

Bird's eye view

TVPB newsletter: December 2007



Newsletter written for the TVPB by the bash birds including write-ups on bash antics, useful tips, gossip and much, much more.... If you have any comments or information please email: annareffell@yahoo.co.uk all information will be treated in the strictest confidence!!!

Noxious Basher expelled from Britain to pollute foreign lands

A daring under cover mission has begun exploring foreign lands searching for comrades on bikes to join forces. Its the first stage of a campaign organised by "our leader" ultimately aiming for world bashing domination (and cheap holiday accommodation). The man for the job (Old Fart) has a quiet personality, ability to blend into any surroundings soundlessly and a gift of attracting attention without speaking. His secret internal weapon has been known to stun the enemy or at its most potent (quiet & deadly) form been known to wipe out foreign troops within seconds but leaves no trace of evidence. The bash fare well training exercise for this brave comrade involved food, drink and bash birds! Old farts mission started to the sounds of Pottsie blowing the last post as he wobbled down the road into the sunset.... We wish him good luck, as he becomes "Vieux Le vent derrier"



The King Of Love's chat-up lines:

For all you lonely, timid cyclists out there, the king of love is at hand to help you become irresistible to the opposite (or same) sex!
No 2: "tonight lets spend lubricating your sticky bush"

Government Campaign preventing elderly falls:
All TVPB bashers over the age of 60 should stick this warning sticker onto their handle bars to remind them what to do when the bike is stopping thus preventing slips, trips and broken hips!

Warning
As the bike stops remember to put both your feet on the ground to prevent injury

SHOCKING NEWS: RJ caught fly dumping

On a recent Thursday bash, RJ (the entertainments officer) was caught red handed (actually brown) in the act of *fly dumping* behind a road sign in the vicinity of Kenn. Due to the nature of the dump its contents were not examined on the grounds of health, thus preventing any prosecution. Following the witnessed act RJ was seen cycling off pursued by a swarm of flies with the odd leaf or two suspiciously sticking out of the back of his cycling attire!!



Thought for the day.

The early bird catches the worms!!

Poignant to one anonymous basher!!!

(Who: is this basher?
1st correct answer on a postcard wins a prize)



Bothways "off-road" cycling tips:

No 2: Coping with down hill wet slippery rocks: approach with caution...

Look ...

Think will this hurt if I fall off....

Yes? ...

Think safety first...

Get off the bike and walk!

Good Luck!!



A new type of "off road"

Debarcle has invented a stimulating new form of "off road" to be known as "pick and maxing". This form of "extreme" cycling involves picking a field full of recently cut down trees and navigating from one side to the other without hitting any covered stumps, holes or broken branches at speed. It requires full body armour, a full suss bike and good vision (of which unda failed on most of these requirements). If lucky you will survive unscathed, at worse expect a broken bike and multiple fractures!.

This is what happens if you go off road:

Gary litter's is hoping that his new "Maxing it" hair do will catch on and become a fashion accessory for all head bangers:



Deb's tantalising delights:

(healthy cycling options)

Christmas Crud Catcher Cake. (Ho Ho Ho)



4 oz marg/butter
3oz brown sugar
2 eggs
5 oz wholemeal SR flour
8 oz mincemeat
1 tbsp water

Cream the marg & sugar until all blended & smooth.

Beat in the eggs.

Fold in the flour then add the mincemeat and water.

Put the mixture in a 8-inch shallow greased tin.

Level it.

Bake for 30 minutes on gas mk 3 or 170 *C.

Slice when cool and eat on your favourite trail.

(Let us know where you enjoyed nibbling Deb's titbits)

Pottsie loses his horn

Whilst in truckers field, Pottsie was seen sporting a raffia hat NOT the usual red horny cap. Causing much speculation regarding our esteemed high-ranking leader was he in liaison with an Italian pedal bash leader? (well he was touring there earlier).

Is it true - Pottsie is now a Mafia Don?.

The mafia is famously known as an organised international body of criminals, with a ruthless (yes ruthless as she's still in oz) and complex behavioural code. Similarities to the BASH I hear you say. Evidence that surely Pottsie is fast becoming the new Raffia mafia!

With relief we can squash any further supposition as Pottsie was observed earlier this month, at the Ship inn Shaldon, returning to his usual behaviour wearing the horn cap...PHEW.



(Article by roving reporter Shinpads)

Can you see the resemblance between the two?

Which one is pottsie?



Bash Page 3 Stunna



Not bad for an old guy!!!

Despite being 210 years old, Old Fart has the body of a 60 year old.

He attributes his good looks and physique to healthy living and drinking only fluid made from hops and grapes. The downside to this style of healthy living is the build up of over twice the average amount of internal body gas (6 litres) per day requiring expulsion. Of this he says it is essential to release this gaseous build up at set times during the day to prevent internal combustion....

