



Macedon Ranges Ulysses Branch

Newsletter – Issue No. 89 August 2020

www.mrub.org.au

Issued bi-monthly – February, April, June, August, October, December
Contributions to Editor by 2nd Monday of month of issue –
editor@mrub.org.au



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SPONSORS



Girl Rider

Motorcycle Hub

COMMITTEE

President	Sylvia Behan	0413 188 894
Secretary	Mark Behan	0412 078 098
Treasurer	Deb Stuckey	0408 611 963
Events Coordinator	Vicki Cronin	0409 434 101
Newsletter Editor	Nicholas Pantelis	0408 502 665
Quartermaster	Heidi Frankl	0418 304 593
Ride Coordinator	Andy Brady	0418 229 338
Welfare Officer	Moirra Burgess	0413 269 022
Committee Member	Yvonne Barker	0417 331 683
Committee Member	Mark Freestone	0437 674 642

RIDES AND MEETINGS

RIDES	<p>Sunday – 3rd of month, leaving McDonalds, 7-11 Horne Street, Sunbury at 9.30am sharp with full tanks. Refer ride calendar.</p> <p>Wednesday – weekly. Leaving from Caltex Station, 4 Station Road, Gisborne at 10am with full tanks. Destination to be advised on the day.</p> <p>Saturday – 1st of month, leaving Brantome Street, Gisborne (near Jolly Miller Bakery, approximately 11am following tyre kick). Usually a short ride to a prearranged location for lunch.</p>
WEEKLY GET-TOGETHER “TYRE KICK”	Saturday 10am – Brantome Street, Gisborne – Jolly Miller Bakery and Food Court, Shopping Centre.
MONTHLY SOCIAL MEETING	<p>Monday – 3rd of month Sunbury Football Social Club, 47 Riddell Road, Sunbury. From 6pm for dinner. Meeting commences at 7pm.</p> <p>Opportunity for all members to get together, join in the raffle, on occasion listen to visiting speakers and hear what’s going on in the club.</p>
COMMITTEE MEETINGS	<p>Monday – April, June, August, October, December Meetings are held prior to monthly social meeting and input from all branch members is welcome and can be directed to any committee member. Members can also see either the President or Secretary if they wish to address the committee. Elections are held annually, usually in February.</p>



From your Branch President

Welcome to our August edition of our branch newsletter. I hope you find it uplifting and a break from the pandemic news, which seems to dominate all our conversations these days. Without disregarding the importance of staying safe and healthy, our mental health is also important and for us, a big part of that is being able to ride. Some of you are lucky enough to live in regional Victoria and were able to attend the Saturday tyre kicks and Wednesday rides. Before Stage 3 that is.

For the rest of us, washing and polishing the bike wasn't quite enough. Going out for essential food and fuel within our five kilometer radius on our bikes is a bonus, especially when the sun is shining and we're feeling homebound. Cold? Yes. But worth it. Especially when I was able to use my neck warmer as a mask. See? Can't get away from the topic!

So, the focus for this newsletter will be centered on recovery and renewing our interest in riding after Winter and the lockdown have both passed. We have asked Amanda Carlyle to tell us her story here, as some of you do not follow our Facebook page where she posted photos and an account of her accident and slow road to recovery. Her enthusiasm for riding is continuing in a different format, but I'll let her tell you all about it.

Your committee is also looking at ways to keep members engaged and connected, so watch for emails and posts that will advertise some great ideas soon. We have been asked for an interview by Lost magazine, based in Ballarat, who are keen to know what we're all about. Once restrictions are lifted, I can send you details of when the journalist and photographer will be at a tyre kick. They are interested in your stories and I'm interested in some of our longer standing members coming forward to regale us with their riding experiences. I've also forwarded on to you our members, information from John Eacott regarding the Bloodbikes initiative. I'm pleased to say we have had a few members respond and are going to follow through with this worthy cause. Committee has agreed to subsidise some of the costs involved. Just get back to me on what you need and we'll see you right.

Nick has included some great photos from the recent tyre kicks and he has started a new section to guess who is the young version of one of our members. If you have similar photos, do submit them to Nick for the October newsletter. Also, send in any photos of you coping during lockdown, on your bike, cleaning it, masking up for a ride, any funny photos. In the meantime, take care and look after each other. Stay connected and remember, your branch is there for you.

