

# Information Corner



## Volunteers

**Around the Bay in a Day® would not be successful without the help of hundreds of special people who work behind the scenes.**

Over 600 people volunteer their time to help make the Ride possible. The main reasons why they volunteer include:

- "Being part of the fun of the event and supporting my friends and family"
  - "Helping put smiles on rider's faces"
  - "Meeting and talking to lots of interesting people"
- "To extend current or learn new skills"

## Why help?

Helping out on the day is an exciting and satisfying experience. Not only are you assisting in getting *More People Cycling More Often*, but you can also reap rewards from your work.

Statistics demonstrate that people volunteer because they gain some personal satisfaction, develop social networks, learn new skills, gain work experience and maintain existing skills.

## Benefits

All volunteers are provided with a volunteer uniform, lunch, information and support in order to perform their duties.

### What can I do?

There are a number of teams you can join on the day depending on the type of commitment you can make.

### How can I sign up as a volunteer and when?

Our online volunteer application process for the 2008 Around the Bay in a Day® will open in April.

### Key Dates:

- Registration Opens 7 April
- Free Jersey Incentive Closes 23 June
- Registration Closes 3 October

## Sunday 19 October

[www.aroundthebay.com.au](http://www.aroundthebay.com.au)  
Email [atb@bv.com.au](mailto:atb@bv.com.au)

## Stretching



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



## Fast facts about Membership

*Did you know Bicycle Victoria Members have reflective stickers they can stick on their bikes to identify themselves as a Member?*

So look out at the lights or on the trails for bikes with the silver and red stickers and say hello to a fellow Member. If you haven't received your set yet, email [membership@bv.com.au](mailto:membership@bv.com.au) after the ride with the subject heading **Stickers please!**



*Did you know that you are covered for insurance anytime you ride, anywhere in Australia and even overseas?*

It doesn't matter where you are riding, there is coverage available. It works like this, if you are riding your bike in Australia you are covered for all the personal accident and liability benefits. This includes loss of income, non-Medicare medical and travel and accommodation costs. However if you are travelling overseas and riding a bike, you also have cover. We are able to cover you for overseas medical expenses and repatriation expenses (travel & accommodation costs for the return to Australia). Naturally these are subject to the condition of the policy so have a look at the Bicycle Victoria website for more information.



# The Good Oil

## Day 11 - Rest Day: Singleton



Singleton is host to beautiful gardens, historical and cultural sites, vineyards and modern wineries. Singleton maintains its relaxed lifestyle, while forging ahead with style and grace. Singleton actually boasts Australia's oldest winery, the largest Sundial and the biggest Solar Farm in the Southern Hemisphere.

A thriving main street and shopping precinct, cafés and fine dining restaurants, the water wonderland of Lake St Clair, historic towns and a host of boutique wineries are just some of the experiences awaiting you in Singleton.

Singleton is a great get away destination. Just a few hours drive from Sydney but a lifetime from the hustle and bustle of the city.

Enjoy your rest day. You've earned it!

## MENU

**Lunch:** Not supplied on Rest Day, venture into Singleton to get your Lunch! 2 for 1 Vouchers for Singleton Subway are available from the Happy Helpers!

