



EDITORIAL

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**"Christmas is coming,
The geese is getting fat
Please put R200 in the
If you haven't got R200,
Then R100 will do
But if you haven't got R100,
Here's a summons for you!"**

A contemporary Christmas ditty perhaps but sadly one with a ring of truth about it because bribery, particularly of Traffic Police Officers, has become a way of life for most South Africans. A recent article in The Star quoted a from a survey by The Ethics Institute of South Africa that "when approached for a bribe 77% of respondents indicated that they had paid it" and that **78% of respondents stated that it is not possible to get through life without paying a bribe in South Africa today.** Makes you think doesn't it?

For all that it is possibly just as well that we do not live in Australia, particularly in Queensland where the local State has recently passed a bill, entitled, would you believe "The Vicious Lawless Association Disestablishment" Bill. This piece

of legislation, known as the VLAD Act is described as "the world's toughest anti-bike (note Aussie spelling) law" and is designed to the police any excuse they want to harass and, if possible, prosecute motorcyclists.

It has been established that any motorcyclist wearing any form of "vest" i.e. colours is likely to be stopped and investigated and already some Ulysses Members have been told to remove their Ugly Bugger colours by the police. Can you believe it? Either way I would rather be living here in bribe happy SA and putting my money in the policeman's hat before riding away with a smile on my face.





From the Presidents Perch

By Alan Russell

This article was going to be headed "From the Presidential Palace", but I didn't want any references to Nkandla, so I'm here, in the sticks in KZN, so what better title than From the Presidents Perch?

Membership :

Ulysses SA have 25 Chapters and 960 paid-up members.

UJN's membership has remained "stable" (despite a few retirees and resignations) and, at the "cut-off" we had 81 members.

At our Annual Rally in Magoebaskloof in October we presented a number of 5, 10 and 15 year scrolls to long serving members.

Prospective member's numbers are also looking very favourable, as are the number of enquiries from "potentials" and visitors.

Keeping everybody, informed of our activities and meetings is ably handled by Lorna, our competent secretary.

2015 has been a great biking year for UJN. We have had a number of trip and tours (for which we are famous – having articles appearing in Bike SA) with groups going to Namibia for 17 days covering 6310km, a 3 day trip to Swaziland, our annual Magical Mystery Tour to Northern KZN & St Lucia, and a 5 day Eastern Cape / Hogsback trip to satisfy the tourists amongst us.

Our breakfast runs have taken us to exotic sounding places like Zakkers, Parys, Beestekraal, Stonehaven, Swartruggens, Rustenburg, Val and Soweto (to mention a few).

We are constantly on "the look-out" for new venues and hope that going forward the responsibility of organising breakfast runs does not only rest with our able, enthusiastic rides co-ordinator Steve. We have a couple of ideas to "spice-up" interest and attendance in the coming year.

UJN, and Len's, commitment to Firlands continued in 2015 and in April we hosted the kids to a "pizza making" lunch at Lifestyle, provided 41 volunteers to help at their fete in August and finished off with a Christmas Outing at the Jo'burg Zoo.

This ongoing support of 49 children was made possible by donations, sponsors, member contributions and the funds raised by marshaling. Many thanks.

During the year UJN were involved in 15 marshaling events. These helped to improve our financial position, (as well as a bleak reminder as to how our "disgraceful bunch" of volunteers looks at 5:00 on a Sunday morning). Much appreciated, with great comradery, but not for the feint-hearted!

On the note of finances: It gives me great pleasure to confirm that Julian will continue to monitor and control our finances in 2016, for which we are grateful. Julian also plays an important role on Ulysses Natcom, and, as President, I can confirm that he has no chance of being demoted, fired or redeployed to "another strategic position". He he he.

Talking Natcom: Ulysses held their National Rally at Klein Kariba in May. UJN were represented, but the committee would really like more members attending the 2016 event in Welkom.

Julian and I attended the Bi-Annual meeting in Colesberg in November and have had a "sneak preview" of the next venue, the arrangements and the outings planned for the weekend. They look awesome.

I will be expanding on the event at forthcoming meetings to increase our participation in May.

When looking at the past, we invariably highlight the good and ignore the "not-so-good". To our members, their spouses and families who have experienced ill health or difficult times, I trust that 2016 will be a better year. Get Well and Get Riding.

I'd like to thank the UJN Committee. Lorna, Julian, Steve and Len for their dedication, back-up and support.





Brian Taylor, Gavin Lauder and Gawen Press for their Newsletters and printing,

Nick & Maryanne for the Members Directory and Facebook communication.

Volunteer marshals for their ongoing early morning commitments.

Ken & Natalie for their hospitality and "open house" functions

The impromptu photographers and Facebook friends that keep us informed and "in-line" (or exposed in the nicest way possible)

And especially UJN members for renewing their membership and participation in our rides, monthly meetings, charity and social drives. You guys n girls are awesome
In conclusion, I'd like the committee to join me in wishing you all a Merry Christmas and Happy Holidays.

When riding, stay safe and we look forward to seeing you all in 2016.