Cheers from your friendly president,
Sylvia

RIDE & EVENTS CALENDAR

Macedon Ranges Ulysses Branch Rides 2020 As at 3 June 2020			
Date	Ride Leader	Destination	Details
Saturday, 5 September 2020	Tash Guzowski	Donnybrook Pub	Lunch
Sunday, 20 September 2020	Meson Bros	Shepparton	Mammoth fly in
Saturday, 3 October 2020	Mark Freestone	Kyneton	Lunch
Sunday, 18 October 2020	Ken Hagar	Kyabram	
23 – 25 October		Weekend Away	TBC
Saturday, 7 November 2020	Andy Brady	Broadford	Lunch
Sunday, 15 November 2020	Mark Freestone	Healesville	
Sunday, 6 December 2020		Christmas Party	

All of the above are subject to change

MEMBER BUY SWAP OR SELL

For Sale

Givi Xstream Range 60Lt seat bag
As new, never been used
\$150
Contact: Deb 0408 611 963



Got something to sell or buy?
Send in details to editor@mrub.org.au



For Sale

AirHawk2 brand new, never used or set up. Was purchased at Wodonga Ulysses AGM but the bike it was intended for was subsequently sold!

The AirHawk has been stored in the wardrobe (as you do) and is in perfect condition. Has all the paperwork, straps, repair kit etc with the unit.

It is equivalent (same size [36cmx36cm] and shape) to the current AirHawk model "AHMC – Medium Cruiser". This model can be seen at www.airhawk.com.au under motorcycle cushions and retails for \$179).

Asking price for this one is \$60. Happy to take enquiries (Cherry 0418373945)

MINUTES OF LAST COMMITTEE MEETING

MINUTES

MRUB Committee Meeting 20/07/2020

On-Line Zoom 6.00 pm

On-Line: Sylvia Behan, Mark Behan, Moira Burgess, Deb Stuckey, Mark Freestone, Vicki Cronin, Andy Brady, Yvonne Barker

Apologies: Nick Pantelis

- Suggestions were canvased for upcoming newsletter to assist Nick with ideas as well as ways to engage branch members.
 - High light Amanda Carlyle's story which she has put on Facebook but is not available to those members who do not subscribe. Flesh out the origins and plans for recovery etc. Nick might want to contact Amanda to interview / ask questions.
 - Interview new members about their story, bikes, experience etc. so they are more than just new faces when we meet them. Nick can get contact list from the Secretary who volunteered to help if Nick wants it.
 - Send silly Lockdown / Co-vid pictures (helmet with mask etc.) to Nick to show how we're coping with the pandemic sense of humour intact.
- "Lost Magazine" (based in Ballarat) is keen to do an article on the Branch. They have suggested that Sylvia be the focus but she thinks it should be more about the longer serving members of the branch and some of the activities we've all been part of. Either way they have been tentatively invited to a tyre kick to see us sometime in September – assuming members can attend by then.
- How do we keep our members connected to the branch during the pandemic? Suggestions are –
 - A "Zoom" evening of Trivial Pursuit. To be investigated.
 - Keep the membership informed about the tyre kick attendance etc. by those members who are able to turn up. Vicki and Heidi have each attended a tyre kick over the last two weeks. Pictures and a post in Facebook will let members know we'll be there when the lockdown eases.
- We will cancel all official rides for the time being, with an aim to reinstate a calendar when we are able. This does not stop any members living outside the Metro / Hume area riding together, it just needs someone to organize it. They will of course need to meet in, for instance, Gisborne as do the Wednesday riders, who will no doubt continue to ride. So, limbo for the moment on whole official branch rides.
- Treasurers report – as per copy emailed prior to meeting. All Xmas in July in August deposits have been reimbursed. Currently the Branch has a total in bank of \$4083.49 minus a YTD GST liability to Nat Com of \$166.14 giving a funds available amount of \$3917.35
- Sylvia thanked all those who managed to attend the meeting and the

Meeting closed approx. 6.40 p.m.

MRUB Treasurer's Report as at 20/07/20

Bank balance b/f from previous meeting	\$4,063.49
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ADD Receipts

Ken Bird - admin fee	20.00
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M. & J. Percy - Christmas function	90.00
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B. & K. Howlett - Christmas function	85.00
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N. & R. Pantelis - Christmas function	80.00
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LESS Expenses

Refunds - Christmas function (as above)	255.00
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Bank balance as at 20/7/2020	<u>\$4,083.49</u>
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Represented by:

YTD GST liability to NatCom (year end)	166.14
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Funds available	<u>3,917.35</u>
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	<u>\$4,083.49</u>
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OUT & ABOUT WITH OUR MEMBERS

Tyre Kick Gisborne 20-6-20





Tyre Kick Gisborne 17-7-20





Allwraps Bacchus Marsh





Sylvia – Adapting to survive



Amanda's Story

Recovery – it's not over yet!



