



# The Spindle. JULY 2020. [cycleclub.sudbury.com](http://cycleclub.sudbury.com)

## Challenging Times and Reasons to be Cheerful

From James Newton....Club Chairman

*Challenging times indeed!!*

*With various protests, virus hopefully in decline, Brexit peeking over the horizon, the threat of a second wave of Covid19 and an imminent recession, doesn't give a lot to be optimistic or thankful for.*

*We have been denied the simple pleasures in life, a pint at the pub, a walk with friends, meeting with family amongst many other basic joys.*

*It is precisely because of the points above, that now, more than ever, we need to adhere to rules and regulations given, concerning groups meeting to ride and precisely why we have had to cancel the Clubs two premier events, the Thursday Evening Time Trial Series and Len Finch Memorial Road Race.*

*With Helpers, Time Keepers, Signing on procedures, Marshalls etc. mostly being undertaken by Ladies and Gents within the most at Risk Category, we really had no other option.*

*The current situation has highlighted to me the absolute reliance on the stalwarts of the club, who have given their time, effort and energy to the club for many years and unless others put their hands up in the coming months it may become tougher to hold these events that the club does so well in future years. (Please offer your help if you are able, Thanks in advance!!)*

*Though this may seem all very depressing, so far this year we can be thankful for some terrific weather which has kept spirits high and has given many riders the opportunity to ride some mammoth miles due to the Furlough scheme.*

*The situation over the past few months has given people the chance to ride unimpeded by traffic for a while and it has also given people the chance to try different riding, some taking to the trails and gravel whilst others have taken to Zwift in an attempt to stave off boredom and to maintain fitness.*

*The Countryside, wild life, views and air quality whilst riding has been fantastic due to the lack of air pollution and traffic. It seems to have tempted some who spoke of Cycling retirement, back onto two wheels, which is lovely to see!!*

*Going forward, from the first week in August, those who love their racing can watch the rescheduled UCI Calendar, starting with the Milan-San Remo and continuing through until Mid November with all Tours and classic races being shown wall to wall on Television.*

*Closing sagaciously (he likes to think!!), it has been a very dark and tragic few months, however clinging to the positives that we can control will hopefully allow the darker times pass quicker. Please all keep safe, keep well and I look forward to seeing you all on the road.....James.*

Well, below is more of what members have been up to during this seemingly never ending lockdown plus some important information of our current situation which James has outlined above. I would like to say I'll see you soon, but I've no idea when soon is!.....Keep Safe.....Rog.

# Club Chatter

Hi Roger... For Spindle

As you are all aware I have been with CCS for just over 40 years and a Reg. timekeeper for over 30 years, and this is the first time because of this virus that I have been unable to do timekeeping for the Thursday evening TT.

I am well aware that many of you must feel very frustrated at not been able to ride these TT, but at least you are able to get out the house and get on your bike and go for a ride, but please spare a thought for those who cannot or unable to do that, take my wife and I because of our age we are classed as high risk because of this virus, so we have to be more careful, but we are more fortunate than some in as much as our two sons live nearby, also we can go out for walks.

Now, I have not been out on my bikes for over two years because my knees give way when going up hills, however last week I got out my off road bike and told the wife I was just going to bike round the block, needless to say once on the bike and once round the block I decided to bike down to Bakers mill in Cornard and ride along the river path to Sudbury which is just over one mile there, so down into low gear so no pressure on my knees and I was away all along by the river into Sudbury Friars meadows then back to Cornard it was great, the wife was waiting when I got back, Question " where have you been" when I told her she hit the roof "and what you have done if your knees had given out how would you have got home, that was stupid", Well I felt rather deflated after that, and I have since noted that the rear tyre on my bike was also deflated !

Which has left me wondering, has the wife let the wind out of my tyre to stop me going out again??