Disgracefully yours,
Alan Russell

*Wishing all
a Merry Christmas
and a Wonderful
Biking New Year!*

Life with Tinnitus

by Tarryn Richardson (BscAudiology, UCT)

Do you experience ringing or noises in your ears? Have you ever been told by medical experts that 'There's nothing that can be done for you' or even worse 'you'll just have to live with it'?

This sound in one's ears or head is called Tinnitus, and there most certainly is light at the end of the tunnel. It can be heard as a hissing, whistling, whooshing, roaring etc. sound and about 10-15% of our population suffers from it. Tinnitus is a phantom auditory perception of sound, usually only present or more noticeable when in quiet. However, despite it being a phantom sound- it is real, it is not imagined. There are no overnight quick fixes or pills that one can take that will 'cure' tinnitus, instead there is a program designed to weaken the relationship between your brain and your tinnitus,

ultimately leading to you no longer noticing it.

This is achieved through Tinnitus Retraining Therapy (TRT) which involves understanding what tinnitus is, learning various tinnitus management strategies, and how to prevent it from affecting your overall quality of life. A full diagnostic hearing assessment is also necessary in order to detect any underlying aggravators and to rule out possible triggers.

Don't let tinnitus influence your quality of life, don't think that it is the end of the road, and mainly don't give up hope that it can be managed to a point where you are no longer aware of it. You do not have to 'just live with it'. Tinnitus can be effectively controlled!





Ulysses Tour Soweto - Sunday 18th October, 2015

by Alan Russell

At one of our monthly meetings it was suggested that we arrange a Tour of Soweto. Having done it some 6 years ago I agreed to assist, but was afraid that the same vibe created by 68 bikes in 2009 couldn't be repeated, but agreed nevertheless.

We planned to "do a recce" as the last stop was going to be a local culinary experience and I didn't want to disappoint. This was just as well, as some of the earlier frequented joints had changed ownership and showed little interest of our plans.

I hooked-up with an old friend Alfred, aka King Donut, now President of Soweto Motorcycle School – SMS- and discussed our itinerary and plans. He agreed to help and offered a host of Road Marshalls to guide us to all the sites.

Plans were moving rapidly ahead and I invited our neighbouring Ulysses chapters from Pretoria, East Rand, Jo'burg South, Deep South and West Rand to join us.

"Cometh the day, cometh the man". What an overwhelming surprise to be met by so many bikes and bikers at the Southgate Mall parking. After a short route intro and briefing I counted the bikes as they left the parking lot so I could notify our lunchtime caterers, and counted 133 bikers !!



Some of the 90+ bikes and 133 bikers awaiting a route briefing



We passed the Chris Hani Bara Hospital, aided by the enthusiastic and high rev-vingroad SMS marshalls to the delight of the locals who hooted (hopefully happily) at our cavalcade of bikes.

Our first stop was the festive area around the Orlando Cooling Towers, where we saw somebody "doing the bungee" between the brightly painted towers

whilst we refreshed at the bar. There's an Underground Soccer Rink, where one can demonstrate your soccer skills, tricks and "panna" (a new phenomenon sweeping the soccer loving nations of the world). The walls and obstacles are used during the skills test as one tries to keep the ball aloft with minimal contact with the ground. The number of "players" is dependent on the size of the rink.

From the Cooling Towers we





stopped at the Mopanya Mall, for a photo session around the elephant, and to appease the local shoppers. Next, on to the agenda was the Walter Sisulu Square in Kliptown where there were guides to enlighten us about the formulation of the Freedom Charter in 1955, which was the basis of our current Constitution.

After a guided tour of the museum, it was our intention to “sip the wares” at a Micro Brewery, but fate played its part.

Des, of KTM fame, had “picked up a puncture” and I opted to stay with him (and a road marshal) to get it sorted. Being a tubed tyre it almost became “an issue”, but Des soon

had the rear wheel off and followed a throng of local boys to find a petrol station where they could remove the tyre and patch the puncture. I stayed with the bike and had to answer many, many questions about bikes, badges and the “Ugly

Bugger”. I wasn’t too sure who they were referring to, so forgive me Des if any of the stories get back to you. After about 40 minutes, and about 5kilo’s of walking, Des and his “merry men entourage” arrived and the bike was soon ready to continue the tour.



The bikes were allowed to park on “The Square” and made an impressive backdrop.



The SMS Road Marshals looking after the “mass ride” couldn't find the exact address of the Micro Brewery, and decided to move to the next venue as the crowds were getting hot and thirsty.

Des, Mpho and I (having been there before) found the brewery, but upon arrival were told that “the beer is

finished” after the previous evenings party and WRC Semi-Final between SA and the All Blacks, so we carried on past the Orlando Stadium, Vilikazi Street and on to the lunch venue. Vilikazi Street, home to 2 Nobel Laureate's (Nelson Mandela & Desmond Tutu) and a brief visit to the



Hector Pietersen Memorial in the near vicinity.

