ed]