

Bird's eye view

TVPB newsletter: August 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!!!

Missing Basher. Drugs test Call.

The Bash M.O. has missed two statutory out-of season blood tests. It is suspected that his blood alcohol level could be way below that expected of a serious basher and may explain his unexpectedly magnificent performance on the bike.

Thing Emerges From Swamp!

A horrible apparition greeted visitors to Pooh Bridges recently, when a creature vaguely reminiscent of Hay-Minor clambered from the mist in the fetid swamp. Onlookers ran screaming from the scene holding their noses. The creature, which has been nicknamed "Reek" by the locals has quickly become a local legend and a reward has been offered for its capture by a deodorant manufacturer.

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 1: "Tonight we are riding to the moon and back"

Fashion: New cycling attire:

Jonno and Dodgy are presently promoting this new cycling wear: it is stain resistant, comes in various colours and is made of lycra. Anyone interested please contact either to place an order.



Thought for the day.

Remember: A good riding position doesn't just make you comfortable; it also helps you expand the chest and breathe deeply.
MMnnnnn!

Trainee bash bird's "bloody" trauma

Squealer's mate Donna proved that she had the right stuff on Sunday when she had an altercation with a slippery log and was seen bouncing from side to side of a narrow track before coming to an abrupt halt! Despite having twisted her handlebars and seat, breaking her helmet and sustaining some damage to both knees, she got right back on the bike.She'll do!

Bird's Bike maintenance tips:

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

Otherwise....

Quick lube routine: Remember frequent lubrication prevents friction and stiff joints when riding: Use spray lubrication on your brake pivots, jockey wheels, rear gear mechanisms, front mech, gearshifts, chain, brake leavers and cables.

If it moves spray it!

N.B. Health Warning from Aunt Sally: to avoid serious injury from failed brakes DO NOT lubricate your disc brakes!

Bashers that are crashers:

This year has seen some spectacular crashes in the name of fun! (So far):
Squealer, on her 1st downhill run in Scotland broke her acromio-clavicular joint
Froggy: broken little finger
Ken the Rave: broken wrist falling off a see-saw (yes he was on the bike!)
Faggots: ruptured spleen after hitting a tree stump!
But its not always crazy head bangers that fall off: Bed pigs even suffered bruised ribs after falling from her bike.

Bothways "off-road" cycling tips:

No 1: Coping with steep rocky down hill descents: always remember:
Get that seat right down.
Stand on the pedals
Get that arse well back off the bike
Then shut your eyes and pray!
Good Luck!!



Bash Birthdays:

Many happy returns this year to
Farther: 80 years young
Blaster: 60 years old
Flossie: 40 years nubile
Juicy: 21 years mature?



Health Score:

Concerns have been raised for Manky (our web master) who appears to be suffering from **Padlock mania**. This non-contagious mental deficiency is known to afflict the elder population and manifests itself in loss of padlock keys and acute clumsiness with the same article. So far this poor basher has locked 4 bikes together to protect them then realising that he had not got the padlock key requiring bolt cutters to free all bashers bikes. Then with his new padlock keys, he dropped them down a pocket of a pool table which resulted in the table being taken to bits to retrieve the key. It is hoped medical science will find a cure to this terrible illness in time to save this poor basher's next padlock from an early demise.

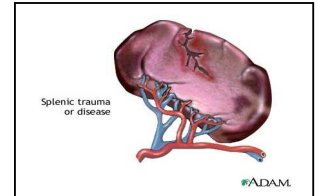
Deb's tantalising delights: (healthy cycling options)

Crankers Crunchies

(Makes approx 12)
Melt 4oz butter in saucepan
Take off the heat.
stir in:-
4oz brown sugar
6oz self-raising flour
2oz crunchy breakfast cereal (cheerio's work well)
1oz currants
1tbsp treacle
1 1/2tsp mixed spice

Place tablespoons of mixture on a greased baking tray
Bake at 180 degrees (gas mark 4) 12 – 15mins
Let cool before taking off tray, place in bag in camelback and enjoy!
(Let us know where you enjoyed nibbling Deb's titbits)

Lost and Found: has anyone lost this spleen? If so please contact the RD&E where it is residing at the moment:



V2's dark secret:

V2 appears to be migrating to the dark side on Wednesday evenings. (no its not CTC, its even worse than that). He has been seen wearing chequered three quarter length trousers, white starched top, socks and shoes with a golf club in hand putting his balls with a 9 iron around the local golf course. So this is what the head bangers do in their spare time: shame!! Our sympathy goes out to Shinpads during V2's sporting crisis. Get help soon V2 before your name is changed to **Petey Puttit!**

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STUNNA!



Not just a pretty face, this super fit, gorgeous career minded hunk Bobbi is renowned for his quick thinking and quick decision making. This adrenaline junkie's hobbies include hashing / bashing, sky diving, canyoning and swimming with sharks. Presently single Bobbi is looking for someone who loves living life on the edge!

TVPB Tours 2007:

Devon Bash 2007: (in Somerset!): the bash this year was held in August at the Minehead Rugby Club. 73 bashers from the TVPB and other bash groups assembled, all with the same thoughts of cycling and fun in the sun...oh were they going to be in for a surprise!!! Monsoon weather and gale force winds (now to be known as Debacle weather) proceeded to batter the tents and camper vans throughout the weekend (a weather front that we are now becoming accustomed to for this event!!) but did it dampen the spirits?.. No!! With good food, real ale, wine and dancing the bashers kept themselves warm, dry and well lubricated for the days cycling. On and off road cycling was available both days with Timotei laying two brilliant, challenging, easy to find (unless you were in the group consisting of a GPS holder and an ex-marine that managed to get lost and miss the cake stop!) extremely muddy trails. The roadies (including a recovering head banger: Ken-the-rave) found their way to various watering holes throughout the two days with the hardened cyclists covering up to 50 miles. Weekend crash traumas appeared to have been equally spread between both cycling groups with Farther (the oldest basher) coming a cropper on road and being left in a heap by his fellow cyclists! And Cinderella developing a passion for brambles face first at speed! to mention but a few.

