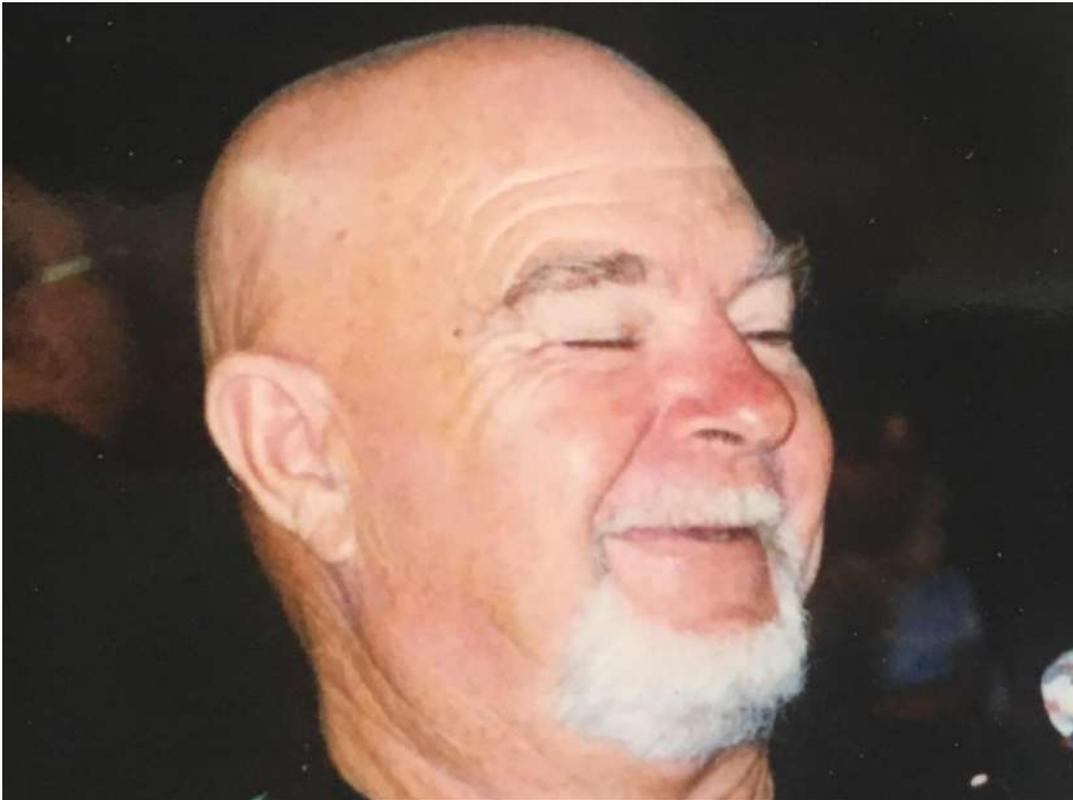




Cyclemania

Mandurah Over 55 Cycling Club Newsletter

May 2017



The late Jim Every.

The 2017 Busselton Tour featured in this edition was named the Jim Every Memorial Tour in honour of Jim



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Executive Reports



From the President's Desk

John A Ellis

We are already more than half way through the club year and have been blessed with unusually mild weather conditions which add to the pleasure of cycling.

In March, we had our Busselton Tour which again was very well attended and enjoyed by everyone. Having the chuck wagon there this year was an added bonus. Once again, our thanks go to Chris Redman and everyone who helped with the organisation of the tour.



Apart from the rides and social events listed on our Ride Calendar, our 22nd Anniversary Dinner, held at the Meadow Springs Golf Club in April, proved to be a great success, well attended and with excellent cuisine. My thanks once again go to Madeline Redman, our Social Coordinator and her helpers for organising such an enjoyable evening. It was also a great pleasure to invite Coral Buckingham to present Yvonne Leach with her 21 years Membership Award.

Another two recent social events which were well attended and enjoyed was the lunch and the show to see Matilda at the Crown Casino, as well an evening at the Performing Arts Centre to see Miss Saigon. My thanks go to Jo Smith for her efficient organisation.

