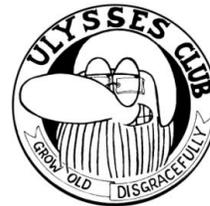


The Odyssey



Ulysses Club Inc. Adelaide Branch Newsletter

June 2019 Issue



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Active Orthopaedics Adelaide

From the editors

Welcome to our third issue of the Odyssey. We are getting in the groove and really enjoying putting the magazine together. We are asking ourselves where has this year gone as it is already June. Once again, a big thank you to all for such great feedback and contributions from so many of the members with jokes, articles and photos that all come together each issue, making our job as editors so much easier. It is very much appreciated.

It is always sad to hear of the passing of one of our members. Les Tapping rode on and our thoughts are with his family, friends and fellow Ulyssians close to him.

Michele and Ken are back from attending the New Zealand AGM and Ken has written an article on page 8.

In this issue: Photos from the Sunday rides, monthly dinner and the SA Breakfast Club, along with information on the upcoming Odyssey which is going to be held in the Copper triangle.

Also, in this issue top 10 motorcycle movies and the top 8 motorcycle roads in Australia.

From the last meeting it looks like progress is being made on working towards a new club logo. Ken reminded us not to forget to support the venue (The European Club) when attending our monthly meetings by buying a meal. They don't charge the club for holding our meeting there each month and it's a small way we can support them. If you or someone you know is looking for a venue to hold a function contact Joe on 0411 743 144 or 8340 0955.

On page 15 Glenda George has article "Does Riding A Motorcycle make you smarter, lower your stress levels or improve your libido?". The Guess who for the June issue "***who's love of motor cycles started young????***" may have you scratching your heads on page 18. We reveal the rooster from the April issue. Did you guess right?

Please email ulyssesadelaide+editor@gmail.com or phone us on 0419 822 717 with any content and we will endeavour to get it into the next issue.

Michelle & Maurice Stevens



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ulyssesadelaide.com.au

Adelaide Branch President's Report

Ken Wagnitz

I'm not sure whether to be pleased or miffed, when I'm told that the meeting went well in my absence! I kept an eye on things electronically while in NZ for 6 weeks, but Glenda had a good grasp on things, and Pete is always the capable treasurer. With electronic correspondence (emails), electronic banking, and documents in a shared Dropbox folder, ie 'in the 'cloud', your committee 'executive' can handle branch affairs from anywhere we have Internet access.

But sometimes real bodies need to be organised. An electronic 'virtual' presence isn't enough. I got crook at Peterborough on the Friday night, there for the SABC breakfast. And I was leading a ride to my place for lunch on the Sunday! Not sure what condition I'd be on Sunday, I rang Frank to see if he would lead the ride. It was a big weight off my mind when he said yes. (Peter would have been next in the firing line.) The lunch at my place on Sunday seemed to go well. Michele put in a massive shopping and cooking effort, with zero help from me. Thao spent a lot of time washing up, assisted by Tracy. It was all a bit of a blur to me. I put in an appearance, but probably looked like death warmed up. But my point is, people rally round when they need to.

I ended up in hospital for a couple of days, mainly for observation. (Yes, we told Judy the welfare officer, but I didn't want visitors.) As I write this, I'm waiting for a small op (Brian C knows what I mean), which should sort things out permanently. My biggest critic, Michele, will roll her eyes at this, but I learnt a few things I'd like to pass on.

Prostate. Us old guys have one, and it gets bigger as we get older. A natural progression in life. My message is this: If you get to a point of not being able to piddle at all, and it gets bloody uncomfortable, go to your nearest hospital emergency department ASAP. The back-pressure from the bladder will start to affect the kidneys, and not in a good way. My procrastination could have been serious. Melodramatic, but sometimes us old guys need repetitive reminding of things for it to sink in.