My advice to you all is make sure you're not behind him during these times!!!!

Bash infiltrated by swingers

Shocking pictures taken on a Sunday bash show two members of the bash openly swinging in public. When confronted, after swinging in front of fellow bashers including children, the two bashers: Shinpads & ken the rave, both happily married to fellow club members (who were unavailable to comment) showed no embarrassment, in fact they openly encourage all ages to join in stating "there was nothing sordid about swinging in public". They felt it was a fun cardiovascular pursuit that could be done in groups or singularly in all weathers. They argued that it kept them both feeling fit, healthy and young!. Judging by the pictures it certainly put a smile on both of their cheeks!.

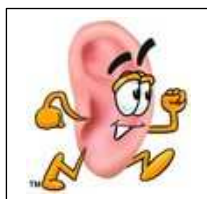


Health Score:

Warning: If you have big ears moths find these warm resting places during cool evening rides, as found out by an unsuspecting basher recently. Once inside it is very difficult to evict these annoying bugs. Kamakaze Joe's attempt at moth removal by

- Shining a light into the ear! (Moths are attracted to light he explained afterwards!)
- Trying to drown it!

Both failed !! (Hence he is a physio not a Dr!!)
Eventually the medical profession was called on to extract the moth from the basher's ear.
My advice to anyone nick named dumbo please ensure your appendages are covered or plugged when maxing it down hill at night!



Wiffy Runt's daring rescue

Farmer Wiffy, one sunny day rode into the big town for supplies. His escaped went smoothly until his back wheel slowly deflated. A puncture for such an experienced basher should have been easily resolved... (even a bird can do this!)

However no puncture repair kit, inner tube, pump or mobile phone presented a problem.

Fortunately Wiffy's saviour came in the form of £4.00 coins, of which he spent very wisely....

A beer (calm his nerves) = £2.80 (How much?)

Phone call for help to Charlies angel = 20 pence

She immediately rose to the occasion rushing to Wiffy's assistance (in her car). Of the rescue, she said, "I knew the situation was dire and time was of the essence, he would never have had enough money for his second pint" (which he gratefully consumed as she repaired his puncture). Wiffy's final comment, regarding his poor equipment status "well you don't bloody expect your rubber to deflate on tarmac do you, If Charlies angel hadn't arrived to blow it up I just don't know how I would ever have got it erect again

Body armour unscathed

Gary Litter had a spectacular high-speed crash whilst in Scotland recently. He hit the gravel path at full pelt face first followed by a graceful skid front first along the gravel path. As he finally came to a halt battered and bleeding his body armour fell out of his camel back hitting him on the head!!! The moral of this story is what ever and where ever your riding be safe and wear protection at all times whatever the terrain!.

TVPB Tours 2007:

This section is just to let other bashers know what the tours are like, so come on spread the news about the tours

Truckers Teign Valley weekend: Trucker put on a brilliant long weekend in his field: there was beer on tap, bbq's, dancing, "live music" and a very impressive porta loo!!. A spectacular array of camper vans dotted his field with the odd tent intermingled to lower the tone of camping facilities! The weather was hot hot hot!!! (at last), cycling was available each day if the hangovers allowed!! Followed by a cooling (freezing) river swim to clean up and cool down.

The off road was lead by Unda (a quick jaunt to fingle bridge!) who managed to lead a 25 mile ride of which 22 miles appeared to be up hill...well done unda!!! With numb nuts being the only casualty of this cycle having to contend with near starvation (no breakfast due to a misplaced freezer box whilst under the influence of jail ale!) and dehydration resulting in falling off his bike into a hedge...!



French Exchange 2007: the "roadie" bashers made the annual

cycling "Tour to France" meeting with our French counterparts in Plourin les Morlaix. They expected a gruelling weekend of hard cycling with their French hosts... In reality all were pleasantly surprised... a tour sampling French gastronomic delights rather than harsh road cycling!!! Delicious meals lasting hours with course after course uncomplainingly consumed with the assistance of copious quantities of wine. However, near disaster struck during the Saturday picnic on the isle of Callot as the food van became stuck in the soft sand whilst driving to the island!! Well done to all bashers that pulled it free ensuring that no food was wasted!!

A quickie visit to see Chockie & Chalkie allowed more alcoholic drinking before wobbling home along the wrong side of the road

All in all it was a most enjoyable weekend. Next year we return their hospitality. Anyone who would like to get involved please contact Tonto



The Cranks Birthday weekend: 5 bashers represented the TVPB in the Forest of Dean. The "Cranks" appear to be a strange bunch of cyclists...laying false trails confusing the pack and shouting "ON ON" multiple times in very loud voices throughout the cycle (Is there no limit to how many "ON ON's" they can shout in one day?) finally plying poor unsuspecting bashers (Bothways who's first mechanical (a buckled chain) occurred within a few feet of the start), with alcohol making her drink it straight down...a tradition apparently called a "down down". Having said that...what a brilliant weekend! Muddy single-track cross-country riding with beer stops! food, booze and entertainment plus very cold showers!!!.