I would like to take this opportunity to thank Mike Burrows for organising the forth coming Amsterdam Barge Tour to Holland. I wish the participants a very enjoyable and successful tour.

Unfortunately, as we are all aware the Myalup Tour for this year had to be cancelled due to lack of support. Perhaps next year we can reverse this and the tour can go ahead.

A tour based in Geraldton is being organised for September, so we will be announcing details of this very soon and hoping for a good response.

As the majority of our members are aware, Maureen Pawloff, a social member and wife of George Pawloff, passed away recently. Our condolences were passed on to George and his family for their sad loss.

Finally, I would like to wish a warm welcome to all new members who have joined recently, a speedy recovery to members with health issues and safe riding to everyone.

Ride Captain's Report

Chris Redman

In my last Cyclemania report I commented how relatively quiet the first quarter had been and here we are in the last week of May and the ride calendar has certainly got a lot busier. Personally things got very busy with the organisation of the Busselton tour, our biggest tour on the ride calendar.

It was decided to dedicate the Busselton Tour to the memory of Jim Every and going forward the tour will be known as the Jim Every Memorial Busselton Tour. Jim offered his help so often on all our tours and special rides. The naming of the tour is a token of our gratitude to Jim.

And what a tour it was thanks the 85 members and partners who made the trip to Busselton!

The tour commenced with the Dunsborough Ride on Monday, a nice easy ride prior to tackling the 100 km Cowaramup Ride on Tuesday. All those who participated in the 100 km ride completed the full distance, a credit to all. The chuck wagon supported riders with a coffee break at the 25 km mark, then again at the 75 km mark for afternoon coffee and tea, which was appreciated by all participants. Thanks to Tony Clark who towed the chuck wagon and set it up at both locations and served us without assistance. Well done Tony and thanks so much!

Wednesday's St Mary's Ride was also supported with the chuck wagon half way through the ride and my thanks to Wayne and Anne Wright for towing the chuck wagon. This certainly made the ride far more comfortable and enjoyable! Thursday's ride to Capel is always popular and was a great ride through lovely country with a good coffee shop in Capel. Friday's country ride was tough with strong easterly winds and again the chuck wagon provided a welcome break after 33 km, this time thanks to Elunid Clark and Anne Wright.

I think all would agree the trial of introducing the chuck wagon on the Wednesday and Friday rides as well its use for the barbeque and hamburger nights was certainly successful and we will use it again next year.

The afternoon outings proved popular as did Mike McKay's bowls tournament on Wednesday afternoon. The evening meal club nights were also well supported on three evenings. Wednesday night's club BBQ was a big success, thanks to Maddalena Redman and her helpers, as was the hamburger night on Friday night.

I would like to thank the ride leaders and tail-enders for their time and effort to ensure the rides were enjoyable and safe for all those on the tour as well as all those who volunteered their time to make sure the tour was a worthwhile experience for all concerned. My thanks also go to Andy McLeavy for those unbelievably good joke sessions.

Eddy Redfern continues to come up with very interesting away rides every month and the time and effort he puts in is very much appreciated.

We are now in the planning stages for the inaugural Geraldton Tour which will be held from Monday the 16th September through to Friday 22nd September. We have chosen a great venue for the tour, the Sunset Beach Caravan Park which is located right on the beach six kilometres north of Geraldton. Apparently it is a good time of the year for wildflowers and warm weather. I urge you to give this tour consideration as I am sure it will be a rewarding tour for all.

Finally, on the subject of rider safety. With winter fast approaching it is essential we all ensure our bikes are in good roadworthy condition with good tyres and brakes, bell, rear vision mirror and rear flashing light. High vision clothing is also essential. In the interest of your own safety, please avoid wearing black or dark coloured clothing

See you on the bike and stay safe..



