



The Cats Den

SABERS

Issue 1

Newsletter Date 16th February 2007

**In A Nutshell:
All We Want to Do
Is Ride**

Welcome to our First Edition.

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Hi All and welcome to our first edition of The Cats Den. SABERS magazine.

Though we have a new name it doesn't mean things are going to change. We are still the same people organizing the same things as before. We certainly look forward to celebrating this new chapter with all of you.



One of our first things on our agenda was to make The Leukaemia Foundation our first honorary member. We have always been a huge supporter The Leukaemia Foundation. We look forward to continued support from both parties liaising for future events (SABERS and The Leukaemia Foundation).

Thank you to everyone who has been through this evolution of the organization. I am proud to be associated with each and everyone. If this is what a motorcycling community can do I am s proud to be a part of it.

Special Points of Interest.

Ride Reports by SABERS
Ride Captain

Article by Kym Cowley

Regards Ed on behalf of the SABERS Committee.

From The Top

Welcome to SABERS.

My name is Joyce and I am the appointed President of this organisation. I have been riding for just over a year and am soon to lose the dreaded restriction on the licence (cant wait)

In my other life I am a Registered Nurse who works in an Intensive Care Unit in a metropolitan hospital. I have done this for some years and have many interests in this specialised field of health care. I guess that's why I love riding so much, many of you will understand the attraction of leaving the real life behind just for a short period of time. The pure joy of riding and being in the company of others who share the passion. It is invigorating and regenerating.

It is with much pleasure I introduce this new social riding group to South Australia. SABERS is devoted to meeting the social needs of the motorcycle community. This group is not exclusive in it's membership, everyone is welcome and we love to have the involvement of families even if they don't ride.

We rely on feedback from you to keep improving this group so don't hesitate to talk to me, email me or give me a call. You can contact any of the committee and they will make sure that your ideas are directed to the appropriate person. Your input is valuable.

Already there have been two successful weekends away and a run in fairly poor weather all well attended and enjoyed by those who supported it. Please see the website gallery for the photos of those runs.

We have an amazing web site that is a must to visit, make sure you sign the guest book and register for the forum. The website is our main communication medium so keep your eye on it.

I look forward to sharing the road with you. The weather is great, SA is a beautiful state, lets get out and enjoy it. As we say in SABERS "In a nutshell. We just want to ride"

Stay safe

Joyce

SABERS President



SABERS inc.

Well Done

Just a quick note to say well done to all involved in getting the SABERS up and running.

I attended the swan reach run and the recent overnighter to Mount Gambier and couldn't have hoped to find a better bunch of people to ride and socialise with.

Look forward to many more rides with you all. Cant wait for the next run.

Keep up the great work :)

Grant

If you are interesting in submitting something for the Rats Nest you can contact me 2 ways.

Email me at editor@sabers.com.au or go to the web site and submit your article. Thanks Ed.



February:

18th February SABERS City to Barossa ride. Departing BP Petrol Station West Tce at 10am sharp

March:

11th March Leukaemia Foundation All Ford Day. 10am to 3pm at Seaview High School Seacombe Road, Seacombe Heights. Adults \$7, Concession \$5, Family \$15.

24th March Leukaemia Foundation A Night of Stars Variety Show-Karaoke Show. 9pm to 11:30pm at Hungarian Club 82 Osmond Tce Norwood. Entry fee \$10

25th March SABERS Tim Hunt Memorial Ride, Delamere.

For more information on the Leukaemia Foundation Events please visit their web site www.leukaemia.org.au

Chef On The Run

recipe from our resident Chef Stealth

This months recipe is called SPANISH SALAD (serves 4 to 6)

- | | |
|--|---------------------------------|
| 2 shallots chopped | 1 garlic clove, chopped |
| 3 tbsp red wine vinegar | ½ cup good olive oil |
| 1 hard-boiled egg, chopped | 1 tbsp Dijon mustard |
| 1 tbsp whipped cream | 3 tomatoes, cored and quartered |
| ½ Spanish “red”onion sliced in rings | |
| 1 tbsp chopped continental parsley (flat leaves one not the curly one) | |
| 2 capsicums 1-red, 1-yellow sliced into strips... (any other capsicums will be ok) | |
| 1 cup cooked white rice ... jasmine rice is good ... it is a fragrant rice | |
| Black pepper and salt to taste | |

I would like to suggest for this salad two type of lettuce: Endive and Cos

With the ingredients above, some of you have already realized, we are about to make a type of “vinaigrette” French for dressing.