**Diner:** Provincial braised chicken with mini potato dumplings and fresh green beans.

**V.** Provincial vegetables casserole with mini potato dumplings and fresh green beans.

**Desert:** Caramel cream dessert

## QUOTE OF THE DAY

Life isn't a dress rehearsal  
*Kerry Packer*

## Riding Tally

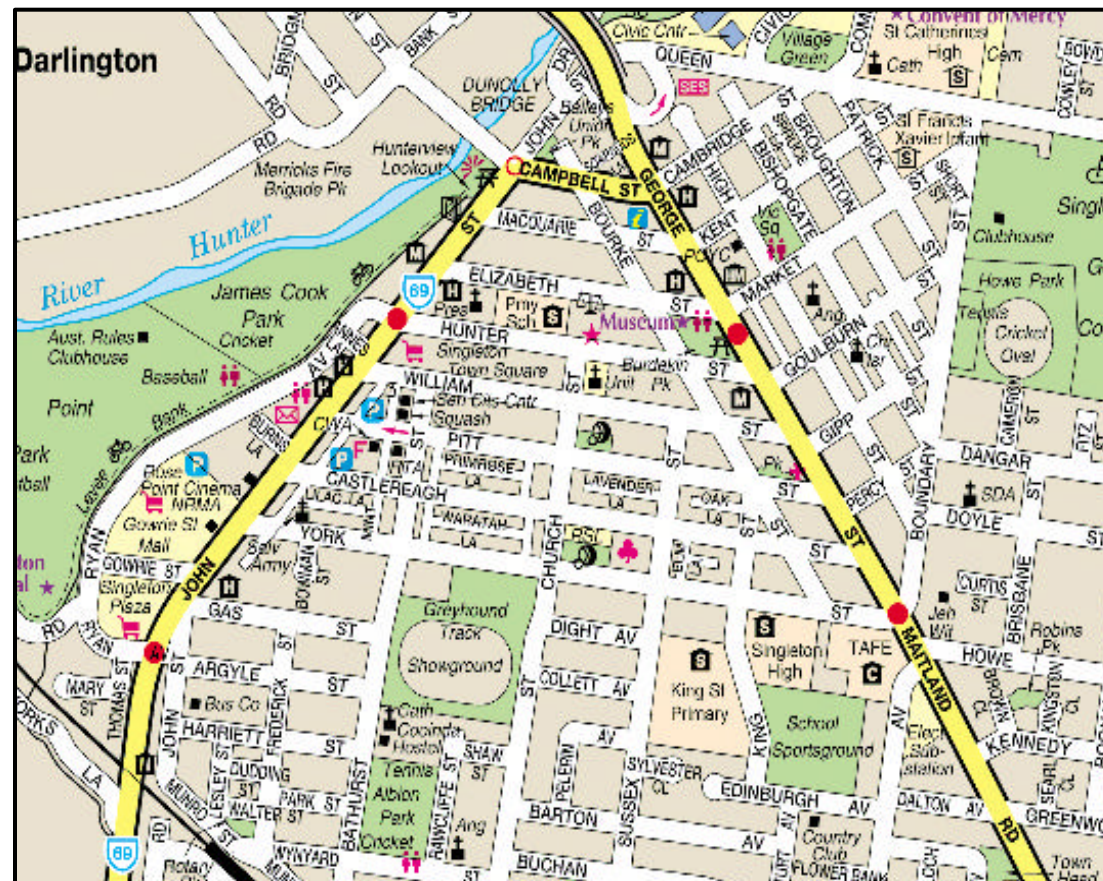
Today's Length:  
0KM

You've done:  
636KM

You've got

114KM

to go!!



## Things to See and do in Singleton on Rest Day

### All things Military

Visit the Army Museum. The museum has a historically inclined collection of infantry equipment, weapons and memorabilia dating back to Australia's first overseas military excursion to the Sudan in 1885. There is a picnic-barbecue area with light refreshments on offer and souvenirs for sale. They are open 9.00 a.m. - 4.00 p.m., tel: (02) 6570 3257. Guided tours for groups are available.

### Mine Tours

There are tours which cover the remains of an 1890s mine, an overview of the area's mines and methods, and a detailed on-site inspection of all aspects of one operation, including the coal-loader. For more information ring Infotainment Tours on (02) 6573 1888. They also offer tours of the Hunter Valley wineries and boutique cellars.

### Carrs Macadamia Farm

Carrs Macadamia Farm is the only Macadamia farm in the Hunter Valley, offering you a unique opportunity for your rest day. The farm is 25 kilometres south of Singleton, located on [Milbrodale Road](#). The farm will be open especially for the Great Escape on the Thursday and is offering a selection of Morning Tea's and a farm tour for only \$12.50 each or you can try a Three Course Lunch and farm

tour for only \$25 each. The farm also offers a selection of Gourmet Handmade products, Skin Care products, Organic Citrus products and a couple of curious alpaca's. For more details about the farm, have a look at the [Carrs Macadamia Farm website](#).

### Singleton Wilderness Bushwalking Tour

Enjoy a guided bushwalk in one of the Hunter Valley's most beautiful natural areas. See spectacular mountain views and enjoy pristine forests in the Barrington Tops region. Learn about the cultural and natural history with an experience local guide. This excursion from Singleton to Mount Royal National Park and return costs \$38.00 and includes transport from Singleton, past Lake St Clair and an adventurous 2 1/2 hour guided bushwalk.

See the Happy Helpers for more information

### It's the bats or the park

Singleton Council has declared war on the bat population in Burdekin Park, and this time they are ready to start shooting.

After exhausting all options to rid Singleton's picturesque Burdekin Park of its grey headed flying fox colony the fight is getting serious with councillors voting at Mon-

day night's meeting to apply for permission to cull the flying foxes.

Singleton Council's parks and facilities manager Alan Fletcher said he realised it was an extreme action to take but it had a high chance of success and would eliminate the likelihood of the bats moving to another location in Singleton.