Busselton Tour



Lorraine Nielsen reports on Monday 27 March to Wednesday 29 March

*Hey True Blue, don't say you've gone
 Say you've knocked off for a smoko
 And you'll be back la-ater on
 Hey True Blue, Hey True Blue*

*Give it to me straight, face to face
 Are you really disappearing
 Just another dying race
 Hey True Blue*

*True Blue, is it me and you
 Is it Mum and Dad, is it a cockatoo
 Is it standin' by your mate when he's
 in a fight
 Or just Vegemi-ite
 True Blue, I'm a-asking you*

More than eighty members of the Mandurah Over 55 Cycling Club attended the inaugural Jim Every Memorial Busselton Tour. It was very fitting indeed that this, the most popular of our annual tours, should be named in honour of the late Jim Every who had been a stalwart supporter of the MO55CC for many years. At our Sunday afternoon happy hour and welcome, Chris Redman, our ride captain, spoke of the generosity, dedication and loyalty of Jim who had happily towed the chuck wagon or the bike trailer on so many rides and tours. Those who knew Jim loved him for his good nature, his dry sense of humour.....and of course, his pasties. There weren't many dry eyes in the house when one of Jim's favourite songs, John Williamson's "True Blue" was played and we raised our glasses as a toast to Jim.



Jim's wife Pat, was asked to present Bugs on that first day to someone who had earned recognition for their selflessness and contribution to our club. Fittingly, it was presented, in absentia, to Lawrie and Bet Ellery. Pat recounted how Jim had admired Bet and Lawrie so much for



their tireless involvement and contributions to the Mandurah Over 55's. Our best wishes go to Lawrie who is at present in hospital with his ever-faithful Bet by his side.

Our ride program was explained by Chris at our first sundowner, tailored to meet all riding abilities and make the most of Busselton's beautiful surroundings. Such was the variety of rides offered, that it is difficult to mention them all. However, broadly speaking, Monday's ride was to Dunsborough, via various routes. Tuesday's was to Cowaramup, for those who had the legs and the inclination (congratulations to John Lysart and Geoff Ferguson who completed 100 kms for the first time on this ride). Wednesday's was a chuck wagon ride to Ambergate Reserve and Thursday's ride was to Capel. This last statement, however, is far too simplistic and does not give a true picture of the huge number of rides offered each day, made possible by the generosity of people who volunteered to be ride leaders. Notable among these was Karen Lind who made her official debut as a ride leader. Well done, Karen! Thanks also to ride leaders Stan, Andy, Mike, Lionel, John, Mel and any others that I have failed to mention. When the need arose, there were members who stepped up to lead additional rides to suit the conditions or circumstances. On the Cowaramup day, Pat Garrett lead a group to the halfway mark and back again, while Arno led a group of hungry cyclists to the Spinnaker Restaurant at Broadwater.



It is very difficult to recognise achievements by individuals when there are so many, so congratulations to those who I haven't named and apologies for the omissions.



All the rides were completed without any accidents, which is quite an achievement when considering the numbers of riders on the road, the hours spent on bikes and the kilometres covered. There are always funny incidents on rides, many of which emerged at our happy hour debriefings. Good humoured ribbing was dealt out to Mike and Mel and their inability to follow the route

set down by our ride captain and Madeline, unable to pass by a fig tree loaded with fruit, filled Stan's back pack to the hilt. This still didn't slow him down!

For those less interested in riding and for those who still had energy after riding, there was plenty to do in the afternoons and evenings. An outing to Simmo's satisfied all ice cream lovers, lawn bowls attracted the more active and a ladies craft(?) session offered an opportunity for some handiwork, a bit of a chat and a cuppa. Thanks go to Joan Savill for organising the ladies afternoon and to Michael Mackay for his organisation of the lawn bowls afternoon. Twenty two people participated in this event which was won by Peter and Denise Nicolay and Geoff Ferguson.

When drawing up the programme for the week, Chris made sure that there was no need to prepare meals in the evenings. Monday we dined at the Esplanade Hotel, Tuesday at Coco's Thai Restaurant and Wednesday was barbeque night at the caravan Park. All events were well patronised, the food good and the social atmosphere even better. While Chris may have spared most women the task of preparing evening meals, there was no such luck for his wife Madeline, who, with her team of helpers, prepared amazing salads for the barbeque night. Madeline, the effort you put in and the quality and variety of food you produce are amazing. You are a legend!



Such an event as the Busselton Jim Every Memorial Tour doesn't just happen. It is successful because people make it that way – the riders who participate, their friends who come to support them, the official organisers and those who do that little bit extra to make the tour very special.