Best wishes to all, stay safe and keep well, Brian Webber

*Hello all.*

*Trevor Hale, the CCS clothing secretary, has asked if I could forward the following to all members. If you feel able to help the club in this way, please get in touch with him to learn more about what's involved.*

*Thanks*

*Robin*

Hello members,

After nearly 9 years as clothing secretary I am having to stand down from the position due to an impending move to Norfolk (and not to mention, reaching the grand old age of 70!). As a result, the

committee are now looking for a replacement. The role is not overly demanding (particularly during lockdown) and mainly involves holding and maintaining clothing stocks according to demand, ordering new stock when necessary (quite straight forward with Endura's on line ordering system and usually only once a year), whenever possible making the clothing available at club events such as the Thursday evening summer TTs at Lavenham, the AGM and subs night and generally being able to meet individual clothing orders from members. Occasionally, with the approval of the committee, you may wish to introduce new items to the range if there is a demand, although currently we have a good stock of most items in the latest kit design.

If you are interested in helping support the running of the club by taking on this role, please contact me or any member of the committee.

Regards to all and Stay Safe.

*Trevor Hale*

*Clothing secretary.*

[clothing@cycleclubsudbury.com](mailto:clothing@cycleclubsudbury.com)

07789 884689

## **Lockdown Project NO.26**    *by Colin Harris*



With the commencement of 2020, it was the usual wet cold and generally miserable rides associated with early year cycling with the aim of shedding a few kilos, put on over Christmas and looking forward to longer rides and maybe a little speed, in my case very little. Then bang its lock down and for me all cycling motivation went out the window.

However, searching thru a pile of old cycling magazines out pops a cycling weekly with a challenge to ride 5,000 miles in 12 months. The main aim to get people back out on their bikes, I would add that this was a January issue with no idea of what was to happen. The amount of miles I found not to be particularly daunting but the twists and turns I have found quiet motivating e.g. 9,000 ft of climbing in a week, ride 150 miles two weeks on the trot, ride 20 miles for 5 consecutive days, all totally manageable but has certainly got me out in some awful weather though overall we have had, during May extremely good sunshine. Some of the challenges are extremely turbo and power meter orientated which I am not overall in agreement with, especially as I no longer possess one of these tortuous pieces of equipment.

Never the less I do for now have some motivation and an added excuse as to not queue up at the do-it-yourself store to obtain items for jobs that must be completed soon.

Today 9th June have had a ride of 3,000 ft. plus of ascending and passed the 4000 mile mark. To all stay safe with good health with hope that these horrendous times end soon and we return to some sort of normality



## Club Run Co-Ordinator

by Martin North

Dear All

Having caught up on Wednesday ride news, thought you might be interested in an extract of a letter I'd sent to the Chairman with my Club Run Coordinator hat on. It was in response to a slightly confusing article from Cycling UK about possible group riding in July.

The extract:-

*"Just catching up on thinking about restarting club runs/ group riding. I share Simon Daw's opinion about group riding and like him wont being getting involved in riding with others until there is greater certainty about the infection rate given the guidance for social distancing when cycling. Don't know how others are feeling about this and whether there are folk who are prepared to lead club runs in the next month or so. When out this weekend there were a number of groups mainly riding in 4s often in a file, wheel sucking, so no social distancing for those. A few were 2 a breast and then stretching back over 20 metres or so. Having said that it was just about OK for 4 riders but having more looked like being an irritant to other road users especially when traffic volumes increase to near normal. However that doesn't mean some club activity shouldn't take place. Maybe once cafes are open again we could suggest that members meet at a given cafe at a given time slot so there could be some chance for the normal banter. If the cafes venues are those which have good outside space, folk could feel they can comply with current 2 metre distancing guidance. It would then be up to individuals to make their own decisions if they wanted to ride there and back in a family group, with a friend/s or individually. We wouldn't be meeting at Market Hill. This is just a thought; however there may be a massive appetite for group riding and folk not bothered by any restraints. Not me. I'm happy to suggest venues each week notified in the usual way by Mark G."*

Martin

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## Much needed humour.....