(photo showing Hector Pietersen being carried by a fellow participant in the Soweto Riots)

The iconic “first victim” of the 16th June Soweto Uprising in 1976, when 20 000 children marched towards the Orlando Stadium to rally against being taught in Afrikaans.

Police confronted the protest with teargas and the students retaliated by throwing stones. 176 were killed.

The memorial plaques within the precinct pay homage to the victims.





From the Hector Pietersen precinct the biker brigade proceeded to the Meet Meat, our lunchtime venue.

The “restaurant” is based in a small shopping centre, alongside a chemist and bottle store and the parking area is partially covered and filled with “flintstone benches” to accommodate the patrons.

Restaurant protocols were soon revealed and explained to the bikers. Very simple, actually. One enters the butchery, selects the meat of choice and pays



this was being attended to, you collected salads and sides from the butchery.

When the meat was cooked, it was brought to your table, to be savoured and enjoyed, Soweto Style!! Utensils were optional, but not necessary, as can be seen (but probably frowned upon at our local northern suburbs steakhouses).

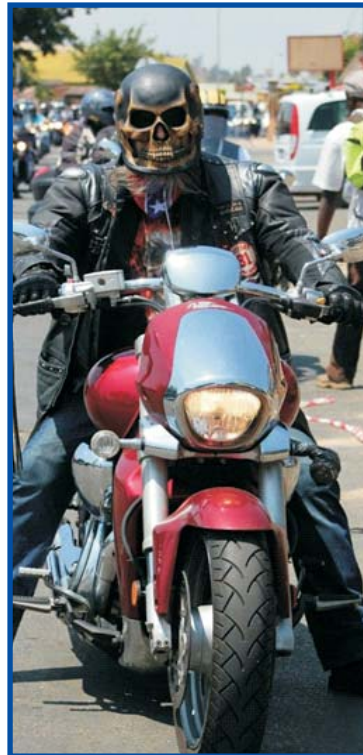


accordingly. Then you visit the bottle store and do likewise for your drink.

In the far corner was “the kitchen”, a row of open fires and grids, manned by a group of “chefs” who'd cook your meat for R 10 per plate. Whilst



After a few drinks, some socialising, the obligatory donut (performed by King Donut) and a hearty meal, it was time to depart.



The 2015 Ulysses Jo'burg North Invitation Tour was a great success.



Photos from a variety of sources Fun was had by everyone who attended.





Firlands Home Christmas Outing 2015

by Alan Russell



This year Ulysses Jo'burg North decided on a fun Christmas Outing for the children at Firlands, and selected the Jo'burg Zoo as the



Home to offer the children in their mini-buses, a bike escort, whilst others prepared the picnic site in the Zoo.



the children would be dressed, easily identified and ready to go early on Saturday morning. Some of the volunteers met at the

Upon arrival at the Zoo, (special prices arranged for very special people) Julian was there to colour band the children and volunteers into teams whilst Gill handed out her sweet packs and cooldrinks. After a sunscreen spray from Alan, the groups set off to check out the animals. With 3 hours of roaming, there was a lot to see and groups of

venue. Our planning revolved around the 49 children and promised to be fun for everyone. The most awesome thing about the event is the willingness of members, sponsors and people to offer assistance. Individuals and companies had donated money, sweets, cooldrinks, toiletries and backpacks and others gave up their morning to share with the children... and that's not just members, but their very generous children and partners too.

Alan delivered the red T-shirts and caps to the Home on Friday so that





“little reds shirts” could be seen scampering in all directions, followed by panting volunteers, also having fun. While the groups were roaming the grounds, the cooks were hard at work preparing lunch at base camp!

Thanks Len, Gill and Raymond for the delicious spread and Jan for the refreshing drinks.



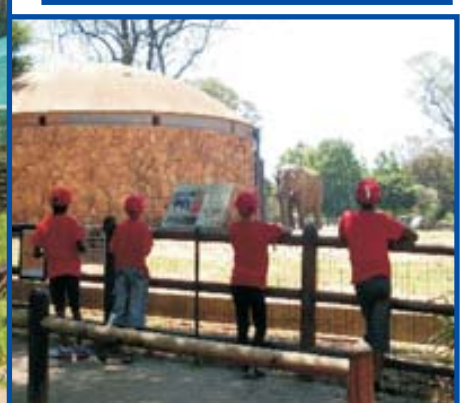
After lunch the children spent sometime spinning on the roundabout, which resulted in a few of them feeling rather whoozy, and then everybody was treated to a more relaxing tour of the zoo, in the zoo bus – Snake 1.



On returning, the children were taken up to the nearby kiosk for ice-creams before their gifts and back packs were handed out.

Back-packs donated by Joanne & Kenneth. Ponchos organised by Julian. Dignity toiletry packs organised from a variety of donors by Alan & Anna-Marie

Mid-afternoon the children were then mini-bused back home and the





FUNNYSTUFF * FUNNYSTUFF * FUNNYSTUFF * FUNNYSTUFF * FUNNYSTUFF *



EDITOR'S LAST WORD

" The Reason why Santa is so jolly is that he knows where all the Bad Girls live."