I would like to acknowledge the effort of the following. Tony Clarke, who was called back to Perth for a family emergency but returned to Busselton to fulfil his chuck wagon commitment; John and Moyra Naughton, and Wayne and Anne Wright for volunteering to give up rides to tow the chuck wagon; Andy and Charles for adding an extra laugh to our sundowners.



Finally, our sincere thanks and appreciation go to our ride captain Chris who devoted many hours to the planning and fine tuning of the ride and social programme. As we all know, it is a big challenge trying to ensure that all people attending are catered for and it is a challenge that Chris has met with great success. Thank you Chris for organising another great tour.

Anne Bourke and Joan Savill report on Thursday 30 March to Friday 31 March



Three groups, with their leaders Stan, Mike, and Andy set out for Capel in cool, sunny conditions. Some of us hoped it wouldn't be a repeat of the windy conditions we'd experienced the day before and luckily this wasn't the case with the 60km ride achieved in almost perfect conditions. The different speeds travelled by each group meant that coffee at the "best coffee shop" in Capel was conveniently staggered - just as well, as the venue might have

struggled to accommodate all of us at once.

I believe another group cycled as far as Wonnerup House (22kms), while yet another, led by Karen Lind, headed towards Dunsborough along the cycle track. A rather large group formed up behind her at the assembly point so it was obviously a popular ride for a number of our members. The bakery at the half-way mark perhaps?

The afternoon consisted of a visit to Wise Winery for some, where we enjoyed tea, coffee and cake in the alfresco area, overlooking the beautiful waters of Eagle Bay, far below. No point visiting a winery without a bit of wine tasting...even some wine buying, after which it was back to Busselton for "Happy Hour". As usual, the day's windup up of events was preceded by a buzz of conversation, and much laughter as stories of the day's adventures and achievements were shared.



Before heading off to Albies Bar and Bistro for dinner the fickle "Bugsy" attached himself to someone new - this time going to Karen Lind for so ably leading her group, and bringing them all home safely. Apparently it was her first stint as a Ride Leader on a tour, so good on you Karen for stepping up.

There were a number of country rides of varying lengths on offer on Friday - 56kms, 53kms, 13kms to Port Geographe Marina, and a bush loop of 15kms. Not sure if all those distances were covered but Bill Clare put together a 44km ride which hadn't been listed on the program and a number of us opted for that one. The wind factor was a bit testing for some kilometers after our departure but eventually the wind moved in our favor. Because of the wind a couple of the longer rides were rerouted from the chuck wagon stop. This was on Acton Park Rd and all those taking part in the longer rides met up there. Great to catch up over a cuppa and some moist dark fruit cake and bikkies (thanks to Lyn and Ann). Apparently Stan arrived at the chuck wagon in style, having a little "lie down" after his bike skidded in the sand and gravel. He is of course invincible, and was unhurt.



On our last sundowner for the tour Ron Richards was the man of the moment with accolades from his ride group for his efforts as their tail ender. As well, Karen passed young "Bugsy" on to Ron...for his support and words of advice to her regarding her role as Ride Leader the day before.

A free hamburger and salad dinner followed the Happy Hour...thank you!

What an enjoyable tour! Thanks to all, particularly Chris Redman for organizing it, Ride Leaders, chuck wagon and back up trailer drivers, and members of the committee, for all their work in making what was the best Busselton Tour ever!





Away rides



South Yunderup Ride Friday 21 April 2017

Jan Butterly

Another perfect day in paradise – just what we ordered for the ride to South Yunderup. Eighteen riders met at the ‘Big Tree’ on the corner of Pinjarra Road and Old Pinjarra Road. Eddie Redfern, our ride leader welcomed us all and introduced us to John Naughton, who gave a brief history of the ‘big tree’ and outlined its historical importance to the club. The tree is registered with the City of Mandurah as a significant tree, and there is a plaque next to the tree setting out its history.