The SABC breakfasts have and will provide opportunities for overnights. Keep an eye on the SABC page and Events page on the website, to see what is coming up, as well as in our calendar and on Facebook. The July SABC is at Broken Hill. If you haven't booked accommodation, do it. If the weather is bad, go by car. (I like Broken Hill.) The August SABC at Wellington will be followed by a ride to Morgan with some staying over at the caravan park. Book now. October's SABC will be at Kadina to fit in with the Odyssey. November will see the SABC at Mt Gambier to join up with the Torrens Valley – Westgate Wanderers meet 'n greet. Hopefully some Adelaide branch riders will join TV in riding there. Please note that Glenda would like indication of numbers for some breakfasts, starting with the June one. SMS her if you plan to come. Ditto for the dinner and breakfast at Morgan in November. (The descriptions you read will indicate if it's necessary.)

The best laid plans... but rolling along OK so far. See you at a meeting, or dinner, or ride.

Regards,
Ken Wagnitz.



8 of Australia's best motorcycling roads.

Article from Bike Sales

Some roads were made for motorcycles. Smooth twisting ribbons of asphalt which turn great days on the bike into amazing ones. Here are our favourites

1. Oxley Highway, NSW

Ask 10 Aussie riders what their favourite motorcycling road is and there's a good chance at least half of them will say "the Oxley!" And for good reason. It's a 165km stretching from Wauchope near the New South Wales North Coast and climbing over the great Divide to Walcha on the New England plateau. There are over 300 corners from start to finish, 70km of non-stop twisties and a beaut roadhouse half-way along to refuel.

2. Strahan to Derwent Bridge, Tas

Any road in Tasmania has the ability to woo riders of all genres, but the run from the picturesque Strahan on the west coast, up to Queenstown on the A10 and then across to Derwent Bridge is up there with one of the best rides in Oz. Of course, the run through Hellyer Gorge deserves a mention, or Waratah to Savage River, in fact, if you've never ridden the Apple Isle, stop what you're doing and book you and your bike a ticket on the Spirit of Tasmania.

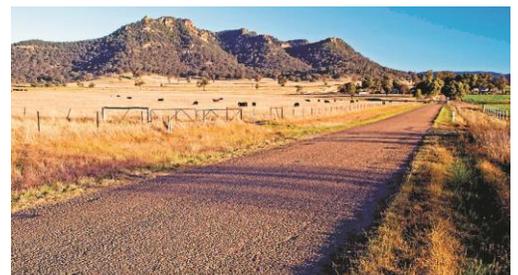
3. Great Ocean Road, Vic

Any rider who has experienced the GOR on a weekend will probably vow never to ride it again due to the congested convey of tourists wanting to catch a glimpse of one of the world's Seven Wonders. But if you've been lucky enough to experience the 120-odd kilometres of asphalt as it follows the Victoria coast from Torquay to Glanaira, you'll agree it's up there with one of the best couple of hours you've spent on a motorcycle. If you're there, be sure to follow your nose up some back roads which climb up behind the coastal towns — there are some beauties.



4. Bylong Valley Way, NSW

The Bylong Valley Way is a picturesque road which runs between the two small New South Wales towns of Sandy Hollow located on the Golden Highway and Ilford situated on the Castlereigh Highway. The beauty of this 141km stretch is that it has only been sealed in the last decade or so and so still remains relatively quiet. The fact it isn't a thoroughfare between major towns helps but keep an eye out for trucks which use it in a bid to avoid the weigh stations. The surface is great, though it's narrows in parts.



5. Adelaide Hills, SA

Much like the Gold Coast Hinterland and Sydney's Bell's Line of Road, the ranges which climb inland from coastal capital cities generally offer some splendid riding and South Australia is no different. There are plenty of great sections of riding offered by the Adelaide Hills, not least the runs in and around Strathalbyn and Macclesfield. The Strathalbyn Road itself is a good one, if not crowded, as is Paris Creek Road which runs parallel to its east.

6. The Lions Road, Qld

An excellent stretch of road which straddles the New South Wales and Queensland border. A back road which joins the Summerland Way in New South Wales and the Mount Lindesay Highway in Queensland. It's the result of the NSW Government refusing to build a shorter route connecting Kyogle with the northern state in the late 1960s which saw the local Lions Club rally together and build it themselves. The road was opened in 1970, was completely sealed by 199 and is described by anyone who has ridden as possibly Australia's greatest motorcycling road.