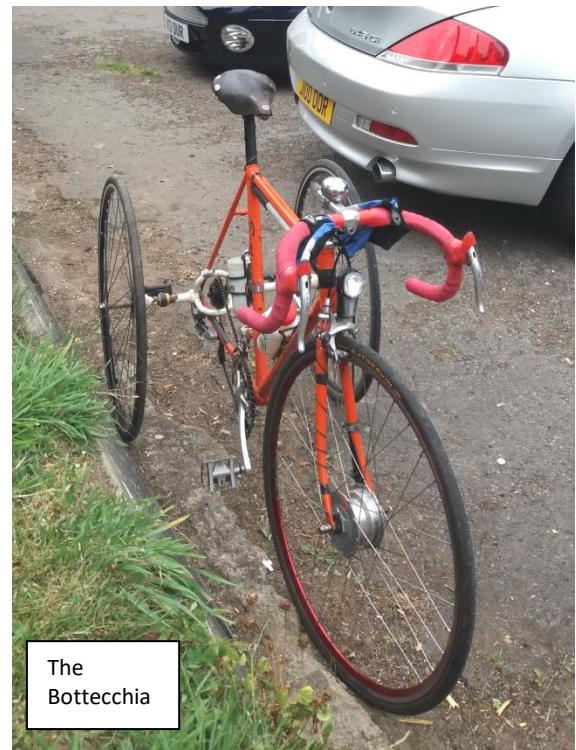
*Some firemen just don't seem to understand how railways work! But it does appear they are from the American Fire Service, so that's ok then!*

\* I was in my local supermarket recently, queuing up to pay. The customer in front of me was wearing his taxi drivers badge and the assistant asked him if he was still getting plenty of customers. He rambled on about it being a bit quiet and was losing a lot of trade. The assistant then asked if he had thought of working from home!!! .....Rog

# **Trike Conversion Kit** by Viv Marsh **Lockdown Project No.32**

I think this is the fourth frame I've built into a trike using the conversion kit I bought from Ed Nevard around 2013. Originally it was on the Allin, then the Chick, then the Bottecchia.

Generally a refit just involves delving into the back of the workshop to see what parts I can press into service. It's now sporting Weinmann brakes on an old Claud Butler CX frame. This time I had to actually spend some money - I bought a pair of DuraAce bar end shifters off eBay which work a treat on the 2x5 speed transmission. I'm hoping that this latest set up will accommodate a 6 or 7 speed freewheel rather than the 5 it's always had. If I can find one!





# Death of a mate

by Tom Moore

I've known "A" for about 14 month, we used get together about three times a week for a ride of a couple of hours, depending if I could get in touch, he does not use a phone and my computer broadband signal can drop out if you move to far away from the router. In the present time with so many people working from or staying at home during this covid19 out break it has been move difficult to get a signal. He was my age but looked a lot younger and fitter. We used to ride the first hour or so competitively trying to get first up the climbs but he always beat me (he did have a better bike) but whilst riding four days ago I noticed he had suddenly stopped pedalling whilst we were in Richmond and did not want to carry on. We met up again today but he had only done about a mile when he pulled in to the side of the road and stopped. I tried to encourage him to keep moving but he just died. So it looks as if I will have to get another trainer as my Avitar seems to have burnt himself out.

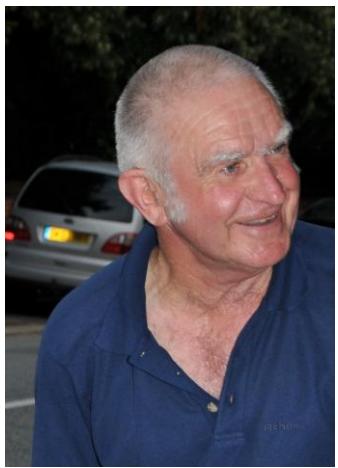
*Tom Moore*

## But Great News!

"A" was not terminal after giving him a through medical and replacing the cable from the plug to the trainer we now seem to be able to go on a ride together without any stops. (How to get loads of points on Zwift without trying) Was riding, can't remember where, had just started on a climb when the governor called out that she wanted me to move something heavy. Left the computer on, had just started a climb and thought I would do Maureen's task first. Got back on the trainer sometime later and the climb was completed in about 17 minutes. Next time I came around to the same place in the circuit it took about 2 plus minutes and the programme gave me loads of confetti and I think 700 points which means another pair of socks.