Place shallots and parsley in a bowl, add mustard, garlic, & vinegar... mix well... season with salt and black pepper.

Add oil in thin stream, mixing constantly with a soft whisk.

Add chopped hard-boiled egg and mix it in.

Incorporate whipped cream with a wooden spoon or spatula.

In a large serving bowl or plate, place your favorite lettuce, capsicums, onions, rice, tomatoes. Mix to combine and season to taste.

Add the “vinaigrette” on to salad.

I would like to suggest crusty Turkish bread with it or Lebanese bread, even if they don't have much in common with the Spanish salad. For the twists... last time I made this salad I add to the dressing (vinaigrette) some good Cognac and Lobster.... Prawns (cooked) are a very good substitute, and if the budget doesn't allow this, something called “seafood extender” will do the job very nicely, or if you have some (good) left over cold fish, any type of... you'll find that it will go well... too.

One last thing.... When preparing salads... look inside your pantry you may have olives, you like, capers, even smoked mussels... and if some of you are crazy like me, I will definitely eat This salad with roll mops and sour cream.

Bon appetite! Stealth. Sabers. Chef on the run...

The Members Lounge

Member Profile

SABERS is growing and we thought it would be great to let everyone get their picture our monthly magazine The Cats Den. The profiles will change every month.

Name: Janice Wilkins

AKA (nickname): Jan

Age: 53

Occupation: Carer for Anglicare and Masonic

Would you like us to advertise your business? no

Current bike (s): 1981 Yamaha XJ special

First Bike: Honda 50 (U.K.)

Dream bike: Yamaha 650 V twin

Years Riding: 30years

Favourite Ride: Flinders Ranges

Scariest Moment: Luckily enough I have a short memory!!!!!!

What/who got you interested in motorcycling? Always liked m/ bikes from an early age!!!!

Biker heroes? Admire all bike riders!

Other Interests: Family, home renovating. Gardening.



Meet The Committee

Name	Committee Position
Joyce White	President
Wayne Barton	Vice President
David Yudkin	Secretary
Rob Dempsey	Treasurer / Public Officer
Bryan White	Rides Captain
Paul Stratman	Rides Wingman / Web Page Liaison
Jackie Robinson	Minutes Secretary
Sonya Mitchell	CATS DEN Editor
Morris Tinti	Stock Control
Ros Sutton	General Committee
Neal Palmer	General Committee
Doug Roberts	General Committee
Paul Fleming	General Committee
Craig Paton	General Committee

Reality

How is the overall riding world evolving? Machines can only protect the road user so much. As the vehicles we ride/drive get more idiot proof we breed better idiots. Cars especially, as we all know the driver is more protected by airbags, ABS, traction control, ESP and drivers still manage to lose control. Motorcycles are heading the same way. We need to learn to do better.

Crash Statistics are showing that we as riders are the main cause in motorcycle crashes, below is my take on things.

Rider Overview

While motorcycle technology has marched on in leaps and bounds most riders are still only basic to good riders.

Older riders learnt by the school of hard knocks years ago. The school of hard knocks also does not teach you the correct skills to ride a motorcycle. These bikes didn't handle, had little power and brakes that only slowed a bike down. Before you got into trouble the tyres would squirm and the frame would flex and give plenty of warning of impending doom.

Newer riders learn the correct skills to ride in a slow and controlled environment. Unfortunately most do not practice and improve their skills as they move up bike size/ability. Therefore they ride a larger, faster bike with the brain knowledge of smaller bike ability.

Motorcycle Overview

The modern motorcycle is a very sophisticated machine. As an example a current sports bike is quicker than a 10 year old GP bike.

Bikes have advanced to become a very competent riding tool. The power, brakes and handling are so good that if ten years ago you described what a 2006 bike was capable of you would have been laughed out of the room.

However the problem of the modern motorcycle is as awesomely competent it is also a two edged sword. It can get you out of trouble very well and it can also suck you into trouble because it is so competent.

