

THE CATS' DEN

SABERS



SABERS: South Australian Bikers Events Rides and
Socialising

The Cats' Den

April 2009

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FROM THE EDITOR

Well another issue has rolled around for The Cats' Den, so "Here 'tis!":

The past few months have seen **SABERS** move from strength to strength. We have seen the addition of many new members, gone on many memorable runs, enjoyed several happy overnights; we've seen the successful re-instatement of the **SABERS** Forum and even enjoyed a sudden surge in bonding over the social networking site Facebook!

As a group, **SABERS** is holding true the last "S" in our acronym: Socialising. It is vital that we as a club continue to build a rapport with our fellow riders, friends and **SABERS** "family". So with this in mind, the Committee wishes all of its' **SABERS** a very healthy, happy and safe Easter weekend.

Hope you enjoy this instalment of The Cats' Den.

Cheers, Marie.



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A Word from Our President:

Dear SABERS

In the December 2008 edition of this fine publication I told you a little about myself... well maybe a lot... anyway you now know my history with SABERS and a little about what else goes on in my life.

Since then we have enjoyed some wonderful weather and we have been out there getting some great kilometres under our belts.

Morris has had a go at some longer day rides. These are not everyone's cup of tea but you certainly get to see a bit of the countryside.

We joined the MRA for their Ridden On Ride. This ride was well attended. At Second Valley all there were addressed by a pastor. After that SABERS were allowed the privilege of going out on the jetty first to have a few minutes of private time. Joyce and some others used this opportunity to say their final goodbyes to Bryan. RIP dear Bryan.

Our Tim Hunt Memorial Ride was a very successful fundraiser for the Leukaemia Foundation. Whilst bike numbers were down a bit the generosity of those riding and organising was immense. We raised over \$800.

We have had two overnight runs. One to Kingston on Murray and the other over to Lorne in Victoria.

And great news from Bec who passed her licensing test. No more L plate to lose Bec... well done!

In summary a wonderful quarter for SABERS.

Good Day.

Fred Horvath, SABERS President.

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The Art of Learning: Part II

By Rebecca Just



Recently our resident "L" plater took her test: Here she fills us in...

The first thing is to practice slow manoeuvres; one of the tasks in the assessment is to do a figure eight in a small box. Ask any of us to come to the range and we can always go through the requirements and give helpful hints.

Once you feel confident in all slow manoeuvres it's time to go Motor Registration and pay the fee for the advanced test (it's not cheap but you get three tries if you don't pass the first time). You will now have to call Rider Safe a book in a time to do the test. When you get there you have to watch a video and then the fun really starts! You can ride your own bike if you like but I chose to use their bike as mine doesn't have a good turning circle, which you need for the test and I would rather drop their bike than mine...!

Then you get out on the range and practice some slow manoeuvres to get used to the track, conditions and bikes if you using one of Rider Safe's bikes. All of the practicals lead up to what is in the tests, so this is the time to ask the instructors any questions you have: they know it all. Most of the day is spent out on the range. At the end of the day you have five practicals that you are required to complete. You don't have to be 100% - you just need to relax and do your best!

Once completed, Rider Safe will let you know whether or not you have passed. If you're lucky enough to have passed you then need to watch a short video and you'll then receive another slip that you need to take to Motor Registration and pay a small fee. Then you can throw away you L plate forever! If you are on a full licence for a car you don't have to display a P plate but if you are on your P's you need to display a P on the bike.

I wish anyone good luck for going to get your bike licence. It is the best feeling being out on the road on two wheels and in the elements: you never know what will be thrown at you.

I thank everyone for their best wishes to me for sitting the test on April 4th. Yes, I passed and I have thrown away my L plate for good. Sorry Mother Earth for all the ones I have lost on my way!

If you have a questions please don't hesitate to ask me or any of my fellow **SABERS** riders. We always love to talk bikes!

Stay safe and stay upright, Bec.

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SABERS CUBS

The SABERS Cubs group has been developed through the Committee to give our younger members the opportunity to be more associated with the club. This will include a SABERS Cubs forum section and also SABERS merchandise availability (modelled below by Mackenzie, Dylan and Cain)



The Committee would also like to congratulate Heath and Carrie for their upcoming expected arrival! Also, congratulations must be given to Christie and Darrin who became the doting grandparents to not only one, but two lovely little baby girls this year, Jessa and Ella.



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Happy Birthday!

March

David Powell - 2nd

Gaby Jones - 10th

Miriam Yudkin - 24th

Rob Booth - 26th

Christie Kernahan - 27th

David Yudkin - 29th

April

Heath Richter - 05th

Bernadette Spence - 10th

Stephen Antrobus - 12th

Marie Innes - 14th

Dylan Perry - 23rd

John Hardy - 24th

Caroline Liebich - 27th

Jason Craige - 30th

May

Catherine Leahy - 02nd

Emily White - 07th

Morris Tinti - 11th

Ian Chase - 16th

Denys Hornabrook - 19th

Peter Belanic - 22nd

Geoff Craige - 28th

June

Steve Smith - 06th

Ian Lewis - 09th

Rick Hurren - 16th

Rob Dempsey - 23rd

Sarah Wood - 25th

Chris Jones - 26th

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Recipes from our Chef on the Run...

Veal Paupiettes

As we are in times of caution spending, I would like to suggest the following recipe to minimise costs: Veal "Paupiettes" or more commonly known to the English speaking world as Veal "Roulade". A little bit of a cheat, as anyone can just use really good leftovers for this dish.