We set off just after 9:00am towards the bridge over the Serpentine River and made our way east along the Pinjarra Road, taking a detour along Riverside Drive in Furnissdale until we re-joined Pinjarra Road. Unfortunately, our first casualty was Lizzie, with mechanical and knee problems and she left us there, promising to re-join us at Pelicans for lunch. There was consensus among the group that we stop for a coffee before South Yunderup and so we made our way to Alligators in North Yunderup, for a welcome break.

Back in the saddle, we crossed Pinjarra Road on the cycle path on Forrest Highway and exited onto South Yunderup Road and finally stopped at Pelicans Cafe for a very enjoyable fish and chip lunch, with ice-cream and coffee. Margaret also experienced tyre problems, but with help from some of the guys, she was back on the road. Jan Butterly’s husband Brian rode out on his motorcycle and also joined the group for lunch.



Refreshed after our lunch we set off again for home. Unfortunately another rider experienced fairly bad tyre damage and a support vehicle was organised to ferry her back into town. We concluded the ride back at the ‘Big Tree’ at approximately 2:00pm. All agreed that it was a great ride.

Many thanks to Eddie for organising and leading the ride and also Archie Lind for acting as our ‘tail-ender’ and Peter Bartlett for the excellent traffic management along the way.

Canning River Ride 28 April 2017

Karen Lind



The day started with the big group of riders arriving at the Mandurah train station just after 8.30am. It was hoped that we could have got on the 8.45am train but Transperth staff wouldn't allow it so we had to wait until the 9.00am one. Not a problem though; we just had extra chatting time. Once on the train platform we had to divide ourselves between the carriages as there were 22 of us and it was not possible for us to commandeer one carriage.

We alighted at Bull Creek station and after doing a quick head count started our ride. The ride along the water ways of the Canning River was very enjoyable and even on the suburban roads the traffic was minimal. The day was perfect for riding - sunny and no wind. The water was like a mirror and the ride along the river was very picturesque. I wish we had the camera out when the first of the riders went over the bridge to the cafe. It was a picture-perfect reflection in the water – just beautiful.



Morning Tea was at Lo Quay cafe on the Riverton foreshore. When we arrived the cafe was extremely busy with other cyclists and young mums and I wondered if we would be able to sit and enjoy our drinks. Luckily, or cleverly, Eddie and Helen had reserved a large table on the grass for us all. The cafe is situated on a beautiful grassed area on the water's edge. The coffee and cakes and muffins were delicious and very welcome; and it was served in record time considering how many of us there were.

At the cafe Archie met a guy from one of the other cycling groups. His group is a bunch of friends/acquaintances from Fremantle that do various rides together on a Friday. They are interested in coming to Mandurah and it was suggested he contact Chris or John to get some information and perhaps plan a ride together with the club. The conversation turned to cycle touring and he said they have booked a trip to Italy in September to ride the Bolzano and Venice areas. What an incredible coincidence as that is exactly the first two weeks of our club trip to Italy/Croatia next year. Hopefully we can keep in contact with them to get some feedback on their trip.

We sat at the cafe enjoying the sunshine for about an hour before it was time to head off on the rest of the ride. We rode along the water's edge with short burst along busy roads but thankfully they all had cycle paths. We criss-crossed the river a number of times during the ride. The group also had three punctures during the day but this was ok for the rest of us as it gave us extra rest times. Lunch was at the Bullcreek Shopping Centre and everyone went their own way here. A number of us sat outside with our snacks and kept an eye on all the bikes while chatting some more.



The ride to Murdoch train station saw a number of split groups due to traffic lights and traffic in general. All good though as we all met up and travelled back to Mandurah on the same train; though once again we had to spread ourselves over a number of carriages. We arrived back in Mandurah mid-afternoon after a very enjoyable ride and I think by the time Archie and I arrived home we had ridden 58 kms.

I extend a BIG thank you to Eddie (and Helen) for their planning and leadership of this away ride and I look forward to the next one!!



Tadier's Tips



Your bike does not run on leg power alone. With a little TLC (little lube, lotta love and a good listen) you can keep it in tip top condition and out of the bike shop, but you will not know every remedy your bike needs to live a long and happy life. Here are a few tips to help – but leave the tough stuff to the professionals.