However the rider needs to know how to use the bikes abilities. The bike has the ability to save the rider, but only if the rider knows how to use it.

Misconceptions and what we need to do about it!

Most riders think they can ride fast without skills training; **however speed is not a skill**. I have a fast bike so I can ride fast – **no you can't** (for long anyway). The bike may have the ability but you don't. Fast riders are trained not born.

Pillions also need to prompt the rider if he/she rides badly. It's your life they are playing with.

We must learn more so we can use and ride modern bikes to their ability not ours. Training, knowledge and practice is the key. Motorcycle magazines especially overseas ones have great riding training articles to read and practice. No good reading and not learning and practicing. There are rider training books and DVD's available, buy and use them to learn. The famous information overload – the Internet also is a wealth of information.

Many rider training organisations have the skills and training to improve your riding skills and pick you up on your old bad habits. In many cases there is also schemes to subsidise training costs use them. Do some homework and find the good ones and do as many as you can afford.

Remember my golden rules:

1. Corners – Slow in Fast out
2. If in doubt slow down.

Always use everything available to be a better rider because the more you know the better it gets.

Kym Cowley Road Skills Instructor.



Ride Reports By Bryan White

Swan Reach Jan 14th 2007.

After waking up to a hot morning we headed into town for coffee and a chat with everyone before the ride.

By the time we got into town it was well on its way to being a scorcher. Lots of fluids need to be consumed today.

Bikes kept rocking up until almost the time we were ready for a riders brief. Excellent to see because it was organised at such short notice!

There was a great feel of mateship and eagerness to get going as quite a few of the riders complained that the ride group had been too quiet for too long.

The briefing was short and sweet as I too wanted to get out and ride.

We all got out of the BP and a few km's of city traffic we were out on North East Road and heading for the hills.

The short twisty section to Gumeracha was a welcome start to our adventure. It's a good leg stretch and a chat.

Once we were all back on our bikes it was another great section of interesting road to Sedan via Mount Pleasant.

Turn right at Mt Pleasant, go up the hill and you are then riding on the ridge of the

hills over looking the Riverland Flats. It can be very windy and caution as you enter the twisty bits heading down to the flats, You also have to watch out for mini landslides as rubble rolls out all the time down there and onto the road.

There is a very long open section after Sedan so we pulled up here and regrouped. Some of the smaller capacity bikes took the opportunity to refuel while most of the others took time to grab a drink and chat.



This over it was time to do that bit of road ... long and straight. Boring, well that was until it was time to blow out some of the carbon build up.

With that part of our ride over it was time to regroup and head over the ferry and lunch at the Swan Reach Pub.

The lunch here was great value and we would recommend it to all clubs or even if you are just out there cruising around.

We all had great lunch and a chance for some catch up time and chat.

After Lunch we decided to head back the long way via Mannum and back up to Lobethal.

We regrouped at Lobie for a coffee and to say good bye to everyone.

You can always get a good coffee at the Amberlight Café

So in summary it was another successful ride.

Ride Reports By Bryan White

Ashbourne Pub Run Jan 21st 2007

Well what can I say about the weather but dodgy.

While cruising into the Mobil-city I was unsure that we would get any other riders to go on this ride.

All thoughts of cancelling were put to one side as we soon had 15 riders who wanted to go on a ride!!

It was also a great chance to get feed back from the people that turned up about their thoughts on the art work we has for SABERS.

As soon as we pulled the artwork out of my tankbag their eyes lit up and we could tell that we were on the right track!!

The name of our new club, SABERS was announced and the art work had the thumbs up

We had a riders briefing and we were on our way.

As we were heading up South Road it was a little drizzly but by the time we got to Clovelly Park it was officially raining.

My thoughts turned to, oh my goodness I am an all weather rider but if it stays like this I am not going to enjoy this ride very much.

We got on to the Southern Expressway and by the time we got to the top the weather had taken a turn for the better as the sun was trying its best to pop its head through the clouds. The McLaren Vale section to Ashbourne was very picturesque and would be an awesome ride in spring. It was difficult to see very much through the patches of fog we went though.

Once we had turned off the range road section and were heading to Ashbourne we were greeted by dry roads.

The pub meals at Ashbourne were great and the conversation around the table was awesome.