7. The Putty Road, NSW

Despite being heavily policed and busy these days, a small 16km stretch at the northern end of the Putty Road which links Windsor to Singleton, is probably still the best fun you'll have within coulee of Sydney. Colloquially referred to as 'the 10 mile', it's the point where the already fun Putty Road tightens up into a well-surfaced piece of motorcycling nirvana. That is, at least, until you meet a car or truck deciding it needs a few feet of your lane mid corner, and there are plenty of those. So, stay alert.



8. Balingup to Nannup, WA

Short, but oh-so sweet. The Balingup-Nannup Road follows the Blackwood River north-west up to the South West Highway. Tight and twisty, the unforgiving drop-offs add to the adrenaline levels and though the surface isn't the best in parts, the shorter length means your concentration levels can remain high. Our suggestion would be to do it a few times before dropping down into Margaret River wine region for lunch.

What's yours? If you could ride just one road for the rest of your life, which one would you choose?

Waggies at the Ulysses NZ 2019 AGM

Ken Wagnitz

I wimped out on hiring an RV and bike, settling for a car for the whole trip. Having driven in some rain and on very narrow winding roads used by all sorts of RVs and trucks including log trucks, I'm happy with my decision. Michele and I flew in to Auckland, and meandered down to Hastings on the East coast of the North island, for the Ulysses AGM event there. We registered on the Friday arvo. The event was about the size of a large Australian Odyssey. The registration and dinners were at *Clubs Hastings*, a good venue for such an event. Adequate room, good meals, decent priced drinks (if a narrow choice). Friday casual dinner was fairly low key. And who should we see there, but Peter Baulch!



On the Saturday the AGM was a tame affair, with some retirements and replacements, but no voting. Lengthy reports were given, but it was interesting to hear that NZ Ulysses has the same sorts of problems as Australian Ulysses, declining and ageing membership, politics and some infighting in branches, and wondering what to do to improve things. The New president is "Tiny".

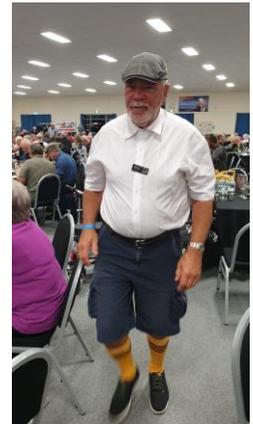
After the AGM, there was a ride to the Patangata pub for lunch. Michele & I drove there the 30km direct route, and beat the rush. The day was a bit drizzly. The small pub is a common biker stop, and they did well, with cheap simple fare, nice beer, good coffee. This Ural outfit stood out, along with its intrepid rider and pillion. I didn't ask their ages, but they weren't young!



The Saturday dinner was better attended. It was a delicious meal of ham, chicken & lamb (with veg) followed by slices for dessert. Between the Fri & Sat dinners there were a number of contests: oldest member attending; best beard (with a blindfolded lady judge); biggest circumference waist; male rider who came furthest; female rider who came furthest; person who came without permission, ie pissed their spouse off. The theme on Saturday night was the TV series "Last of the Summer Wine". The best dressed branch won.

Ulysses NZ has 2,800 members across 27 branches. They have two paid contract administrators, and publish a magazine which about 1/3 of members get in hard copy, for which they pay extra. Judging by the AGM gathering and our interactions with members, I'd say they are a friendly, laid back, happy bunch. It was a pleasure to go to their AGM event and mingle. I love the AGM badge, and wore it on my Ulysses polo jacket for the rest of our NZ trip, hoping to snag some comment, or conversation with like-minded folk. Didn't happen. I don't think Ulysses is too well known over there. (Or maybe everyone just wanted to avoid me?)

We had 6 weeks in NZ. Fabulous scenery, and green, green, green. -Despite the locals crying drought. It's great when all the road kill is no bigger than a possum. And no snakes to think about while trudging through thick grass.



