

Sprocket

June 2019



Official Journal of
THE CLASSIC MOTORCYCLE CLUB OF VICTORIA INC.
Registered by Australia Post 100001500

Inside This Issue

Club Contact Details	2
The President's Message	3
Minutes of May General Meeting	4-6
Membership Secretary's Notice	7
June Guest Speaker Notice	7
Club Calendar	8-9
CMCCV Start Points	10
Geelong's 1 st Sunday Run – May	11
SR Midweek Ride Report – May	12-15
Mail Bag Foundation Photos	16-17
Adrian Lynch Article	18-19
Sunday Run Report – May	20-22
NR Midweek Ride Report – May	23-25
Geelong's 3 rd Sunday Run – May	26-27
Classifieds	28-29
Other Rallies and Events	30
Club Regalia For Sale	30
Committee & Office Bearers	31

The Sprocket is printed by:

Focus Print Group

www.focusprintgroup.com.au

The Classic Motorcycle Club of Victoria Inc. meets at 8pm on the third Wednesday of each month at Sturgess Hall, Chatfield Avenue, Balwyn (Deepdene).

Melway Ref: P46 A8

Annual Membership Fees are presently \$50 for Single Members and \$55 for Family Membership. There is a Joining Fee of \$100 for new members.

Original articles in **Sprocket** are copyright to the Classic Motorcycle Club of Victoria Inc. but may be reproduced without charge by any club with similar aims, provided they are not used for profit, and recognition of source is quoted.

Mister Ed's June Editorial

Hello all Classic Clubbers. A few weeks ago, a woman was walking her two dogs in our neighbourhood when she suddenly collapsed face first onto the footpath. Fortunately, a person driving passed stopped immediately and called 000 for help. At the same time a highly qualified nurse also out walking her dog arrived at the scene, found that the collapsed woman was not breathing, and immediately began administering CPR, continuing for nearly six minutes until the patient began breathing. By then the ambulance had arrived whereby the resuscitated woman was spirited off to hospital where she, along with her broken jaw and ribs will fully recover.

According to hospital staff, many resuscitations do not have a good outcome as CPR must be administered correctly and immediately in order to prevent brain damage or death. It's worth knowing how to correctly perform lifesaving CPR.

Ed (Mr.)

Cover Bike Details:

1936 Red Panther Deluxe 350cc

**The Classic Motorcycle Club of Victoria Inc.
PO Box 533, Elsternwick Victoria 3185**

Website: www.cmccv.org.au

Incorporation Number: A007884G

The Club was founded on March 12th 1971, in order to foster the ownership and riding of classic motorcycles 25 years and older and to encourage future generations to share this passion.

This publication contains general information, which should not be relied upon without specific advice from a suitably qualified professional. The Editor, Authors, and The Classic Motorcycle Club of Victoria, Incorporated, expressly disclaim liability for anything done, or omitted to be done, by any person in consequence with the contents of this publication.

Minutes of the General Meeting – 15/05/19 (continued)

Guest Speakers: Tony Clayton, David Parkin AOM & Mark Harris

- Tony Clayton, David Parkin AOM and Mark Harris gave an interesting and informative presentation about the **Male Bag Foundation (MBF)**, which seeks to raise money to provide high-tech diagnostic equipment for prostate cancer patients at regional hospitals.

Tony: MBF was founded in 2011, and the inaugural ride on postie bikes was from Perth to Melbourne with 35 riders covering 4500km in 11 days raising \$402,000. It is now an annual event, run by volunteers with all money raised going direct to the purchase of equipment.

David: thanked member Peter Keage for inviting him to speak and went on to describe the serious nature of the disease if undiagnosed and the dangers of infection when invasive biopsy methods are used. MBF raises money to place safer start-of-the-art biopsy equipment (\$130,000 per machine) at regional hospitals that lack it. He emphasised the importance of regular PSA tests, and that fund raising and public awareness of prostate cancer lags behind that of breast cancer. The next ride is a three day hub event based in Geelong, Barwon Health is to be the next equipment recipient.

Mark: provides technical support to the rides and is a postie bike specialist, his business MK1 Motorcycles having had the Australia Post contract for 20 years. He described the careful planning and support strategies for the rides, and referring to the initial ride, the techniques to reduce the hazard of road trains that travel faster than the postie bikes.

The meeting closed at 9.30pm. Supper (including soup, fingers and ice cream) was provided by J. Linton assisted by R. Van Lohuizen.

John Best,
Secretary.



Hello from the Membership de

Membership renewal time is upon us. Please update your email address, or for those without an email address, by **30th June 2019**. You are therefore inv

There has been an increase in membership fees each year, to make sure we cover our account/s; and occasionally, adjustments have been necessary since 2009.

Please read and follow the instructions carefully if you are transferring funds electronically. It is treated simply as a donation to the Club.

Lastly, the usual reminder about your membership through this Club. Allowing your membership to lapse, the Club is duty bound to notify Vic

Thank you for taking the time to read this.

Peter Cullen,
Membership Secretary.

June 2019 General Meeting

Michael Catchpole, Director

Michael will be bringing a selection of Royal Enfield 650cc models, including the Interceptor to showcase.