The meals were huge and were excellent. Again another luncheon location we would highly recommend.

After lunch it was a joy to ride up to Meadows via Bull Creek Road. Lots of bends in this section of the ride.

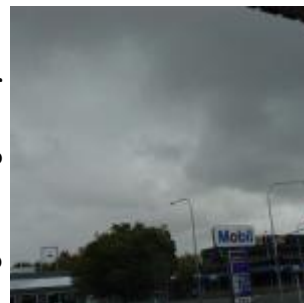
When we got to Meadows although we did stop near the bakery none of us could think about getting any of the yummy cakes that are available here.

It was here we said goodbye to the riders heading south and the others headed north via Hahndorf.

The weather although a bit damp in the morning managed to clear up for the mid morning and stayed like that for the rest of the day.

We had 15 riders and pillions turn up for the ride so it goes to show that we now ride in most conditions.

Awesome guy's and gal's ... see you next ride



Ride Reports By Bryan White

Mount Gambier Jan26th – Jan28th 2007

With the success of our Wilpena ride back in November there were quite a few requests for more rides like this so we planned the next one, Mount Gambier.

We left Adelaide the Friday 26th at 10 am for what was to be a gentle ride to Mount Gambier.

The cruise up the freeway was interesting with us spotting 3 speed cameras, 1 pursuit vehicle and 1 mobile unit so we all watched our speed very carefully.

Tailem Bend was our first stop and a splash of fuel before the next leg to Keith, Naracoorte, Penola and then on to Gambier.

The poor police officer at Naracoorte didn't know what to think when he went to stop Paul for a breatho test as we all pulled in with him. Well he was the lead bike for this section and we just following the leader. So after testing Paul we all wanted a shot He waved us on! Haha.

The rest of the ride to the mount was an easy section as was the rest of the ride apart from the police having a very visible presence.

When we got to the Mount we took Rohan and Janice up to the caravan park then the others took off to the hotel. It was at the hotel we caught up with Wayne.

We all unloaded our bikes and had showers then it was off for dinner.

The dinner was awesome and service was very fast. After dinner Marie made herself quite at home on the baby grand piano that was there and entertained us with her amazing playing and boy can she sing!

The next morning we were off to the Princess Margaret Rose Caves. We went up to the caravan park to collect Janice and Rohan only to find that the battery in Janice's bike had died and had to be replaced. That was on top of the fact that in the morning both Wayne and myself had to find a bike shop to replace our rear tyres.

So we had a bit of a late start. The caves are spectacular as the photos in the gallery show.

On the way back we took the long way via Port McDonald.

Before heading off we had our breakfast coffee up at McDonalds while waiting on Morris who was working the Saturday but got up early Sunday morning and rode to Mount Gambier just to ride back with us. The route home was discussed and the coastal road was chosen for the homeward leg.

Our Ride back was scenic and a joy until we got back onto the freeway. Yes you guessed it more camera units. Makes you wonder how much they get from them as each unit was placed 2km from the previous one!

The ride to the Mount was another successful run and I look forward to doing more weekend rides.

Our chats in the evening with a few drinks are just one of the highlights of the trip as well as the ride its self.

The photo's for these three rides are now up in the gallery found on our website: www.sabers.com.au

STAY UPRIGHT!



KIDZ KORNER

For the Kid in all of us



Word Search 1
Editor

M	F	M	R	D	W	E	U	A	N	I	E	S	E
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Guess Who and What Bike

The picture above was taken a couple of years ago. Try and guess the name of the SABER member. Do you know what type of motor bike is in the picture.

BMW
gallery
Leukaemia
runs
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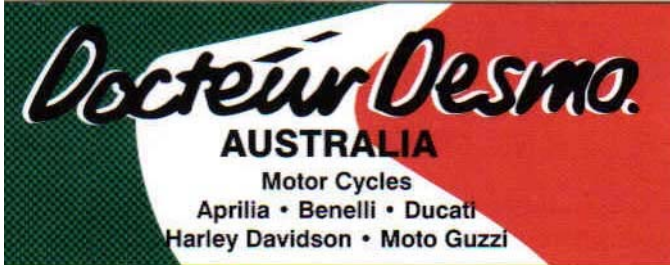
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handlebars
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sabers
Suzuki

Ducati
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