Sunday Ride Round Up

7th April ride to Hove. Ride leader **John Crowe**

Twenty souls negotiated the change from daylight saving to be at Civic Park TTG on time for the ride to Ray's place for a BBQ lunch. The ride left at 9:30 sharp GPS time, which left a couple of late-comers playing catch up. We took a pretty well-worn path to Milang for morning tea, riding via Gumeracha, Lobethal, Woodside, Nairne (re-group), Wistow, Langhorne Creek and on to the Milang bakery, arriving at 11:02 am. After a very social cuppa and a chat, we departed Milang for Ray's place in Hove via Finnis, the Bull Creek Rd to Meadows, Clarendon and Black Road and Majors Road to arrive a few minutes before 1 pm. Ray, and Ray's little helpers, had a feast fit for Royalty ready for us on arrival. Not only the obligatory snags, but barbecue chicken and some very deudent cakes for desert. Not to mention the salads. The weather gods were kind to us, and we all had a great day. Another example of the camaraderie that is Ulysses. **By John Crowe**



Sunday Ride Round Up

21st April ride to Birdwood. Ride leader Peter Wood

On a cool and very slightly damp morning 8 bikes (all with riders) set off for morning tea at Meadows, including Brian Coates on his recently acquired and very tidy V-Strom 650, and Judy Manoel who had recently had surgery (tough lady!) Being Easter Sunday, the numbers were low and the traffic quite light and there were few customers at the Meadows bakery. We lost 3 of our intrepid team at this point due to other commitments, but the rest of us soldiered on to the Birdwood bakery for lunch. It turned out to be a very pleasant ride in excellent conditions.



Sunday Ride Round Up

5th May 2019 Ride to Waggies. Ride Leader **Frank Pellas**

The day started out with a surprise as our expected ride leader, Ken, was not feeling at all well and could not lead the ride. Luckily our old ride leader, Frank Pellas, stepped in and took the reins. As is normal for a Frank Pellas ride, it was interesting, challenging and unpredictable and took us through some recently uncharted roads to Meadows for morning tea and on to the Wagnitz residence for lunch. And what a lunch! One could peruse the menu (yes, there was a menu) to choose one or more of the delicious options available, and follow it up with some delicious cake for desert with coffee. A fantastic repast and many thanks to those who organised and prepared it. Another great day, with good weather and a terrific ride. What more could you ask for? by **Peter Wood**



Sunday Ride Round Up

19th May ride to Wallaroo. Ride leader **John Crowe**



Sunday rides Up Coming Dates

Date	Leader	Event	Location	Departing From
16th Jun 9.30am	Brenton George 0432 535 163	Day Ride	Meadows	Top of Taps
30th Jun 9.30am	Brian Cullinan 0401 545 176	Day Ride to a pub lunch	One Tree Hill	Civic Park, Main North East Rd, Modbury
14th Jul 9.30am	Rob Hartridge 0422 114 225	Day Ride	Woodside	McDonalds, 303 Magill Rd, Trinity Gardens
28th Jul 9.30am	Mike Green 0419 003 010	Day Ride to a sausage sizzle	Avoca Dell	Top of Taps

Ulysses 26th SA Odyssey 2019

By Neville Gray

The 26th South Australian Odyssey will be held in the Copper Coast Region at the Kadina Football Club located at 1 Doswell Terrace Kadina from **Friday October 4th to Monday 7th**

The Torrens Valley Branch Organising Committee is well advanced in the preparation to host this Event in the Copper Coast. The Kadina Football Club will be our hosts with registration, meals and entertainment all held in their fabulous venue. Camping, both caravans and tents, is permitted on the perimeter of the Oval in front of the Clubrooms and we will be using the Club facilities for showering etc. in the adjacent change rooms.

Registrations will open in early July via electronic means and forms inserted in your Branch Newsletters. The onsite registration desk will be open for business on the Friday from Mid-day. The traditional Friday night BBQ will be held at the Cricket Club next to the main venue. Breakfasts will be served on the Saturday to Monday mornings at the Football Club together with the Saturday and Sunday night's formal dinners. We have generously been allowed to camp at the Oval on the Monday night to enable those wishing to avoid the traffic congestion on the way home to Adelaide but no breakfast will be served on that morning. We have secured a great band to the Saturday night and light entertainment for the Sunday night.