Both male bashers sustained injuries this weekend: Spoons by head butting a hanging mobile from the ceiling that was made out of the rim of a bike wheel (does that mean he was rimmed?) resulting in a cut above his eye requiring medical attention from Bothways: no pain was felt as already anaesthetised by ale and Gary litter who very publicly squashed his nuts whilst trying to ride a unicycle (more practice is definitely needed there!!).

A great weekend resulting from a lot of hard work by the cranks...well done.

Agony Axle

Help! Write or e mail agony Axle for sympathy (because you won't get it from Bothways!);

Q: Dear Axle,
When I have had a hard ride I get the munchies.
What do you recommend?
A Rider – (E-mail)

A: *That's easy - make a batch of the Crud Catchers found in this issue -these will sustain you through the most spirited and ardent of rides. Auntie Axle.*

Q: Dear Axle,
I live in fear and worry constantly that one-day whilst out riding in the woods I will experience a blow out right near me rim. I know I would have to use the new rubber that as a safe cyclist I always carry for just such an occasion, but my problem wif' being a bloke is that with me rough hands I need a woman to check me rim before using the new rubber. Do you think that is OK to approach a woman in the woods an ask her to feel yer rim?
Anon – (brown envelope hand delivered).

A: *Well Anon it would be a perfectly innocent request however I do felt that any self respecting woman would like to be formally introduce before such an intimate act. Good luck – Auntie Axle*

(For compassionate help and advice from Agony Axle, whatever your problem, e mail annareffell@yahoo.co.uk all your letters will then be forwarded on to the Aunt of Agony)

Bird's Bike maintenance tips:

Find a Man to do it for you!.....

Otherwise....

Dry weather clean up: If you have been riding in dry weather remember dust will collect in all your nooks and crannies:
Remember to shift all the dust using a paintbrush before adding lubrication to these moving parts preventing friction when riding

N.B. Aunt Sally is always happy to perform this type of maintenance on the bird's bikes at short notice!!! ☺

Diddy Uncovered:

do not fall into the same situation as Juicy when she "lost" her purse (resulting in sponging money throughout the cranks weekend...bloody students!)
only to be reunited with the purse at the end of the weekend when found in Diddy's bag....
On finding it Diddy exclaimed
"I was only looking after it for her...honest"

Manky however is planning to reward Diddy for all the money she saved him over the weekend!!

Sizing your helmet:

(Bash head protection)

When sizing head protection remember you're helmet should always fit securely in position even following multiple impacts

You should not be able to remove your helmet whilst fastened but be aware if too restrictive it may become uncomfortable resulting in blue discoloration of the head and loss of function!

Bash Fashion:

Christmas is coming, and all you fashion conscious bashers looking for a range of hardwearing but fashionable clothing need look no further.

“Old Fart” has gone into the clothing business to fund his retirement in France (and alcohol consumption). He is now selling a specially designed range of clothing with his “trade mark” old fart exclusive “scratch and sniff” logo....

Included in this range of garments are T-shirts, ladies bras and pants all supporting individual pictures on each bra cup (larger the size better picture detail), thongs have front facing pictures and Lycra cycling shorts support pictures on the rear.



So if you think you (or your loved one) could do these fantastic garment justice orders can be placed with old fart NOW...deliver within the next decade!!!

Bash Fashion Pole:

As a bash full of fashion guru's we have decided to run a survey on bashers cycling clothing preferences to ensure that all bashers are visually pleasing to other bashers eyes when cycling in a group.

:

Article of clothing	A	B	C	D
Shorts	Baggies	Lycra	None	Unsure
Bra	Sports	Lacy	None	Unsure
Underwear	Padded	Thong	None	Unsure
Top	Vest	T shirt	None	Unsure

Please take the time to complete this survey.

Results can be given to any bash bird or e-mailed.

Results will be printed in the next issue

The editorial team from Birdseye would like to wish all our readers a very merry Christmas and a happy new year. May your riding be plentiful, well lubricated, strenuous and safe in 2008!

Bashers that are crashers:

Even road riders have crashes....

Flossie recently colliding with a car: A “reliable” eyewitness recalled her unsuccessfully overtaking a right hand turning car (on the right side). Apparently deployment of duel airbags prevented major injuries ”

Pottsie crashed recently whilst attempting “off road” on a slicks!! (Like the good old days) when cycling over wet slippery rocks...Bed pigs view: ”an accident waiting to happen”

Despite sore ribs he was back blowing his bugle within days!

Mash thinks she escaped serious injuries after a high-speed intoxicated collision (details very sketchy) following a beer festival. Of the event she vaguely recalls cocking her leg over and riding in the dark coming too face down in a ditch”