I really wasn't sure I was ready to write this article. By the time you read this it will be 21 weeks since I crashed my Honda CBR250 Repsol motorbike on the Calder freeway near Carlsruhe. From the moment I crashed my bike I was on my 'recovery' journey. It began in the seconds I lost control and in the moments of calling for help from the roadside. As I reflect on this, I realise that my recovery will continue from these initial moments right through the rest of my life. Recovery is a universal concept that generates in most of us a sense of positive outcomes and complete healing. Some of this is true some of it is not, it all depends on who you are, what happened to you and what your experience has been.

I have clear thoughts of being by the roadside and being sure I didn't want this to be my end...I guess that's when I began my recovery... below are excerpts of parts of my journey through this experience – my recovery journey – that I documented on social media, it is interesting for me to read and reflect on where I was just a few months ago to where I am now and what I have achieved through this experience.

Daryl and I spend lots of time on the back verandah together chatting about everything – a few days ago I told him about being asked to write this article and how I was not sure if I could. I also remember saying I wanted to try to make sure that what I have learned from this experience is not wasted and that I want to use my experience and knowledge to help others, if I can help one person realise their worth then it will be worth it.

I thought I might just give an outline of what happened in my accident.

I was travelling home after work; it was gorgeous weather and I felt excited to be able to enjoy the ride home after such a great day. Between Woodend and Kyneton is a fuel stop at Carlsruhe which I decided I would fuel up at. I am not sure how far from the exit I was, and I remember being in the left lane beginning to slow down to exit. I became confused, as my line of sight changed, and I realised the bike and I were in a slide and veering to the right. It was all very fast, and I was unable to do anything to prevent what happened.

Immediately I was stationary i heard footsteps on the gravel and someone was there to help me. Within minutes people were helping and supporting me...it was such a blessing to know I was not on my own. One of the most calming things for me was when Daryl arrived, I was able to focus on his voice and listen to instructions so the air ambulance could transport me to hospital. I was flown to Royal Melbourne. It has been challenging so far and there is more ahead of me as I recover and relearn normal movements, I once took for granted - small joys such as buttering my toast have become goals!

April 3

So to give you some context...after my initial operation on the 18th to repair my broken arm, leg and foot I then

spent about a week in hospital...much of that was pretty blurry as the medication to manage pain is pretty strong. I did have a few funny moments of hallucinating Daryl visiting me for chats at 2 or 3 in the morning! I also saw Rex the cat walking around my bed a few times - pretty funny now I'm telling people about it!! It was all quite safe not scary, so it never worried me. Anyway, on the 25th March I noticed some weeping from leg injury. I was due to be sent to rehab the next day, i think. Anyway, long story short...was sent to rehab in Castlemaine only to be sent back with a serious infection in my leg. Due to my initial injuries in the accident which were not closed injuries, i was exposed to environmental bugs which are usually normal and harmless but not good if they are in the wrong location....consequently I have had a road trip back to RMH. This week has been about reducing the infection through surgery (2 this week so far) and then planning reconstruction of my injury through plastic surgery. I was just informed about half an hour ago that I will also be going back into surgery later today for a further clean and dress before plastic surgery can close my leg injury. I'm scheduled for another blood transfusion as my blood count is a bit low.

April 9th

Daryl has just been to visit again 'same Bat time - same Bat channel ". Can't tell you how much I look forward to seeing him every day. We have a lot of funny moments but missing each other way too much right now.

Below is a bit of a summary of my journey so far.

17th March accident- 18th surgery to fix broken bits (hoping they didn't fix anything not broken! 🤔🤔)

26th March Rehab - lovely road trip with an overnight stay only to return to RMH 28th for further surgery

Infection - surgery March 30 Monday April 1 Wednesday April 4 Saturday April 6 Monday (when they know you and the Zen duck in theatre- you know you've been here way too long! 🤔) It took me a lot longer to recover from Monday's surgery...just so tired until yesterday morning which is why I didn't post....just the anaesthetic load I think of 4 in 7 days...today I'm much better. 😊 and yes Zen duck made an appearance in theatre to the delight of the anaesthetic tech's! 🤗

Infection / skin grafts- surgery 9th April Thursday (today! Yay have closed wounds - 🤗) grafts check in 4 to 5 days I think...I'll see plastics team tomorrow for update from them. I now have a 'harvest site and two grafts which they sound really happy with –

14th April

Today has been pretty difficult for a few reasons. Beginning at 5am 🕒 with some pain relief in preparation for the removal of the two main dressings on my injuries at about 630am... ready for the plastic surgeons to come about 715am.