We are organising a motorcycle ride to nearby locations of interest on the Saturday morning. Those not riding are invited to join us in a bus tour of the local OP Shops.

On the Sunday, bikes will be travelling in convoy to nearby Moonta for "Moonta Day" where we have secured the famous Mine Train for our exclusive use and will join the Moonta Markets people for a 'Show and Shine' and to meet the locals and the many other tourists that flock to the Region on the October Long Weekend.

Accommodation is always tight in the Copper Coast especially on the October Long Weekend so you are well advised to secure your accommodation venue as soon as possible if you are not camping at the Football Club, which has unlimited room.

The Kadina Football Club can cater for up to 150 persons so the first in will be guaranteed a seat for the meals.

We look forward to meeting up with you all at the Copper Coast on the 2019 October Long Weekend. Any further inquiries can be forwarded to Neville Gray on 0416 050 189 or via grayhigh@bigpond.com



Does riding a motorcycle:

By Glenda George

(a) **make you smarter?** (b) **lower your stress levels?** (c) **improve your libido?** Answer: **Possibly all three.**

Dr Kawashima, motorcycle rider and author of the Nintendo game “Dr Kawashima’s Brain Training”, conducted a study with 40 -50-year-old motorcyclists. Some were regular riders, others had not ridden in 10 years. After riding their bike to work daily for 2 months he found that their cognitive function had improved.

He recorded their brain function as they did a series of courses containing a variety of challenges and found that the right hemisphere of the prefrontal lobe was activated while riding. That’s the part of the brain that is the problem solver and decision maker.

It’s in charge of motor behaviour and impulse control and used for making judgements, memory, and social and sexual behaviour. The study found the concentration required for the daily commute gave the brain a workout, improving memory and spacial reasoning. Participants claimed less stress, but no data was mentioned on whether they were having more sex.

To read the full version of this article posted by Mark Hinchliffe go to <https://motorbikewriter.com/are-motorcycle-riders-smarter/>



**FOUR WHEELS MOVE
THE BODY.
TWO WHEELS MOVE
THE SOUL.**

Adelaide Branch Monthly Dinners

Friday 14th June 7pm -The Buckingham Arms
1 Walkerville Tce, Gilberton



*Please note that the venue may change without notice check [website](#) for details *

For dinner bookings and cancellations

Contact Sue Freene E: ulyssesadelaide+dinners@gmail.com P: 8277 3339 or 0413 567 747

Do not phone the venue Bookings close Wednesday prior to the event.



Photos from the
monthly dinner at
**The Henley Beach
Hotel**



SA Breakfast Club

SABC meets at an eatery somewhere around the state, on the first Saturday of the month, from 9.30am. Check out the website, calendar or Adelaide Branch Facebook page, for the location of the next breakfast.

6th April 2019 - Victor Harbor Golf Club

Although the weather had cooled off considerably and threatened rain, a lot of bikes turned up for breakfast with a large contingent of cars. Close to 70 enjoyed a buffet breakfast.



4th May 2019 – Peterborough



Muscular Dystrophy Australia

is conducting its annual

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Money raised from the raffle makes a difference for our community with Muscular Dystrophy.

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Please find Link to MDA website to purchase raffle tickets below:

[Harley Raffle link](#)

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2019 RV WEEKENDS

These weekends are open to all regardless of how you get there, even if you don't have an RV, bring a tent or book a cabin (where available)

August 2nd to 4th Tanunda Caravan Park

For bookings call the caravan park 08 8218 5505 and say you're with Ulysses

October 14th to 20th RV AGM

Lake Albert Caravan Park Meningie South Aust

"life is better by the lake"