Am seriously thinking I must get out into the real world soon, apart from the fact I am not gasping for breath on the climbs, just don't really know how fit I really am. Did give it a bit of welly the other day, thought I was going to come off the trainer in a sprint, did not, but did manage to puncture the front wheel don't know how.

*Tom....(who definitely does need to get out more)!*



## Picture Humour

*My roving reporter Brian (Mann) has been out doing his British Cycling Quest thingy and sent me these very unusual and amusing signs he came across during his adventures!*



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**\*Hello everybody,**

*I hope you are all in good health and enjoying your cycling.*

*I have had a "get you home" policy with "Cycleguard for a number of years, for which I payed about £20 a year. That policy is now withdrawn and they have a more comprehensive policy which would cost me £192.*

*Is anyone aware of an alternative Company that has a cyclists get you home policy? If so, I would be grateful if you could you provide me with contact details.*

*Peter Wilby*

On Sun, Apr 26, 2020 at 1:16 PM peterwilby1940 <[mail@peterwilby1940.plus.com](mailto:mail@peterwilby1940.plus.com)> wrote:

I am getting somewhat confused. The locking mechanism on my doors move horizontally. However we are told to "lock down" during the day and at night "lock up". What am I supposed to do, lay our bungalow on its side!!

Still, hopefully matters will soon improve and we can all get back to discussing BREXIT.

Best wishes to you all

Peter Wilby

### **Hi playmates**

Sounds like Peter needs some of that northern ale, then he won't care whether he is sliding his bolt up or down, horizontally or diagonally.

Wasn't Sunday a glorious day. Followed Trevor's route to Andrews Airfield plus a loop down towards A120 and back up to Gt. Salling. The longest non-stop ride for me since 2004! Very pleased with myself.

I didn't see one piece of road-kill so thought I might be going hungry. Not to worry, buffalo burgers, Thai chicken, ribs and prawns were waiting to be BBQ'd when I got home. Oh yes and Gloria had baked an apple and cinnamon cake as well. Still watching my figure!!

My latest project is a house conversion. I will share photo with you all when it is finished.

Sitting here in the conservatory watching the gentle rainfall nourish the garden. Contemplating whether to do more jigsaw or get out the tax papers.

Contemplate

Contemplate

Contemplate

The jigsaw won!

Stay safe

Don Keen

### **Cycle Pals ..... (This tale may not interest you all)! Lockdown Project No.47**

A while back Tom donated me a couple of chairs. They were pretty much wrecked but I thought they were attractive (as did Tom). Well I took them home and Mrs L took a dislike to the raggedy looking furniture so I had to consign to the roof out of sight (else she'd have taken it to the tip).

A couple of weeks ago i had cause to go into the roof to recover the summer foot ware only to rediscovered the chairs. I pulled down the worst looking and thought I'd have a go at recovery.

I took the screws out of the legs (15 in total) and the chair fell apart. On closer inspection the joints had been filled with gripfill and were beyond saving. I used the legs as a pattern to cut two new legs a new back support together with creating new joints. After fashioning these new pieces I glued and clamped the chair back together replacing 5 screws as I decided not to attempt to patch up the old repair holes (my attempt to retain the history)

I stripped the old french polish (and old wax) sympathetically to retain the patina and then stained



the new legs to match the chair. I then applied Button french polish in the final phase to finish (not a perfect french polish I am afraid as I've not done such large areas before).

The chair is now rugged and fully functional but still looks 100+ years old and retains the scar where someone used it as a saw horse.