This was all somewhat scary and confronting. Scary because of unknown outcome of skin grafts / injuries and healing and scary because of the possible increase in serious pain.

The nurses were once again outstanding in their compassion and support and yes it was really confronting and I was scared...but one of the nurses works for a plastic surgeon and she affirmed the graft on my arm looked good! Then came the leg....the dressing was a 'vac' dressing so a little bit complicated in that I was hooked to a machine to suction continuously to provide the best chance of the graft on my leg being successful. Removing the staples was extremely uncomfortable and I was pretty teary and emotional as they finished. 😭 then the surgeons came...all 7 of them to see if it had been successful...so pleased to have them smiling and happy and realise that it was more successful than they hoped with 100% graft success!! I had spent the whole weekend in bed trying my best to do everything, so the graft was successful and give everything the best chance of good healing and me being as well as possible! It seems to have worked. So, I have 100% graft success on my arm and my leg...injuries I sustained in the accident which became infected and I needed surgery for! This is the best outcome I could have hoped for! Thanks for your encouragement and support...it goes a long way toward keeping me motivated and positive !

I'm just waiting now for an MRI on my broken foot to ensure I don't require further surgery on my foot before I can go back to Rehab... the surgeons are concerned my foot has ligaments which will become unstable and cause me issues with walking later on...they are wanting to give me the all clear before rehab. I'm praying all is well with the foot and if not, they can sort quickly and get me back on track!

April 16th Road trips are always great - especially when you get to check out the bikes parked on the footpath at

point of origin - watching all the vehicles getting booked enroute - breathing a sigh of relief they didn't get me this time- phew! Enjoying the weather at a balmy 22°C and just taking in the beautiful scenery. Arriving at the destination having truly appreciated the fresh air, sunshine of a glorious autumn day - all from the back of the RFDS patient transport vehicle as I went to Rehab again today 😂😂😂!!

I arrived at Castlemaine Hospital Rehab this afternoon at 330pm to the whole team of nurses waiting excitedly for me in a group, to return! What a welcome after only being here for 2 days previously - it made me cry to realise how quickly people and connections become so important! How truly precious that I get to work with these amazing people to get myself well! Working on getting back on my feet again with incredible support from my amazing man - Daryl - who regardless of weather is there beside me, holding hands, shoulder to sob on and mostly good laughs and future planning manager! Thanks for the encouragement and motivation also from you my precious friends ❤️

April 23 This week's brief update:

Daryl keeps on making sure he is here every day to keep me company although it's only for 10 minutes at a time! He rides over every day (i am just slightly jealous!) 10-minute visits is a cause for anxiety as we spend the time clock watching and can't relax... 😞 missing each other a lot shall we say!

Good news is that I went on another road trip yesterday 253km roundtrip to visit the specialist wound clinic at Royal Melbourne hospital - 6 hours all up. 🤪

Graft looks great and they are really happy with progress so far, along with the donor site which has healed also perfectly well...

I'm still in a leg brace to keep my leg straight until i get the all clear from both ortho and plastics doctors regarding bending the knee and weight bearing etc...looking forward to remembering how to walk and then seeing if i can actually do it!! 😂😂

Coming up to 6 weeks now and I do feel like I'm ready to get out of the hospital bed etc 😞...no fun when the nurses forget you're not 80 years old like almost everyone else here and then remind you of things such as "you're lucky to be alive" - yes thanks very much I'm very aware of how lucky I am 😞! Then there's the "gee you did a good job on yourself" - wow i wasn't aware that dropping my motorcycle at 100+ kms on the freeway and crashing was good for me 🤪 And my favourite "you could have lost your leg" - yes again thanks for the gruesome reminder, of which I will have an everyday reminder due to the enormous skin graft on my knee! The nurses are amazing but like everyone I just don't think they think before they speak! 🤪 they mean well and they are only human but it takes its toll when i have to respond with patience to the new nurses who I haven't met before and who have no idea what they're actually saying...this afternoon I had the pleasure of all three statements from one nurse!! 😂😂😂 my Salvation is being left alone for a short period to regain my composure and realise no harm is meant!

April 28 Ok you can all break out the champagne for me!! 🥂🥂🥂🥂🥂🥂🥂🥂🥂🥂

Yesterday I was allowed to attempt to walk with this walker frame!