REGISTRATION FORMS NOW ON NATIONAL WEBSITE

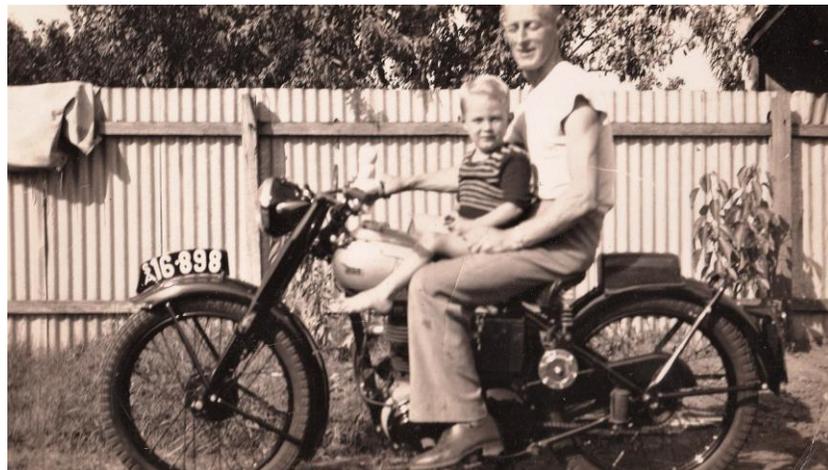
For site bookings contact the Caravan Park on 08 8575 1411 and say you are with Ulysses

A great way to catch up with interstate Ulyssians, as well as those from SA, at a great location where there is plenty to see and do and enjoy the night time social activities.

November 8th to 10th Kingston on Murray

For bookings call the caravan park 08 8583 0209 and say you're with Ulysses

Guess Who's Love of Motor Cycles Started Young?



Answer to April
Issue "Guess
who this young
rooster is"
Trevor Thomas

Top 10 Motorcycle Movies of All Time

Easy Rider -- “A man went looking for America. And couldn’t find it anywhere.” If there’s one motorcycle movie that people instantly think of, it’s Easy Rider. Peter Fonda, Dennis Hopper, and Jack Nicholson explore counter-culture America on two wheels. Throw in drugs, hippies, the New Orleans cemetery and two of the most iconic motorcycles to ever grace the silver screen.

The Great Escape -- Just the fact that it stars Steve McQueen makes this must-see movie awesome. Throw in ingenious POW-camp breakouts, Nazis looking incompetent, an amazing cast and possibly the coolest motorcycle jump in the history of movies, and you have a winner.

Wild Hogs -- A group of suburban biker wannabes hit the open road but get more than they bargained for when they encounter an outlaw motorcycle gang. Starring John Travolta, Tim Allen, Martin Lawrence and William H. Macy, Wild Hogs is goofy but still worth a watch, especially considering the surprise cameo at the end. No spoilers here; you’ll have to watch it for yourself.

The Wild One -- Many folks consider this movie to be the original “biker flick,” and who are we to argue? The Wild One follows the story of Johnny (played by the great Marlon Brando) and his gang of motorcycle hell-raisers as they invade a small town after being kicked out of a motorcycle competition.

The World’s Fastest Indian -- Sir Anthony Hopkins portrays legendary motorcycle icon Burt Munro on a mission to create the fastest Indian on the planet. A true story, this movie will make you feel great as you follow Burt’s trials and tribulations on his quest to get his bike from New Zealand to the Bonneville Salt Flats.

On Any Sunday -- This important motorcycling documentary—maybe the best ever made—is narrated by none other than Steve McQueen himself and follows the lives of track and off-road motorcycle racers and racing enthusiasts.

Long Way ‘Round & Long Way Down -- Granted, these two-documentary series aren’t movies, but they’re absolutely spectacular to watch, especially if you have a yearning to light out into parts unknown. Actors Ewan McGregor and Charley Boorman ride around the globe in the first, and from the top of Scotland to the southern tip of Africa in the second. This is adventure riding at its best!

Harley Davidson and the Marlboro Man -- As a new interpretation of the motorcycle-based rebel films, this movie is as much fun watching now as it was back in 1991. Don Johnson and Mickey Rourke portray a motorcycle-riding duo intent on saving their buddy’s bar. When they steal from the wrong guys, hilarity ensues.

The Motorcycle Diaries -- Overlook Ernesto “Che” Guevara’s later political alliances, violence and Marxist revolutionary stance, and you’ve got a great movie about his and his friend’s 8,000 km motorcycle adventure throughout South America. If you like vintage Norton’s, wild road trips and a bit of history thrown in to boot, this movie is a must-see.