I showed Mrs L today and she now wants the chair in the kitchen asking "why have you not done the other yet". I suspect I will be busy next week then

Picture included of the final result (accepting the risk that Tom may want it back now)

*Regards Ian Love lock*

Hi Ian

*Well done. The chair looks terrific. Suitable 'grand house' specimen.*

*As for me folks, I had a bad fall in the garden two weeks ago and am still indisposed. Off the bike now while twisted knee gets a bit better. Hurt both sides of my pelvis, sprained both wrists, pulled muscle in shoulder. Done my first session of yoga this morning since my fall. Hurts a bit but am able to walk with only a little pain in back of knee.*

*Happy days!! Gloria baked an American chocolate whirl cheese cake yesterday. You won't like it at all. Roll on normal Wednesdays so I can share with you all what I have to put up with.*

*Might polish my front forks later, well we do have to keep up appearances don't we.*

*Stay well and ride safe.*

*Don*

**We "Up North", have made another breakthrough.** Following on from the advice to get rid of your vehicle so, by definition, you would not be susceptible to car owner virus, we of the newly created "Central Register of Approved Persons" have now made another major breakthrough. A close study of the virus shows it is in fact an uncoated Ferrero Rocher. Treatment, until it is eradicated, will involve eating not less than a large box full of CHOCOLATE covered Ferrero Rocher every other day of the week for not less than twelve months. Whilst she would rather not, my wife has quickly and bravely agreed to trial the treatment.

Happy Brexit

Peter Wilby

# From our Chief Timekeepers Photo Album!



*Photo taken on Brighton sea front in 1981. some of the CCS members who took part in the London to Brighton ride. From left to right Tracey Broomfield (12 years old), Tony Hall, Bill Carrigan, Pat Webber, Andrew Webber (12 years old), Richard Webber, Gavin Broomfield, and Marlene Broomfield, about 14 thousand took part that year and the start was in Hyde Park.*

*(Brian was taking the photo)! Best Wishes Brian W.*

*Brian also sent me this one which he has titled as CCS riders out on a training 'run' which they seem to have taken literally!*

Brian is on the far right alongside his wife Pat, then Ian Poulson, then Alison's mum and dad Sylvia and John Steed!

*(Now do you all believe Brian when he said he used to ride Time Trial's?)*



## Lockdown Breakdown Woes! from Rob Davies *Project No. 52*

I purchased the Group set from Chain Reaction cycles 4 years ago and it came apart very quickly two weeks ago. I had receipt from Chain Reaction so requested they sent back to Shimano but they only offered me address via a link to return to Shimano, this after several emails. Trying link it was for Shimano Australia!! So now asked them again for again but no luck to date. Hence I need address for Shimano UK to return chainset as obviously a manufacturing fault and I would like a replacement.



Hope your all well and I will be joining retired community on ?????? t but please don't share widely. Looking forward to it and hope to get back to full fitness. The lock down had large impact on alcohol consumption, in our garage which is now the Spoke and Bottle Pub.

Regards....Rob





# Job Lists and Haircuts, an everyday story of a cyclist in Covid-19 Shutdown.

Cobbled together by David Fenn

We have all been through about 12 weeks of shutdown and it looks like a return to near normality is on the horizon but don't hold your breath the virus is still around so we still need to be careful.

In an effort to abide by the rules I decided early on to use my Turbo Trainer to maintain some level of fitness, as the weather was dry and sunny I set it up on the Patio, what a brilliant idea I thought at least I would get some fresh air. As many of you are aware riding the Turbo regularly for any length of time can get a bit tedious and mind numbing even when playing your favorite music, I am no different, after a week of using the Turbo it was starting to do my head in, I quickly needed to rethink my keep fit strategy.

With the weather bright and sunny and my love / hate relationship with the Turbo at an all-time low I decided it was time to get out on the mountain bike and ride off road on the local byways, it turned out to be a much more enjoyable experience. The only thing missing was riding in company and Café stops. I did however on one occasion get berated by a couple of elderly walkers who turned out to be anti-cyclists. In an effort to maintain the 2 metre distance rule I had stopped to let them pass on a narrow part of the Byway, they thanked me by giving me a verbal battering of anti-cyclist rhetoric. Being a polite and respectful chappy and not wishing to get involved I bade them 'good morning, have a nice day' and continued on my way whilst muttering under my breath about grumpy old pensioners.

After some weeks of riding off-road and the pathways becoming more overgrown, I decided it was time to get the road bike out and make full use of the traffic free back lanes. With the lack of traffic and beautiful sunshine I was reminded of the times back in the early / mid-sixties when I was a carefree young lad just starting in Cycling there was no traffic or rubbish on the road and the air was clean.

The wild life appeared to be out in abundance, with Rabbits, Squirrels, Stoats and weasels all making full use of the quiet road conditions, the bird song from could be heard more clearly particularly when relaxing in the garden.

On one occasion I came across a Buzzard standing in the middle of the road breakfasting on a Crow, it saw me coming and took flight complete with its fresh Crow breakfast in its talons and two Crows in hot pursuit, what a great sight.

Its times like this when one realizes how we take the simple things for granted...like having a haircut. With hairdressers closed due to the lockdown my hair growth was rapidly turning me into a mad professor lookalike. With no chance of a professional haircut Mary my wife offered to give me a trim...nervously I agreed. I must admit I was seriously worried about my ears being in close proximity to sharp scissors in the hands of an amateur and over which I had no control. Anyway, I managed to control my nervousness and avoided making any comments until the scissors had been put down. When asked what I thought I had to admit that it was the cheapest Haircut I had ever had and also proved the point...you get what you pay for.

With time on my hands and the good weather continuing it was an ideal time to get some jobs done on the outside of the house. Starting with a clean and repaint of the wrought iron gate followed by remove guttering from garage, repaint barge boards and replace guttering, pressure wash front block paving drive and rear Patios then fill joints with sand. Job list complete...oh no its not, one other thing, write this article for Roger to put in the next Spindle as he has no cycling related stuff to include as cycling is in shutdown.

Keep safe everyone.

# **ECCA Newsletter Novavirus Update Latest information for you all. June 2020**

In case you're wondering why you have received this Newsletter, the Committee wants to make sure that as many people as possible are aware of all the Eastern Counties has to offer and the effect the virus has had on ECCA activities. The usual communication is via an email to Club Secretaries but it is apparent that many riders don't get all the information. The website (<https://www.easterncounties.org.uk>) does try to pass on information as well as results for all the ECCA events but the number of visitors is low. A Facebook page (<https://www.facebook.com/EasternCountiesCyclingAssociation>) has now been opened which will give us the ability to post news quickly and of course there's this Newsletter.

*This newsletter has been sent to all riders who rode an ECCA event in 2019 and to the organizers of Counties events in 2020.*

The Executive Committee have studied the guidelines and risk assessment issued by Cycling Time Trials and also the guidelines and conditions laid down by the Government and as such have made the following decisions:-

- 1.** The season long competitions will be abandoned. Also there will be no trophies for any remaining Championship events. Any remaining events that do go ahead will be stand alone events. Medals and awards for each individual event will be sent to the recipients at a later date.
- 2.** Taking the above into consideration the Lunch and Prize Presentation scheduled to take place on 7th February 2021 will be cancelled.
- 3.** Marshalling. It was felt it would be very difficult to calculate the marshalling duties based on the remaining events. Therefore the 2020 duties will be carried over to 2021, with a suitable adjustment to any clubs that marshal any of the remaining events.
- 4.** All clubs that have paid their 2020 membership fee will have a free year for 2021 and will remain members until the 2022 membership fee is due without any further payment.
- 5.** Because of the restrictions imposed by the Government's Coronavirus Guidelines the Executive Committee has decided, under the powers of ECCA Rule 11, not to hold an Annual General Meeting this year. Annual Reports will be published later.
- 6.** 2021 Programme of Events. A proposed list of events has been prepared and can be seen below. Any volunteers as organizer of any of the events will be most welcome and it is worth mentioning that after many years of promoting events Dave Nock is retiring from organizing at the end of this season meaning that his three events need new organizers.

***Although there are still races to go in the ECCA 2020 calendar you should check the CTT website to see if these events have been cancelled*** subsequent to the publication of this newsletter.

All organizers have been advised that they can cancel the event if they are not prepared to take on the risk or the Headquarters venue is unavailable or there are no timekeepers available. All officials can make their own decision as to whether they wish to be involved in the racing bearing in mind their own vulnerability to the virus and the Committee will fully accept their decision. Current guidelines say that Tandem events and Team Time Trials will not be allowed as social distancing will be impossible to maintain. Any changes to these or any other conditions will be published on our website and you are advised to check it regularly.

EASTERN COUNTIES CYCLING ASSOCIATION

## **EASTERN COUNTIES CYCLING ASSOCIATION 2021 PROPOSED**

### **PROGRAMME OF EVENTS Revised 14th June 2020**

**Sat 20th Mar 10** 14:00 E2/10 Solos and Tandems Fri 2nd April 25 08:00 E91/25 Solos, Tandems and 2-up TTT

**Sat 1st May** Crits 09:00 13:30 13:30 15:30 Redbridge Cycling Centre Under 14 & 16 Youth and Juniors (incl. Junior & Youth Crit. Championships) 2nd, 3rd & 4th cat Women (incl. Women's Crit. Championship) Reg C+ 4th cat only Reg A (2nd, 3rd & 4th cat men) (incl. Men's Crit. Championship)

**Sun 2nd May 25** 08:00 E1/25d Solo, Tandems & 2 up TTT

**Sun 2nd May** various TBC High Easter Village Hall AUK Randonnées (Open) 50km, 100km & 200km

**Sat 15th May 25** 14:00 E2/25 Solos and Tandem Championships Sat 22nd May 50 14:00 E2/50c Solos and Tandem Championships

**Sun 30th May** Road Races TBC TBC HQ: East Hanningfield VH Race: West Hanningfield Circuit Road Race Senior & Junior Championships. National B (1st, 2nd & 3rd cats only) Regional B (preference to 4th cats and Women) (incl. Women's Championship)

**Sun 6th June 10** 08:00 E91/10 Solos and Tandems

**Sun 20 th June 100** 04:45 E2/100c OPEN Solos (80 riders) & ASSOCIATION Solos (10 riders)

**Sat 26th June 10** 14:00 E2/10 Solos and Tandem Championships (incorporating Zac Carr Memorial)

**Sat 17th July 10** 14:00 E91/10 Solos and Tandems Sat 14th Aug 10 14:00 E2/10 ASSOCIATION Solos & Tandems (incorporating Terry Anderson Memorial) OPEN LADIES (preference to members of ECCA Clubs)

**Sun 22nd Aug 12 hr** 05:00 E2/12hr OPEN Solos and Tandems (incorporating National Championships)

**Sat 28th & Sun 29th Aug** Grass Track Mildenhall ECCA Track Championship (incl. in the Mildenhall Cycling Festival)

**Sun 5th Sept 25** 08:00 E9/25 Solos & Tandems

**Sat 11th Sept 10** 14:00 E2/10 Solos and Tandems (Preference to slowest)

**Sat 18th Sept 25** 14:00 E33/25 Solos 3 up TTT & 2 up TTT

**Sun 19th Sept 25** 09:00 B25/8 Solos and Tandems

**Sun 26th Sept 30** 08:00 E1/30 ECCA Championship (incl. in Lea Valley CC 30)

**Sat 16th Oct H/C** 14:00 EH/15 ECCA Hill Climb Championship (incl. in Essex Roads CC event)

**(Apologies for the format I have shown the 2021 list in, but I couldn't copy the original any other way but thought next year's ride calendar was worthy of inclusion as a 'carrot'!**

**Thank you to all my contributors for helping to fill this edition with their articles & chatter - Rog**