Funny thing was I didn't know how to...my brain couldn't work it out!

So off to the gym we went and put me in the steady rails and away I went...then we got the frame thing sorted!!!

It's hard yakka and I'm tired but it's another step completed in the journey towards home.

6 weeks in hospital now, It's hard yakka as well.

Funniest thing to experience during COVID19 lockdown is watching a 90-year-old lady scoot down to the gym on her wheelie walker while I'm watching her saying "oh my god she's going faster than me!" #squadgoals (I think she could outrun most of us!!!) 😂😂

Oh and of course Daryl had to test it out! That's such a bloke thing to do I think!!

The other big achievement was doing the shower thing on my own - now that was an effort... everyday will get easier and less stressful and I will become more confident!

I can now get myself around and to the bathroom and walk in the hallways...this is such a great feeling and one I don't want to take for granted ever again!

I'm so grateful for your encouragement and love. It means such a lot to have you on this journey with me! ❤️❤️

April 30 Today I had the best outing! 😊

The Occupational Therapist took me on a road trip to Daryl's to check out the house for when i can go home! (sadly, no date yet 😞)

So, we took me in a whizzy little wheelchair and loaded me into the backseat with leg extended across entire seat! Packed wheelchair and walkie frame into the boot and off we went!

My biggest concern was - I hope the house is clean😬 - I did give Daryl two days' notice! But you never know!
🤔🤔

It was belting rain🌧️🌧️🌧️ along the way and I thought I might be resigned to staying in the car! I was delighted to see the autumn poplars, elms and liquid amber trees with their coloured leaves which I miss!
🍁🍁🍁

My beautiful boyfriend had rigged up the coolest ramp!! Our aluminium foldable ramps we use to get the motorbikes on and off the trailer were screwed to the verandah so he could wheelchair me up the ramp into the house! So along with an impeccably tidy house - he made me a ramp!! He is full of surprises!!! 🤖

So, we went in and I attempted - and I mean attempted to wheelchair myself around and omg! How difficult that is! I had no idea...needless to say I really have only one arm i can use (good thing I didn't just go in circles- although at times I feel like I am- I didn't on this occasion!!) Down the hall to the bedroom. Checked out the shower and toilet-🚿 the key things that usually need changes...over to the bed! 🛏️ Well talk about a turtle on its back. The bed was a bit high shall we say! Needed some help there - good thing my handyman boyfriend is willing to remove 2 inches of height from the bed!!

That will certainly make it easier to get into and out of!

Upon our arrival my dreams were shattered when my long-awaited kitty cuddle dreams were smashed by scared kitty skedaddling out the door🐈 - fastest we've ever seen him move! It must have been the wheelchair and frame! Not to mention the 2 people backing me up that made him panic!

To facilitate Daryl and I to have some private space the OT went and fluffed about measuring the bathroom etc...so we had a divine cup of coffee☕☕ in our favourite shared couch on the back verandah - holding hands and enjoying the view! That was such a precious moment for us both!

I kept calling the cat to no avail...the hoped-for cuddle might not happen....

The OT then came back to let us know the rain was on its way again and we should be going.

Daryl took charge of the wheelchair and wheeled me down the ramp again saying the whole time...whatever I have to do to get her home!

So, I shuffled back into the back seat with leg extended for the ride back to hospital!

I'm so pleased I was able to go home even for a short time and on one of the coldest autumn days yet! It was so nice to sit on the back verandah although it made me wish that none of this had happened 🤔 but being the optimist that I am - there will be a reason for what's happened even if it's not entirely understood. It was also incredibly amazing to think that I can actually get around and do most things for myself. Pretty amazing after 6 weeks.

I thought I was going to cry once I got home but I realise I was quite guarded because it was only a visit. I'm sure when i do get home I'll be bawling!!!

It's such an amazing thing to realise how things move forward even when you feel like life is at a bit of a standstill.

While I've been in hospital - now over 7 weeks - the community and the world have been in lockdown, the usual sporting codes and seasons that Australia is famous for have been banned, people have been fined for getting together, visiting the beach, park or pub has stopped, schools have shut, jobs are drying up and people are being born, living and dying, going about their 'normal' lives - all while I have been lying in a bed, in a bubble, receiving some of the top care from some of the best doctors, nurses and allied health professionals available in Victoria and possibly Australia.

Tomorrow that all changes again! Tomorrow I am going home!