"We've tried everything and although these ideas are extreme it really is the end of the line," he said.

He said the bats were damaging trees in the park some thought to be more 120 years old and this was impacting on the heritage value of the park.

The grey headed flying fox is also threatening the Little Red Flying Fox's habitat and status as a protected species!

See what all the fuss is about yourself with a visit to Burdekin Park.

The Grey headed flying fox



The Little Red Flying Fox

Thanks to the Singleton Argus

## ENTERTAINMENT INFO

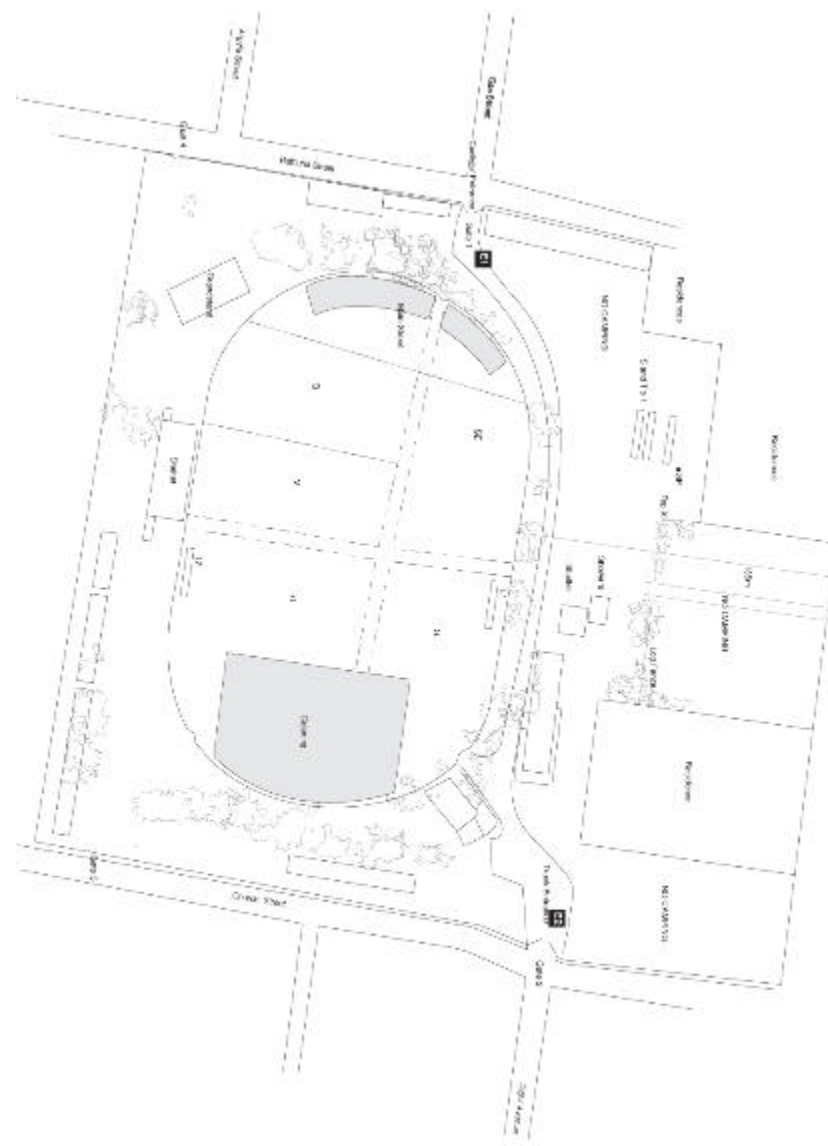
### Café de Canvas

7.30pm: Karaoke—come and sing along to all of your favourite tunes, with over 5,000 songs in the system, there's sure to be something to get your vocal chords humming!

### Campsite Tips:

#### NO GLASS ON SINGLETON CAMPSITE

Please remember that there is no glass at all allowed onto the Singleton Campsite. Lets make sure that we leave the campsite as it was when we arrived! Help our Eco team by collecting rubbish as you go.



## Sudoku

		2			7	4	3	
	9			5	2	7		6
3	6				4			
		5	9				8	1
4			7		3			9
1	3				8	6		
			8				9	5
2		1	4	6			7	
	7	8	2			1		

## JOKE OF THE DAY

Q. Why couldn't the flower ride her bike?

\*\*\*

A. Because she didn't have any pedals!

## HAPPY BIRTHDAY



Andrey  
Cheryl  
Karen  
Sharon  
Margaret  
Ken

The Great Escape team would like to wish you a Happy Birthday!