As usual there was one basher that nearly lost his tent to the winds, that being Bobbiball. Manky had an up grade of a caravan for the weekend; limited knowledge resulted in a flapping awning most of the night. Buzza must get a mention for the most dangerous cyclist of the weekend resulting from over taking Bothways on a cliff edge in gale force winds...a manoeuvre that is definitely not in the Highway Code and could have led to great injury to the aforementioned basher!

The bash disco's both evenings included various levels of dancing from those with no rhythm to the impressive exhibition of jive dancing from the physio trio leaving most bashers in an awed silence. Not such with Snakebite's attempt at table surfing, resulting in a flattened table!!!

Despite the poor weather conditions requiring many bashers to be hosed down following each ride the Devon bash was again a success and thanks go to Pottsie and all those that assisted in its organisation.

TVPB Tour 2007: Lake Garda: The bash travelled to Italy this year for foreign manoeuvres. In all 34 bashers congregated via air, sea and land for a very successful casualty free escapade around this stunning area of beauty. The invasion plan adopted a 2-pronged method involving both on and off road. The on-riders climbing awesome mountains to retrieve the cool, smooth flowing treasures found within a multitude of bars. The off-riders having support vehicles allowed longer, steeper, rugged and more intense downhill runs testing the capabilities of both the riders and their bikes!! culminating at the lakeside bar to discuss the triumph of their manoeuvres, sustained injuries, repair requirements and planning the next day's foray into unknown territory. Troup rations were found at the local camp site: meal times became an interesting surprise of local cuisine, bash entertainment and frivolity which occasionally became a bit too loud for the local campers to cope with!. The day off found bashers jumping off cliff edges, careering down mountainsides on bikes and sitting by the pool toying up tans dependent on energy levels!. The hotel run by Angelica and Alessandro was top quality, with plenty of fluid available to replenish that lost during the day due to exertion & pure fear! Which often took till the small hours of the morning to consume!..

Having completed this tour with knees knocking, body shaking and bruises glowing It was a brilliant week of cycling; my only suggestion for next year is to include more cross country cycling please!! (See the photo's on the tvpb website)

Bobbiball's Minehead weekend in February

2007: well done to Bobbi for organizing his annual youth hostel weekend (on his own) which went without a hitch: The weather was good, drink was flowing, cuisine by Bucktu was excellent and cycling was fun!. Spoons however, suffered on the Friday night following a rough pint or two: fellow bashers dealt with fears of hypothermia by rolling him up in a carpet and placing him in a hedge to sleep it off!!! But what ever happened to the tomato placed with Spoons to sleep with that terrible night? It has never been seen again!

Timotei's Tours: This year has seen one of our bashers branching out as a tour operator with venues in both England and Europe.

Cheddar Tour June 2007: This 3 day camping tour commenced on Friday evening meeting at the campsite, this was followed by a meal in a local pub, cycling both Saturday and Sunday and a BBQ Saturday night. To attend you had to be self sufficient (or have squatters rights to a big camper van like me!!) with own camping equipment, food for breakfasts and any alcohol required. As always there is one basher that did not quite meet the self-sufficient marker, but as usual the good nature of fellow bashers surfaced ensuring his breakfast eventually became a reality instead of raw sausage and bacon!

Concerns for the safety of one prominent basher Friday night developed resulting from extreme noise emanating from his tent-it was with relief that in the morning he was seen walking around unaided!!!

Croyde Bay surf / cycle July 2007: This second tour failed to meet up with Timotei's usually high organisational standards!! With an unclear start date, expensive tent pitch, shocking wet weather and flat surf: so far it was struggling to meet the requirements for a nomination in the bash mini tour category: however, in true bash style, the surfers were not put off by the weather, we were out on the beach in the bitter cold wet windy weather, in the sea attempting to ride waveless waves and Saturday evening in the pouring rain down the pub keeping the spirits up and keeping dry at the same time!!

The way home found us having to shelter in yet another pub (it wasn't raining but the band playing was very good!). The next morning found many heavy heads!. On the Sunday, a break away occurred with a group cycling from Braunton.. A cheery little jaunt we thought, off road, no body armour required.. I have learnt never to trust Snakebite again after 5 hours of cycling through brambles, bushes and muddy puddles up to our knees, we circumnavigated Braunton, ending up extremely muddy, scratched and bruised.. but an enjoyable day was had by all even after a total of 4 punctures in 1 ride!! The other group enjoyed a more technically demanding jaunt on Exmoor ending up at a cream tea stop..(are the head bangers becoming soft I ask myself?!)

Morzine 2007: Not for the light hearted only insane (head bangers), involved "maxing it to the max" head first down steep rocky inclines at a great speed: resulting in an electrifying experience for one unlucky basher who mistook an electric fence for a hand rail to assist him back up onto the track again!!

Hot Gossip!

Is Fallen Woman returning to her roots?

The formidable basher-hasher first surfaced in South Devon working in her mum's 'trendy' boutique in Brixham. Now it is rumoured she is launching her own chain of up-market rag shops after an eagle eyed basher spotted this appropriately named branch in a top French ski-resort.



Unusual for 'Radio Ridd', she only had a terse 'No comment you creep', when cornered in a bar and asked about her expansion plans.