1. Perfect the art of changing a flat. (*No Excuses.*)
2. Check tyre pressures before every ride.
3. Which kind of valve do you have? Schrader are similar to those on a car. Presta are thinner with a small nut that has to be opened for inflation.
4. If you pinch flat often, your tyre pressure is too low.
5. If you puncture, remove the instigator, glass, thorn etc. or you will flat again.
6. Use both hands when operating a floor pump.
7. For fewer broken valves inflate your tyre with the valve facing down, between 10 and 2 o'clock'
8. Some pump head levers push down to clamp, others pull up. KNOW which kind you have.
9. Remove as much air from your punctured tube as possible. It will be easier to remove the tyre
10. If your bike makes a noise, it's trying to tell you something. Don't ignore it.
11. Use a light lubricant to silence squealing rear derailleur pulley wheels.
12. If your saddle creaks, drip a few drops of oil on the rail where it connects to your saddle and into the clamp where it grips the rails.
13. Not all chain lubes are the same, Choose one that best suits your riding. *Rock n Roll Gold is a good all-rounder.*
14. After lubing your chain, back pedal a few revolutions then wipe off the chain with a clean dry rag. The lube is now in the rollers and between the plates.
15. Apply the lube to the chain rollers, not the side plates.
20. Pluck your spokes often so you get to know what they feel and sound like. When one feels off or its tone differs you know you have loose spoke.
21. The easiest way to get your rear wheel out is to shift into the highest gear so your chain is on the outer (smallest cog). If it is in the middle or all the way to the inside you will have a harder time getting the cogs past the derailleur.
22. If the tyre on your front hub doesn't read left to right as you sit in the saddle, your wheel is installed backwards.
23. Most newer bikes have a sealed cartridge bottom bracket which means you could get three to five years out of it and never have to touch it. If it loosens or wears it is just easier to buy a new one. The swap takes about 15 mins but it is best left to a bike mechanic – not because it is difficult but because it's cheaper to pay someone than to buy the tools you will rarely use.
24. When disassembling something, keep track of the order in which you remove the parts. It takes the mystery of putting it back together.
25. When you disassemble something complicated, use your smart phone or digital camera to document the process. If you end up with an extra part after reassemble is complete you can look at your pics and see where things went wrong.
26. Soak the edge of a rag with degreaser and slide it back and forth between each cog to clean your cassette.
27. Blasting your bike with a high pressure hose forces in unwanted grit and dirt and blows out much needed grease and lube. Use a bucket of water and a sponge instead.
28. Don't be afraid to scrub your bar tape. Assuming it is wrapped properly it can handle the elbow grease.
29. Worn cleats can release unexpectedly. Change them when they start to wear.

<p>16. Never clean the greasy film off a new chain. It is better than what you will put on later. Start your lube habit after the factory grease has worn off. Usually after about two rides.</p> <p>17. Whether it's due to lack of tools or knowledge or experience, you are not capable of every repair. Sometimes you have to take your problem to a professional.</p> <p>18. It does not matter how you broke it. Just don't lie to your bike mechanic.</p> <p>19. Never roll you bike into the shop and expect on-the-spot repair.</p>	<p>30. A thin rim on a tyre's sidewall can fail under pressure and cause a crash, Check them by looking for a concave section or running your fingers along the braking surface to feel for one.</p> <p>31. Three signs your brake pads are worn: you hear a gritty scraping sound, the grooves in the pad have all but disappeared, or you feel stickiness when you brake.</p> <p>32. Use sandpaper to roughen up glazed brake pads.</p> <p>33. Nylon tyre levers are better than metal ones.</p> <p>34. Chains and cogs wear together. When your chain ring teeth start to look like shark fins it is time to replace it.</p>
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You know you're a cyclist when...