Yes! I am excited but I'm also scared, anxious and nervous about how I'm going to adapt once again to 'normal' life! Mind you, none of us probably know what normal life is right now! 🤖

May 7

I started this week with a goal - in my mind I wanted to have achieved enough to go home! 🏠

Didn't start so well - Sunday night had a sudden acute vertigo episode - with the bells and whistles...fortunately it was over in an hour - though I experienced a panic attack simultaneously as it took me back to my accident...the next day I pretty much slept it off. 😞

Tuesday was much better - did the shower thing 🚿🚿🚿 - much quicker this time and with a bit more confidence.(getting there I thought to myself!)

On Wed I did another road trip to RMH 🚗🚗🚗 for a review of my broken bones! It was a very long day and left me tired, but the news was so worth it!

Everything is healing basically by the book! I have 6 more weeks of progressive weight bearing so have a cam boot and walking aids for 6 more weeks yet...

The most amazing thing yesterday was finding out that one of the transport crew yesterday is friends with one of the paramedics 🚑 who was first on scene at my accident back in March. Through him I was able to thank that paramedic personally and let them know I am ok! This was such a blessing to me to be able to connect with just one of the people who helped me at such a turning point in my life... ❤️

So today I have pushed hard to achieve some personal goals, having had good news from the orthopaedic surgeon!

I can walk with the cam boot - bit scary if you've never had one before! Physio was happy with me... then this afternoon I tried stairs with the boot on - yay - success! Then to top it all off...I walked with the boot and a crutch...most normal walking I have been able to do in 7 weeks! Physio even happier with me than this morning!! 🤗

I still need a lot of assistance with a range of activities 🚽🚿🛒🍷🧺🔧🔪🔪🔪 - after all walking isn't everything! In just a week, so much has changed. I don't take for granted the fact I can walk...I take each step and experience it as a moment in time to remember 🕒 - reminding myself that last week this didn't seem possible! 📅

So I approach tomorrow - reflecting on the challenges of the past weeks, when my life so suddenly flipped to be something i never imagined - to now, where I am enjoying the moments of putting one foot in front of the other literally 🚶🚶🚶...and moving forward each day - hoping that at some future point even the assistance I now need, will no longer be required.

There is hope now ❤️ - sometimes I have felt a bit lost and struggled with how to do things which were once so easy - brushing my teeth, buttering toast etc...

Hope is everything when you feel like you are not yourself anymore and don't even know where to start...hope helps when the world has gone upside down...sometimes hope is within someone else (Daryl has held hope for me so often!) who keeps the hope alive when you are struggling to see it yourself...and hope keeps you setting goals and looking forward even if it feels too hard, most of all hope helps you achieve things you never dreamed possible - even yesterday!

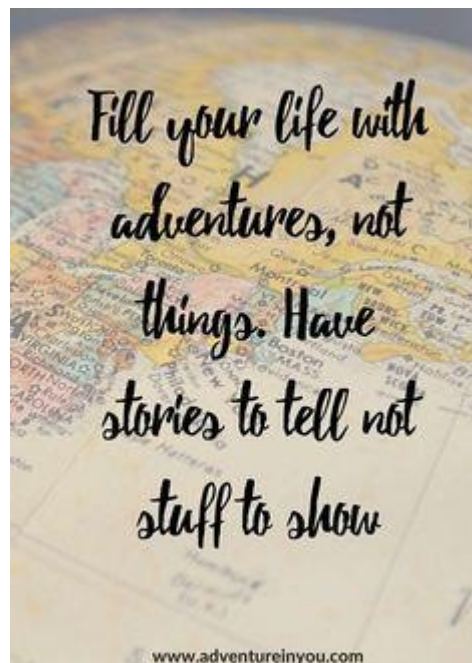
"When people are determined they can overcome anything" - Nelson Mandela

"May your choices reflect your hopes, not your fears." - Nelson Mandela

My recovery is not over, it will continue for the rest of my life. It has been an incredible blessing to have the support, encouragement, and love of everyone during this experience and to realise I am valued by many people. Daryl has stood by me through this incredible challenge and I can't thank him enough for his love and support to see me through this event that very nearly took my life. He too, is on a journey – he's on my journey of recovery and continues to support me to recover as best I can, and go on to live our lives with purpose and intention in spite of the challenges we have both faced through this.

Recovery is never over it becomes part of who you are and how you live, after an event which reshapes you in some dramatic way. I'm humbled to have received such love and support during this journey from all in MRUB, thank you friends.

From your editor – a thought or two for this period.



Guess Who Segment



Please send an old picture of yourself and your bike to the editor.