Michael will also give us a talk & demonstration of Royal Enfield history. You can find more on this on the Redditt page.



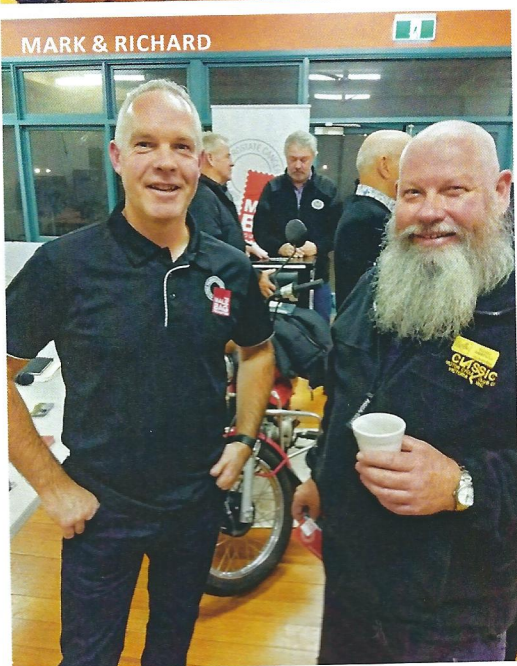
DAVID'S TALK



MARK, TONY & GRAHAM



MARK & RICHARD



EXECS & POSTIE



Speakers on MBF

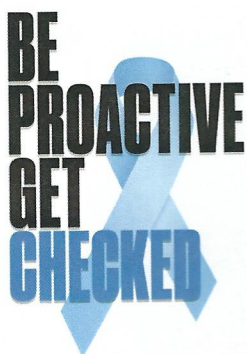


GREETINGS CLASSIC BIKE MEMBERS

As you get older you need to take more care of yourself; as my doctor keeps telling me 'Adrian, you are not 21 anymore'. Debilitating medical conditions start creeping up on you.

One of these conditions, guys, is the condition of your prostate. Prostate cancer can creep up on you with no symptoms. A simple PSA (prostate) blood test can, in most cases, spot this. Another symptom is any change in your waterworks and I don't mean not being able to piss over the cubicle door like you could in primary school, ya dirty little bugger! Oops, I think I made a little joke there. Back to serious business. In Australia one in two men, and one in three women will get cancer in their lifetime. There are about nine deaths daily due to prostate cancer. Prostate cancer kills more blokes than breast cancer does in women. This is a tragedy, especially when in many cases it could have been avoided with a simple blood test.

An annual blood test, if you are over 50, is recommended by doctors. If there has been prostate trouble in your family/relatives, an annual blood test is recommended if you are over 40. If you are to get a cancer in life then prostate cancer is probably the best one, as it is usually small, slow growing and contained. Many blokes will die with it and not because of it. Many won't even know they have it, because they believe they are feeling fine with a cavalier attitude of 'No worries mate!' or 'She'll be fine' or 'I'm all right' and see no need to have a check-up. Not much good if they turn out to be tragic last words!



It is when conditions change and are not noticed that a dangerous situation can emerge. Too many blokes have been lost unnecessarily too early. Don't add to the list. If you have not had a blood test this year, go and see your doctor and have one NOW! Right NOW! NOW means NOW! and I look forward to seeing your happy, smiling faces at the next meeting, to discuss results.

My story, if interested, read on...

In 2008 during a doctor visit, he asked when was the last time I had a blood test. I said I have one every three months when I go to the blood bank. He explained the blood bank do not check for everything, and being over 50, I should have a proper one now, for everything.

I did so and the results were fine except for the PSA (prostate) reading which was double the considered safe level of 5. I was considered a 'person of interest', (lucky me huh!).

(continued next page)

Watchful action was planned and to have another blood test in 6 months. This went on for a few years and there was not much difference in the readings until November 2011 when readings started climbing. An MRI scan revealed two specs (0.3 mm) of early stage cancer. Another blood test 3 months later and again at 6 months revealed PSA levels climbing.

Another MRI scan in August 2012 revealed the cancer had multiplied about 500 times and the pathology report said its condition had become aggressive. I had two options. The first is to do nothing and in 4-6 months I will have a dangerous condition which means I would have had a Merry Christmas in 2012 but I would have had big doubts for Christmas 2013. Not good! The second option was to have surgery very soon. I had surgery in September 2012 and the operation was successful. I have had a 100% recovery.

My father had prostate trouble. He did not die from it. I should have had a test at age 40. What a bad boy I have been! Indeed, I should say 'lucky me'. Don't be a bad boy like me. Go and have your blood test NOW! Move it! NOW means NOW!

Cheers.....

Adrian Lynch.

PROSTATE CANCER FACTS



BY
2020
IT'S ESTIMATED THAT OVER
25,000
MEN PER YEAR
WILL BE DIAGNOSED WITH
- PROSTATE CANCER -

IT IS THE SECOND MOST COMMON CAUSE OF CANCER DEATHS IN MEN

EACH DAY ABOUT 32 MEN LEARN THEY HAVE PROSTATE CANCER

MORE THAN 3,300 MEN WILL DIE FROM PROSTATE CANCER EACH YEAR