1. You've given your bike a nickname.
2. You know that pain is just fear leaving your body, before it returns through your hamstrings.
3. You buy a car based on whether or not a bike will fit in the boot/back, with the rear seat folded down
4. You hate headwinds, hills and trucks parked on the shoulder of any descent.
5. You forget all the pain, headwinds, humidity and hills within days of a long ride, and start dreaming about the next.
6. You've washed off that chain ring grease "tattoo" on your calf so often that you went ahead and got a real one there.
7. You wear a heart rate monitor during sex.
8. Weather forecasts can be broken down into two categories: good biking weather, bad biking weather.
9. Approaching a rider from behind, you've thought, "I will attack until your lungs cease to function properly, you collapse in the gutter and call out for your grandma's quilted afghan." Then offered a respectful nod as you ride by.
10. You check out everyone else's legs to see if they are better than yours.
11. You learned a long time ago that it doesn't matter how light or fast, just get on that bike.
12. You have more water bottles than you have drinking glasses.
13. You have more cycling jerseys than shirts.
14. Your legs are smoother than your wife's.
15. You know you're a cyclist when the nicest pair of shoes you own have cleats in the soles.
16. You point out pot holes, but you are driving in your car alone.
17. Your bike is worth more than your car.
18. You think about each hill as a cyclist, even when you are driving in a car.
19. You have a biker's tan. (bottom 2/3 of your legs, lower 1/2 your arms, and two little circles on the tops of your hands).
20. You get sad when your biker's tan fades.



Cycling and Health News



Archie Lind forwarded the below articles found on the BBC News Website

<http://www.bbc.com/news/health-39641122>

Cycling to work can cut cancer and heart disease, says study

By James Gallagher Health and science reporter, BBC News website (20 April 2017)

The biggest study into the issue linked using two wheels with a halving of the risk of cancer and heart disease. The five-year study of 250,000 UK commuters also showed walking had some benefits over sitting on public transport or taking the car. The team in Glasgow said cycling took no willpower once it became part of the work routine - unlike going to the gym.

The five-year study compared people who had an "active" commute with those who were mostly stationary.

Overall, 2,430 of those studied died, 3,748 were diagnosed with cancer and 1,110 had heart problems. But, during the course of the study, regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%. The cyclists clocked an average of 30 miles per week, but the further they cycled the greater the health boon. Walking cut the odds of developing heart disease but the benefit was mostly for people walking more than six miles per week.

"This is really clear evidence that people who commute in an active way, particularly by cycling, were at lower risk," Dr Jason Gill, from the University of Glasgow, told the BBC News website.

"You need to get to work every day so if you built cycling into the day it essentially takes willpower out of the equation.

"What we really need to do is change our infrastructure to make it easier to cycle - we need bike lanes, to make it easier to put bikes on trains, showers at work."

People who combined cycling and public transport in their commute also showed health benefits.

The way the study, [published in the British Medical Journal](#), was carried out means it is not possible to determine a clear cause and effect. However, the effect was still there even after adjusting the statistics to remove the effects of other potential explanations like smoking, diet or how heavy people are.

It means the reason cycling cuts cancer risk cannot be down to weight loss in the study. Other explanations include cyclists being leaner (even if they are not weighing any less) and lower levels of inflammation in the body. Cycling is thought to be better than walking as the exercise is both longer and more intense.

Clare Hyde from Cancer Research UK said: "This study helps to highlight the potential benefits of building activity into your everyday life.

"You don't need to join a gym or run the marathon. Anything that gets you a bit hot and out of breath - whether it's cycling all or part way to work or doing some housework - can help make a difference."



Events



Anniversary Dinner 21 April 2017

Colleen Glasson



When club members get together it's usually a sea of yellow jerseys but on the 21st of April it was a sea of bright colours as everyone donned their best bib and tucker and gathered at the Meadow Springs Golf and Country Club for the 22nd Anniversary Dinner.

Almost 90 members enjoyed a meal of either barramundi or chicken in filo pastry followed by a raspberry flan dessert. The meals were delicious and well presented. Once again, our hard-working Social Director Madeline Redman excelled in the organisation of the night. As always thanks to Arthur Watkins for his role in organising the money and collecting the funds.



A highlight of the evening was the achievement award for 21 years of membership for Yvonne Leach. This was presented to her by Coral Buckingham. We were greatly entertained by Andy McLeavey's jokes.

The raffle was won by Tony Clarke. He received a beautiful selection of herbs for his garden. He was surprised that the prize also included a very fat caterpillar. Eddy Redfern kindly disposed of the little critter!

Another wonderful birthday celebration!