TT3D: Closer to the Edge -- This documentary follows the rivalries of the racers who put their lives on the line to win what many consider to be the most dangerous motorcycle race in the world—the Isle of Man Tourist Trophy (TT). A spectacular insight into the minds of some of the best motorcycle racers in the world.

Possibility of Travelling Companions to accompany us to the 2020 national rally at Lismore.

We have booked a waterfront two-bedroom cabin in the Ballina Discovery Caravan Park for 7 nights from Sunday 3rd May 2020, so there is a possibility of sharing accommodation (depending on snoring tolerance!).

I would like to ride there, but because of work commitments at that time of year I also need to take the car with computer, printer etc. So, if someone or a couple would like to come with us to keep my wife (Beryl) company in the car and ride in company with me, then I could justify bring my car as well as my bike.

Travel 500 to 600 km per day. A rough itinerary:

Day 1 (30th April) – 514 km to Balranald

Day 2 (1st May) - 525 km to Parkes

Day 3 (2nd May) – 532 km to Armidale

Day 4 (3rd May) – 328 km to Ballina

So, if this appeals to any other members I would be happy to hear from them. Cheers **Marcel Smith**

P:83896700 M:0403207854 E: mgsmith@internode.on.net



RIP

Les Tapping



Member No: 21354 passed away, ridden on last Monday 20th of May, 2019 at the RAH after a short illness. Les loved his Italian motorbikes, especially Moto Guzzi and French cars, namely Citroen and above all like-minded people. He was a sailor (big ocean-going ships), boilermaker, engineer. He also loved books, music, theatre and girls/women but never had the time or long and fast legs to catch and tether one. Goodbye mate. Charlie Brown

Friendly Reminder

As Ulyssians we greatly value the camaraderie and support that is provided by our fellow members.

Adelaide's Welfare Officer is **Judy Manoel**. Her role is to be the central person in our branch to ensure members in need are assisted in whatever manner is appropriate for that individual.

All members have a responsibility to inform the Welfare Officer if you know of someone who needs support. Perhaps they are unwell, had a close relative / companion die, or experiencing any other physical or emotional need.

Let Judy know immediately so she can organize a hospital visit, home visit, send a card or arrange any other appropriate help.



P: 0412 164 665

E: judy132010@hotmail.com

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CHICKEN PASTA BAKE

- 400g chicken breast fillets
 - 500g butternut pumpkin, peeled, cut into 1 cm cubes
 - 500g dried macaroni pasta
 - 1½ tablespoons olive oil
 - 2 rashers bacon, chopped
 - 60g butter
 - 1/3 cup plain flour
 - 3 cups milk
 - 1½ cups grated tasty cheese
 - 50g baby spinach
 - ½ cup grated parmesan cheese
 - Michele's optional addition – 1 jar mustard base mayonnaise (adds extra creaminess & taste)
1. Oven 180deg C/160degFF.
 2. Either roast pumpkin pieces 20 mins with some oil in oven, or I just steamed in microwave for 5 mins.
 3. Cook pasta, drain, place in oiled baking dish.
 4. Brown chicken on medium heat in pan, cook 4 – 5 mins until just cooked through & brown, take out & cut into rough cubes.
 5. Add bacon to frypan and brown until golden.
 6. Add bacon, pumpkin & chicken to pasta, gently mixing.
 7. Make sauce – melt butter in saucepan until foaming, add flour, stir with a wooden spoon 1 – 2 mins until bubbling.
 8. Remove from heat, stir in milk until smooth.
 9. Return to heat, cook stirring 4 -5 mins until boils and thickens.
 10. Mix in salt & pepper, tasty cheese & mayonnaise if desired.
 11. Add spinach to sauce, then add to baking dish and mix gently to combine.
 12. I put a light sprinkling of breadcrumbs as well on top with the parmesan.
 13. Heat 20 mins or until brown on top and hot.