For this recipe we will use veal scaloppine, a rather thin cut of meat which is a little smaller than the one used for veal schnitzel. In fact, any cut of meat once thinly cut and lightly flattened is good for this purpose. I suggest a basic recipe that can easily be made more complex by adding anything you might like, but the result is the same.

INGREDIENTS: (Serves 4)

Butter	45 gm
Onion	Half a small one, finely chopped
Mushrooms	125 gm chopped
Pork sausages	2 (or any good leftover sausages)
Veal scaloppine	4 large ones
Tomatoes	4 large ones, halved width wise
Basil	1 level tea spoon
Thyme	1 level tea spoon
Dry white wine	375 ml
Salt & pepper	(to taste)
Cream	(Optional 100mls)

METHOD:

Heat 30 ml butter in an ovenproof pan over medium heat. Sauté onions for 2 minutes; add mushrooms, season a little and cook for 3 minutes. Remove sausage meat from casing. Crumble sausage meat into sauté pan. Mix well and cook for 3 minutes. Remove pan from heat. Let stuffing cool, and then place a good amount of it over the scaloppine.

Roll and tie with a couple of toothpicks or butcher twine. Repeat the operation till all rolls are formed.

Preheat oven to 190°C. Place tomatoes in baking dish; season with salt and pepper and basil. Place in oven and cook for 8 minutes. Remove tomatoes from oven, drain and reserve juice: set aside. Cover tomatoes and keep warm.

Reduce oven heat to 180°C.

Heat remaining butter or extra butter if you prefer, in sauté pan. Add paupiettes (the rolled up meat) and sear on all sides for 8 to 10 minutes. Season to your liking; add wine and bring to boil. Add the reserved juice from tomatoes, (the optional cream) and cook for 15 minutes in the oven. Serve paupiettes over tomatoes with sauce, and your favourite vegetable or mash.

NUTRITIONAL VALUE: (for 1 serving)

Calories	507
Carbohydrate	12 g
Protein	36 g
Fat	28 g (double up if you add cream)
Fibre	2.7 g

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...Recipes from our Chef on the Run

Fruit in Zabaglione

Now something sweet and tasty for everyone at the end of a good meal:

INGREDIENTS: (Serves 4)

Egg yolks	4
Granulated sugar	50ml
Medium-dry white wine	75ml
Cream (whipped)	125ml

METHOD:

Place egg yolks in stainless steel bowl. Add sugar and beat with electric hand mixer until thick.

Place saucepan half-filled with hot water on stove over low heat.

Set bowl containing egg yolks over saucepan. Pour in wine and beat for approximately 8 minutes or until thick.

Remove bowl from saucepan and continue beating with an electric hand mixer until cold.

Gently fold whipped cream into mixture. Serve in large dessert

glasses and garnish with chocolate shavings or fresh fruits in season. (strawberries and raspberries are ideal)

NUTRITIONAL VALUE: (for 1 serving)

Calories	195
Carbohydrates	17 g
Protein	4 g
Fat	11g
Fibre	1.7g

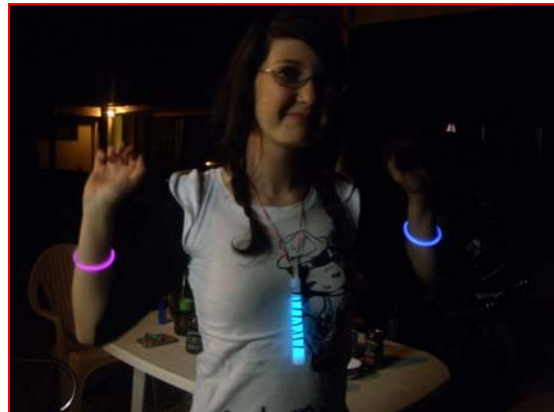
Bon Appetite to All!



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Recent Overnighter: Kingston on Murray 28/03/09 – 29/03/09



For more photos and the Ride Report checkout the website: www.sabers.com.au

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Upcoming Events

Robertstown Run: Riders to meet at Caltex Woolworths, Corner Main North & Montague Rd - 8.30am for 9.30am departure. Ride travels to Clare with a short break for fuel and then onto Burra and Robertstown for a great lunch then back to Adelaide. Those who have done this run before know that the whole town of Robertstown welcome us with a great lunch provided by the ladies of the Robertstown Lawn Bowls Club. Cost for the 3 course lunch is \$20 per person and is great value for money. After lunch the route back to Adelaide will be via: Eudunda, Kapunda and Gawler. This ride is suitable for all capacity bikes and skill levels. **Sunday 19th April, 2009.**

Semi-Southern Run: B.P. South Road, St Marys - 9 for 10am. Down south to Meadows, Strath, Mount Compass for lunch and then onto Normanville and back up the coast to Glenelg. **Saturday 2nd May, 2009.**

Coffee and Cake Cruise: B.P. West Terrace - 9 for 10am. Crafters via Portrush Road - Freeway and the Old Eagle On The Hill Rd on to Clarendon. Coffee and cake will be at the Clarendon Bakery. After this break we will head off to Meadows, Macclesfield, Echunga, Hahndorf, Balhannah, Uraidla and then back into Adelaide. **Sunday 17th May, 2009.**

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"Thankyous"

This wraps up another edition of The Cats' Den. Remember, this is YOUR club and YOU get to have a say in what goes on and how decisions are made. The Forum is a great way to do this, and **SABERS** encourages healthy debates and discussions in this safe, friendly environment.

Likewise, all your comments and suggestions for The Cats' Den are always very much appreciated. You can contact me at editor@sabers.com.au

Again, Happy Easter to all.



SABERS would like to thank our sponsors:

