



Terrigal Trotters

NEWSLETTER

September 2010

MILESTONES

10 run Trotter
#773
Jason Kirksmith

400 Runs
Craig Riddle

700 Runs
Bruce Renwick

Hi all,

It's a chock a block this month!

With the AGM, Trotter of the year and plenty of articles and results, you can settle into a comfy chair with this whopper edition, a nice cup of tea, or a black zambucca if you prefer and get lost in all that is Trotters.

There a couple of must do's around the corner. This years Relay for life is to be held over weekend 16th and 17th October, commencing at 4.00pm, and finishing at 10.00am on Sunday morning.

And Girakool to Patonga is on Sunday, 24th October. It's a great run and a fab social day. Warmer weather is upon us and you can just about smell optimism (not to mention sweat) in the air, so what are you waiting for? Get out there and get into it!

Cheers

Chris Hatcher

Contributions:

Email: chris@artitude.com.au

You have the right to remain silent.

Anything you say will be misquoted, then used against you.

Website: www.terrignaltrotters.com.au • Email: admin@terrignaltrotters.com.au

PRESIDENT'S REPORT

We have come to the end of another Trotters year. Sadly, it was dominated by the loss of Murray "Muzza" Antony. I still find myself expecting to see him among the milling crowd at Terrigal at 5:50am on a Saturday morning, or to hear about his planned exploits at another Mingara Relay for Life in October. Trotters will never be the same, but we do have some very happy memories.

On the positive side, Trotter membership has continued to grow, as has the Trotter-organised Bay to Bay Fun Run and Great North Walk 100s events. Both have had record entries, done much to promote running and physical fitness in the wider community, and contributed greatly to the financial stability of the Club. The Bay to Bay continues to make a massive, and growing, contribution to local charities.

The success of these events, and the Club generally, owes much to the voluntary efforts of many members and, in particular, the Club Committee, which has sagely guided the Club. As President, I have been very fortunate to enjoy the support and organisational skills of Leon (Vice President), Mark (Secretary) and Roger (Treasurer). They have made my job easy and seamlessly covered for my absence overseas for three months.

I urge all Club members to come along to the Trotter of the Year night on September 4th for a night of fun and celebration, and to the AGM on September 6th to have your say in how the Club is run for the next year.

RUNS FOR THE MONTH

OCTOBER

- 2nd Avoca Amphitheatre
- 9th Erina Bush
- 16th Gerry's Run
- 23rd Kings Avenue
- 30th Brooks Hill 10km Time Trial

Maps for most courses can be found at
www.terrigoaltrotters.com.au/maps_of_running_courses.htm

TROTTER OF THE YEAR NIGHT

We thought that a trivia night would just be a bit of fun, & then it started!! Put a bit of competition into a room of competitive athletes & watch for the fireworks!!

From the outset, Brew Ha Ha & Run Fat Boy Run were the big contenders. The Picture round went to RFBR ,with Blue Suede Nikes not far behind, although we did want to award extra points to Tough Chicks who thought Ian Botham could pass for Dave Byrnes!!! Both music rounds went to Brew Ha Ha with RFBR & Seymour Buts not far behind. 6 teams managed a full house with Maps, & 8 got the top score with Sayings.

Brew Ha Ha gaining full marks with Hey Goodlooking , & finally Patonga on my mind & the Has Beens along with the two top teams scoring maximum points in the Newspaper round!! With only a few points in it, a big win in the final round, Last One Standing, heralded Run Fat Boy Run, as the outright winners.

I'm sure we all would like to congratulate the winners of The Terrigal Trotter awards for 2009-2010

Murray Antony Award
 Most Inspirational Marathon
 Ross English most improved time trial
 Debu Marathon
 Debu Half
 Kingshit Award
 Services to Terrigal Trotters
 Male Athlete
 Female Athlete
 Trotter of the Year

Kevin Dean
 Greg Brown
 Chris Scarlett
 Michael O'Rourke
 Kev Andrews
 Leon Harradine
 Murray Antony
 Suzy Woodbury
 Murray Antony



A lot of us felt a tribute to Muzza was in order, & I was honored to take up the task. The love & respect for this man culminating in the Trotter of the Year Award, which was emotionally

accepted by Pauline, Scott & Alison.

Well done for everyone staying the distance with The Ridler in that revealing outfit!!! (well done darling you did a splendid job)

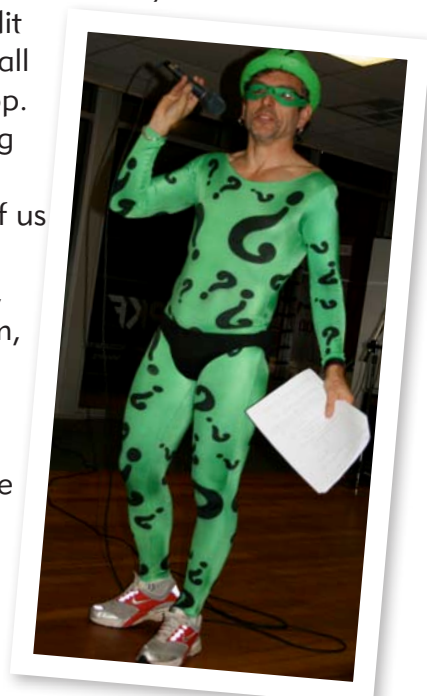
Many thanks to Keith King for comparing the evening, & a huge thankyou to Les Lowe & Kev Andrews for the musical entertainment. You guys did great & plenty of Trotters wanted to boogie on down at the end of the evening, although we did feel lives may be lost Steve!!!

We seem to have been given all the credit for this years trotter of the year night, but all the organisation was down to Mark Dunlop. This man is truly amazing, from organising the Venue & Caterers, to advertising the night, setting up the teams & getting all of us to part with our cash, is no mean feat!!

A big thankyou to Mark A, Kim, Wayne, Nellie & Yondi for help setting up the room, you rock.

You never quite know if an idea for the Trotter of the Year night will be well received, but a complete sell out was more than we had hoped, & we would like to thank the Trotters for their support.

Jo Ridley



TROTTER OF THE YEAR NIGHT



RIDLER'S RESULTS (AUG/SEPT)

You Can Run But You Can't Hide

We start this month with a couple of Trotters spreading their wings and flexing their muscles on the international circuit

Punta del Este Marathon, Uruguay 5th September 2010

Heiko Schaefer

Gun time 4:00:00 (How about that for timing?).

Chip time 3:59:52

Overall place 173rd. Category place 1st (M65+)

If I am right Heiko is attempting to run seven marathons in seven continents and this was number six. Good luck with number seven.

Jungfrau Marathon, Switzerland 11th September 2010

Ian Temblett; 4.21.20. overall place 402nd, category place 70th M45

Ian said this was the toughest race he's ever done which means it must have been one hell of a course. I know for a fact that he has run the Six Foot Track (which is 45kms) in a faster time.

Central Coast 10km and 1 Hour Championships, Mingara, 7th September

A bit closer to home a number of Trotters put in the effort and reaped the benefits. Congratulations to Suzie, Charlie, Marg and Darren for their victories.

It looks like the rumours of Wayne Daley's retirement have no truth in them whatsoever and long may it stay that way, Mick wishes he could run three seconds quicker and Charlie Gabrselsasie continues to run like an Ethiopian (drives like one too since he got his P's)

Special congratulations to Dave and Nellie in their first full/half marathon. Bazza 'the white Kenyan continues to defy the aging process and astound us all. Well done guys.

A heap of great runs, but a special mention goes to Sandy for taking out the 51-60 age group. Look out Ken she's on your heels.

Cooranbong 10km Furn Run 19th September 2010

Pos.	Trotter No.	Name.	Time.	
Female				
6	698	TAMMY SHAFER	00:48:53.3	3rd lady 30-40
14	111	SANDRA HICKSON	01:08:49.5	1st Lady 51-60
Male				
6	130	KEVIN BYRNE	00:37:41.6	2nd 30-40
7	573	DARREN MCCLELLAN	00:38:10.3	3rd 30-40
8	660	CHARLIE BROOKS	00:38:57.6	
11	267	WAYNE DALEY	00:40:32.9	1st 51-60
18	43	KEVIN DEAN	00:42:02.3	1st 61+
21	403	MEL ROBBIE	00:42:38.1	3rd 51-60
23	173	MICHAEL RANDELL	00:43:00.9	
26	576	STEVE GUEST	00:43:15.3	
36		JASON KIRKSMITH	00:46:40.4	
43	27	KEN HICKSON	00:48:31.4	3rd 61+

Sydney Running Festival 19th September 2010

Pos.	Trotter No.	Name.	Time.	
Marathon				
114	734	Michael Miles	03.06.11	11th 40-44 age group
1605	711	Dave Booth	04.06.04	First Marathon
721	766	Adam Kranz	03.38.58	
Half Marathon				
39	90	Barry Willis	01.19.38	3rd 50-54 age group
49	709	Jess Mitchell	01.21.23	6th female
59	716	Brett Isaac	01.21.42	
5756	718	Bionda Heinisch	02.04.55	
5349	747	Kathy Hanisch	02.05.48	
6108	719	Narelle Stylianou	02.09.37	First half marathon
9km				
6	536	Mark Warren	00.27.40	
156	266	Tara Wood	00.35.38	21st lady

RESULTS CONTINUED

September 2010 Flat Time Trial

Pos.	Trotter No.	Name.	Time.	Pos.	Trotter No.	Name.	Time.
1	130	Kevin Byrne	00.37.55	32	515	Barry Bowden	00.49.14
2		Brett Starkey	00.38.03	33	502	Heiko Schaefer	00.49.21
3	723	Matthew Collins	00.38.48	34	702	Steve Coote	00.50.02
4	726	Robbie Wilkinson	00.38.54	35	505	Greg Brown	00.50.04
5	733	Michael O'Rourke	00.39.08	36		Mark Cleary	00.50.11
6	730	Levi Martin	00.39.18	37		Rob Musgrave	00.50.27
7	773	Jason Kirksmith	00.40.10	38		Steve Martin	00.50.48
8	88	Greg Love	00.40.40	39	83	Mike Thorpe	00.51.12
9	745	Gary Field	00.41.17	40	21	Dennis Robertson	00.52.00
10	266	Tara Wood	00.41.36	41	366	Wayne Evans	00.52.17
11	739	Matthew O'Shea	00.41.39	42		Chase Whitfield	00.52.24
12	552	Tom Devlin-Mahony	00.41.56	43	107	Lynne Bromwich	00.52.47
13	483	Graham Ridley	00.42.12	44	16	Peter Nickless	00.53.43
14	690	Tom Robertson	00.42.48	45	226	Janet Moore	00.53.59
15	598	Gary Pickering	00.42.51	46	1	Kev Andrews	00.54.44
16	403	Mel Robbie	00.42.55	47		Melanie Thomas	00.55.04
17	307	Stuart Creswick	00.42.56	48	654	James Moran	00.55.04
18	173	Mike Randall	00.43.40	49	377	Verne Towgood	00.56.12
19	452	Kim Cook	00.44.00	50	27	Ken Hickson	00.56.13
20		Jordan Dennis	00.44.02	51		Steve Dignam	00.56.13
21	568	Colin Barnett	00.44.38	52	762	Karina Strange	00.59.43
22	677	Rod Northy	00.45.32	53	771	Michael Madigan	00.59.53
23	669	Chris Scarlett	00.47.23	54		Ivy Krishnan	01.00.56
24	680	Robbie Soede	00.47.46	55	631	Wayne Doherty	01.01.17
25		Martin Ayres	00.48.04	56	494	Mark Rollins	01.02.12
26		Russell Wright	00.48.05	57	538	Laurie Stopford	01.18.03
27	607	Jeff Dick	00.48.17	58	239	Bill Karskens	01.45.20
28	548	David Hopkins	00.48.30				
29	698	Tammy Shafer	00.48.53				
30	248	Les Lowe	00.48.55				
31		Danny Mayghan	00.49.07				

TELL ME YOUR RESULTS!

Go to 'Tell us your results' on the Trotters website,
 Email grahamjoridley@gmail.com or see me on Saturday morning.
 If I have missed you out or made an error please let me know.

RIDLERS RIGHT RIVITIN' READ

THE TWELVE FOOT TRACK 7TH AUGUST 2010

Despite several attempts at getting a brain transplant it still hasn't come through and I am well and truly stuck on the waiting list. So when I saw the Twelve Foot Track coming up it seemed like a good idea so I said "count me in". This run has appealed to me for a couple of years now, plus it would be a chance to trial a few things in preparation for the Great North Walk in November. So I dived in head first and committed myself.

Training wasn't ideal. I did three marathons in five weeks and not much else, definitely no bush running. I hadn't run for more than four hours since the six foot track in March. However, I have never let minor things like insufficient training stop me in the past, so why start now.

The day arrived and the alarm went off at 3.00am (whoopee) and up we get (I had somehow managed to con Jo into looking after me). Eric had been packed off to Auntie Sharon and Auntie Marie (and I can't say thankyou enough for having him). We set off about 4.00am and pick up Matt (Too Keen) on the way. We eventually arrive at the



explorers tree in plenty of time despite getting lost en route (a journey with the Ridler is never complete without a detour, ask Greg Brown).

So there we are at the tree and it was freezing. Other runners start to arrive one by one, including Kim Cook and Steve Guest. Soon it was 7.00am, a quick photo call and about 25 runners started the journey to Caves House.

The weather was fantastic, very cold, but lots of sun and blue skies. Although following the same course as the six foot track it felt very different. It was nice to take it easy and look around a bit on the way.

The descent to Nellies Glen was wet, but easy. Once down it got really cold, so cold that the water in my hydration pack froze and I couldn't get a drink for about half an hour and I wasn't the only runner to suffer this.

Kim and Steve went on ahead and looked to be running well. I assumed Matt was with them. I wasn't in any hurry, I knew I was in for a long day. We soon get to the road crossing and there's Jo with Cups of Coke and encouragement. She had now taken on the role of mother hen and was looking after everyone. A quick drink a chat and of we go. The runners are mostly in two's and three's at this stage. Soon we get to a bridge. It was a funny looking thing. It looked out of place as if it had just been dumped there. It had a big step up to it and was surrounded by wet slippery mud. I remember thinking it wasn't safe at the time. I found out later from Jo that one of the runners slipped and broke his leg. They had to get a helicopter out to him.

The next piece of excitement was the river. I decided to wimp out and go over the bridge. I wanted to keep my feet dry and let's face it the water would have been freezing. If you ever get the chance give it a try, because it is quite an experience. They don't call it the swing bridge for nothing. It's made of wire, is very high and really moves. I enjoyed it, much better than getting wet and some great views.

Once over we climb and climb and climb. I took it easy, but seemed to get to the top really quickly. I was trying out hiking sticks and they

were great. I felt like I was cheating. The next phase was the Black Range and it also passed easily and I'm soon at the road crossing and have the feeling that I am going downhill at last. Before I know where I am I'm at Caves House and there's Jo looking after everyone. She's transported gear, dropbags and has her own little impromptu checkpoint attending to the needs of us all. I arrived in 6hrs.12mins. I'd planned on 6.00 so that was OK. I thought I should be able to do about 14hrs overall. I had a feed, changed socks, packed the headlamp and at 6hrs. 30mins I set off on that climb. I know a lot of you have done the six foot before. So can you imagine having to turn around and go back up? I nearly didn't, it would have been so easy to say I've had enough. I tried not to dwell at the caves and get out as quick as possible. Kim and Steve were already there and hadn't planned on the return journey. Matt was actually behind me and eventually went back to the road (about 52kms).

The climb was horrid, but once at the top I found that I could still run and was in good spirits. I saw Jo, Kim and Steve in the car as they went past on their way to the road crossing. I get there shortly after and fill up with yet more coke. I continue on, although tired I'm moving steadily and this was now one of the easier parts of the course. I cruise through still feeling OK and get to the top of Pluvi'. Little did I know how horrible this next bit would be. It went on forever just going down and down and then down some more. I hate downhill at the best of times, but this was ridiculous and worse was to come, because the second hill to the river felt twice as long. You get to a point where you can hear the river and think it's over, but it just keeps going. It was also at this point where the calf went 'ping' and I started to struggle to run.

However I did get to the river and the campsite. Time to find the track to the bridge, but it was dark now and the track that was as obvious as the pope at a Jewish wedding in daylight had completely disappeared and had been replaced by several similar tracks. What was a boy to do? I pick one and think as long as the river is on my right I'm OK. No I wasn't; it came to an abrupt end at the river so I go back and choose another, this one went further but started to go away from the river

and I new it wasn't the right one. So I turn round and go back. I spent about 30 mins doing this, which wasn't helping my now very sore calf and I got quite grumpy until I saw a camper by a tent who new the right route (he also told me that if I had kept going on the second track I would have been OK; not what a tired grumpy old man wanted to hear). Once on the right track my spirits lifted and off I went, still running, but getting sorer by the minute. I arrive at the bridge and I have to say that crossing in total darkness was one of the most unnerving experiences I have ever encountered. There was nothing to focus on and it felt like the bridge was going to tip over and I was very glad to get back on terra firma.

From this point on progress became slower and slower, although going up hill was a lot less painful than down. I arrive at the road and there's Jo in the middle of nowhere in the dark. I felt real bad about dragging her out here at that point. I was about 8kms away from the explorer's tree and it was going to take another two hours and three more deviations from the course before I would get back. It has to be said that it is a very different place when it gets dark. At one point the track divided in two, I stood there and had no idea which was right, so I went left and hoped. I came to a small stream and thought I remembered the stepping stones so continued on until I came face to face with a horse. I'm not sure who was most scared by the experience, but I new I was in the wrong place so I went back to the junction went right and saw a signpost about 20 metres after; Murphy's Law it gets me every time.

I think I walked all the last 8km's. It was pretty unpleasant, but I was glad to see the steps, because I new I was almost there. Eventually I get to the top and see Jo after 15hrs 26mins. She was brilliant and I felt bad for taking so long. It is a very long hard day for support crew. She was awesome and I want you all to know.

So in conclusion, it was a great day out, but was probably the unsafest I have ever felt whilst running, because without support anything could have happened. The feeling of being lost in the dark in the Blue Mountains is not one I wish to repeat.

FIVE MINUTES WITH A TROTTER

Trotter Number: #669
Name: Chris Scarlett
Married/Single
Occupation: Scientist

Favourite Run: Kincumber to Killcare through the bush
Favourite Distance: Half marathon
Race PB: 3.48 Kempsey marathon
Your Shoe Brand: Asics
Other Sports: Football

List Your Favourite:

Food: Home made pasta - suckling pig
Music: Depends on mood

Actor: -

Movie: Blues bros

Wine: Penfolds bin 389

Vehicle: Porsche

Travel destination: Anywhere there is a beach



If you were to be marooned on a desert island what THREE things would you take with you?

1. Crate of bin 389
2. A sack full of piglets
3. IPOD full of my favourite movies

If you were allowed a companion, who would it be?

Bear Grylls

If you could change one feature/habit in yourself what is it?

I'd like to be taller - less strides!



GIRRAKOOL TO PATONGA

Sunday, 24 October 2010

24.5km of very tough running.

Meet at the entrance to the Girrakool Picnic Area.
Slower runners to leave at 6.30am and faster runners at 7:00am.

Organise your own car pooling arrangements.

The Run should take between 3 and 4 hours.

Three drink stops will be provided. If you require more, or start before 6:30am, carry your own.

BBQ supplied at finish - free to all members.

All Trotters members and their families welcome.

Contact Paul Davison or any Committee Member for more information.

An article spotted in the Brisbane Water Legacy Magazine

*Below – Staff & Legatee Bay to Bay 2010
Micheal Wright, Heather Wilby, Kevin West,
Kerry Aspinall & Max Davis*

*Above– Jessica Saunders, Jill Wilson, Ruth Condon, Val Butler
& Margaret Clark at "Torchies" thank you luncheon.*

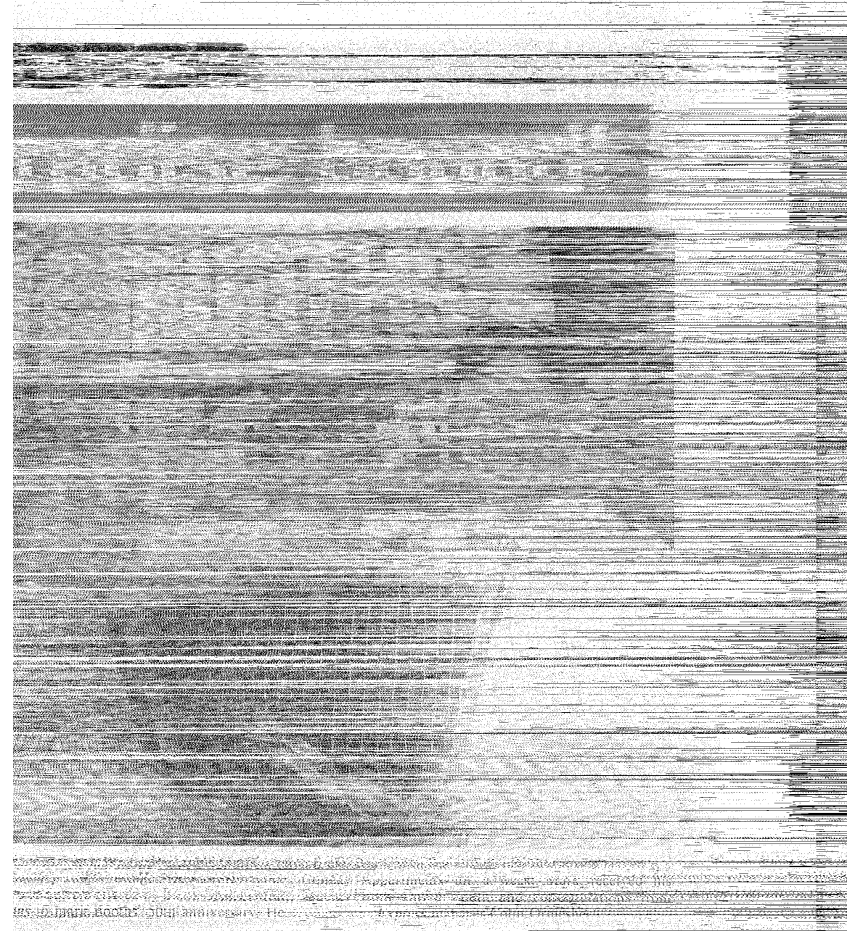


Odd things lob onto the editors desk sometimes...

A young and debonair David Booth presents a young and innocent looking Mark Dunlop with a Booths 50th anniversary prize.

They were to cross paths again many years later at Trotters.

Who would have thunk it??



I've been diagnosed with C.R.S.
Can't Remember Shit

ADHD

Join the ADHD group on a MTB ride from Dungog to Newcastle via Hawks Nest, Monday 8 November 2010 to Thursday 11 November 2010. It will be unsupported so you will need to carry water, a change of clothes and food for during the ride.

Day 1. 11.38am Catch the train from Gosford arriving in Dungog at 2.28pm and stay in your preferred accommodation.

Day 2. Ride from Dungog to Bulahdelah 100 km on as many back roads and fire trails as we can find. Grade: uphill hard, downhill easy. Stay in your preferred accommodation.

Day 3. Ride to Hawks Nest 50 km through Myall National Park, mostly roads and a short single track section. Grade: Easy. Stay in your preferred accommodation.

Day 4. Ride to Tea Gardens and catch the ferry to Nelson Bay, ride to Stockton 50 km. Grade Easy. Catch the ferry to Newcastle and the train back to Gosford.

See Keith King for a more detailed package.

THE RETIRING TYPE...

'There is a sad old Superintendant turning 60 and retiring on the 10th of the 10th 2010. So anyone who would like to come along to Davistown RSL after 3.00pm on the 10th and have a drink with Keith and help him to slide into the world of retirement, seniors and annoying Gwenda are most welcome' Hope to see you there, we'll be outside if the weather is good, otherwise in the main bar area.

Gwenda King.

DAYLIGHT SAVING = MORE RUNNING

Time to check your shoes are up for the workload!!

- Check the sole for wear.
- Look for compression along the midsole.
- Check the "feel" of the shoe *If its "flat" its time to update*
- Figure your mileage 600kms? *Think about starting a new pair for longer runs.*

Ideally you should have at least 2 pairs of shoes, and this will both increase your shoe mileage and decrease your risk of injury. Try rotating a new pair every 6mths. Use the newer ones for longer runs and ease the old ones out with your shorter and faster runs.

NEW Opening HOURS
Mon Tues Thurs and Fri 9.30-5.30
Wed 9.30-7pm Sat 9--3pm



NEW STOCK from Nathan and Camelpak
Water paks - hand bottles - quality waist paks.

Discounted Prices Everyday

Mail order.. Freight Free

 **NIKE** Newtons

Join us for a social run
any Wednesday at 6pm
Groups 45mins 1hr

Camelpak – Garmin – Timex - Endura
2XU / Skins - Body Glide - Yankz & Elastic laces

ASK FOR YOUR TROTTERS LOYALTY CARD when you buy any non special shoe.
You receive ongoing discounts .

140 Wyong Rd Killarney Vale

4333 6064

Join us on facebook

www.coastrunnersshop.com.au
info@coastrunnersshop.com.au

OFFICE BEARERS FOR 2009-2010.

President: Dave Byrnes

Vice-President: Leon Harradine

Secretary: Mark Dunlop

Treasurer: Roger Matthews

Committee: Rob Waite, Gina Stuart, Mark Andrews, Paul Davison, Wayne Doherty

Clothing Officer: Tina Baverstock

Registrar: Leon Harradine

Race Results Co-ordinator: Gina Stuart

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison



Take life with a pinch of salt...
A wedge of lime, and a shot of tequila.

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21 km or other Sunday Trotters meeting for shorter distances (varying each week). Both leave 6am from Terrigal Beach Car Park.

Wednesday Trotters, whose motto is "Dead Flat Well Lit" meet at 5:45am in the Terrigal Beach Car Park every Wednesday morning for an hour's run.

Six at Six is a weekly timed run at 6pm every Wednesday night from the oval (adjacent the school crossing) near Central Coast Leagues Club in Gosford.

Hardcore Bush Runners

President: Flying Foxy Hardcore #3 Associate Member

Associate Member Criteria: Non runner – Bike only

Club HQ and Start Area: On Yowie @ Bensville

Club Emblem: The Waratah. Club Colors: Bush Themes

Present Membership: 8 However 007 is on the skids

Event Dates: Monday and Thursday Arvos

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford and at 6am on Thursday mornings at The Haven in Terrigal (meeting at Terrigal Surf Club car park at 6am) for anybody interested, regardless of standard.

Contact Dave Byrnes on 0428 880 784 for details.

NEW SOUTH WALES RUNNING CALENDAR

Sat 9 Oct - FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS

42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands.

Contact: MAX POWDITCH. email: comfrig @ bigpond.com.

Sun 17 Oct SAN RUN FOR LIFE

Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am.

Location: Sydney Adventist Hospital 185 Fox Valley Road, Wahroonga.

Contact: Rod Sayers. email: funrun@sah.org.au.

Sat-Sun 13-14 Nov GREAT NORTH WALK 100S

The Great North Walk 100s (GNW100s) are two simultaneous trail races, a 100 Mile along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong and the 100 Mile at Patonga. Contact: Dave Byrnes 0428 880784.

email: dave@davebyrnes.com.au.

This calendar information is sourced from the CoolRunning Website.

For more detailed race and other running information visit www.coolrunning.com.au

the last word...

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they go?

It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life.

The penguin is very committed to its family and will mate for life, as well as maintaining a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into and buried.

The male penguins then gather in a circle around the fresh grave and sing:

"freeze a jolly good fellow."

The Terrigal Trotters Newsletter is proudly brought to you by the crack legal team of

*W*HITESMITH *G*ULLIBLE AND *B*INGO

CRIMINAL ATTORNEYS

Specialists in slander, freedom of speech law and get rich quick schemes

COMMIT THE CRIME, BUT DON'T DO THE TIME