Michele Wagnitz



Tax Returns

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Marcel Smith

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Email: mgsmith@internode.on.net

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What's On

- **Wednesday Midweek Rides** All Rides Depart at 10.30am for more details phone **Steve 0405 120 542** or **John 0407 794 147** – **1st 2nd & 5th Wednesday** depart from **The Feathers Hotel Car Park Burnside**. **3rd & 4th Wednesday** depart from the **Top of Taps**
- **The SA Breakfast Club** meets on the 1st Saturday of the month from 9.30am
Saturday 6th July at **Broken Hill** & the Broken Hill Branch will provide the Saturday breakfast at no cost and host Saturday dinner & Sunday breakfast at a nominal cost. They will need to know numbers for catering. Ken will post more information on website when the details are sorted.
Saturday 3rd August at the **Courthouse, Wellington** [RSVP Glenda by 31st July](#) on 0423 132 866 with your name SABC & number wanting breakfast
- **Adelaide Branch Monthly Dinner**
Friday 14th June 7pm Venue: The Buckingham Arms
Friday 12th July 7pm Venue: TBA check website
- **Adelaide Branch Monthly Meeting Venue:** European Catering Reception, 2 Chief St, Hindmarsh.
Meals, drinks are available. Raffle tickets sold, free tea, coffee & cake follow the meeting
Thursday 4th July
Thursday 1st August
- **Overnighter at Morgan August 3rd.** RSVP for Saturday dinner and Sunday breakfast: [Text Glenda the week prior and no later than Wednesday 31st July on 0423132866](#) with your name, for Morgan, meal being booked and for how many
- **7th to 17th September Postie Bike Challenge** P: 0411 090 891 www.postiebikechallenge.org
- **Friday 4th to Monday 7th October 2019 Ulysses Club SA Odyssey Venue:** Kadina Football & Cricket Club. Off Doswell Terrace, Kadina SA 5554 Hosted by Ulysses Club Inc. Torrens Valley Branch

If you have or know of an upcoming event and would like it to be included on the Odyssey
'What's On' page, please email editorsodyssey@gmail.com or phone 0419 822 717

SA, Broken Hill Branches & Riding Groups Contacts

Broken Hill Branch

President Dean Schmidt – 0400 008 209
Secretary Rickie Cooper
Treasurer Chris Forrest
Webmaster Wayne Orr

Eyre Peninsula Branch

President Ray Baddeley
Secretary Teresa Baddeley – 0403 507 697
Treasurer Chris Forrest
Webmaster Wayne Orr

Fleurieu Peninsula

President Brett Wise
Secretary Barbie Watson – 0484 938 130
Treasurer David Polkinhorne
Webmaster Vicki Ryan

Mallee Branch

President Scott Crockety
Secretary Ian Wolter – 0427 953 097
Treasurer Trevour Brine
Webmaster Scott Crockett

Lower Murray Branch

President David Pitt – 0433 610 972
Secretary Terry Wilksch
Treasurer Chris Forrest
Webmaster Barry Grace

Torrens Valley Branch

President John Robinson
Secretary Lorraine Robinson – 0402 904 670
Treasurer Merylin Braunsthal
Webmaster Michael Morgan

Southern Flinders Riding Group

Rides Co-ordinator Ross Greenfield – 0403 777 672
E: rgreenfield@internode.on.net

Whyalla & Districts Branch

President Perry Zimmerman – 0419 134 511
Secretary John Lawson
Treasurer John Lawson

WALLY WOMBAT



Two guys were roaring down the road on a motorcycle when the driver slowed up and pulled over. His leather jacket had a broken zipper, and he told his friend, "I can't drive anymore with the air hitting me in the chest like that." "Just put the jacket on backwards." His friend advised. They continued down the road but around the next bend, they lost control and wiped out. A nearby farmer came upon the accident and ran to call the police. They asked him, "Are they showing any signs of life?" "Well," the farmer explained, "the driver was until I turned his head around the right way!"



What do you call a vicar on a motorbike? Rev



How can you tell when a Goldwing riding is having an affair? His helmet doesn't match the passengers.



Which motorcycle is so stealthy, you can't here it coming? Kawasaki Ninja.



What internet web browser do motorcycle riders use? Chrome.



How do Biblical scholars know that King David rode a motorcycle?

Because in the Bible, it says that David's Triumph could be heard throughout the land...





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