



Banyule BUG Newsletter

December
2021

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Our thanks to the Office of Anthony Carbines MP, state member for Ivanhoe, for their support in providing the photocopying facilities for this newsletter.

Merry Christmas to you all and may all of your cycling be safe and personally rewarding.

Since the resumption of our scheduled bike rides, a good number of cyclists have attended the rides. In fact, it has been necessary to split the rides because of the numbers in ride groups. This has not been a problem and the groups have been able to maintain contact during the ride.

It is often said that the best disinfectants are fresh air and sunshine. We are getting both on our rides of late. Long may it continue.

I am sure you have all been following the progress of the “Nörth East Link” with great interest. In case you have missed it, artist impressions of what we can expect have been released and if realised, will be welcomed. Below are a few of the images. The full article can be found here. [North East Link Program](#)



M80 Interchange



Macorna St Bridge

Ride Report - Hartwell and beyond

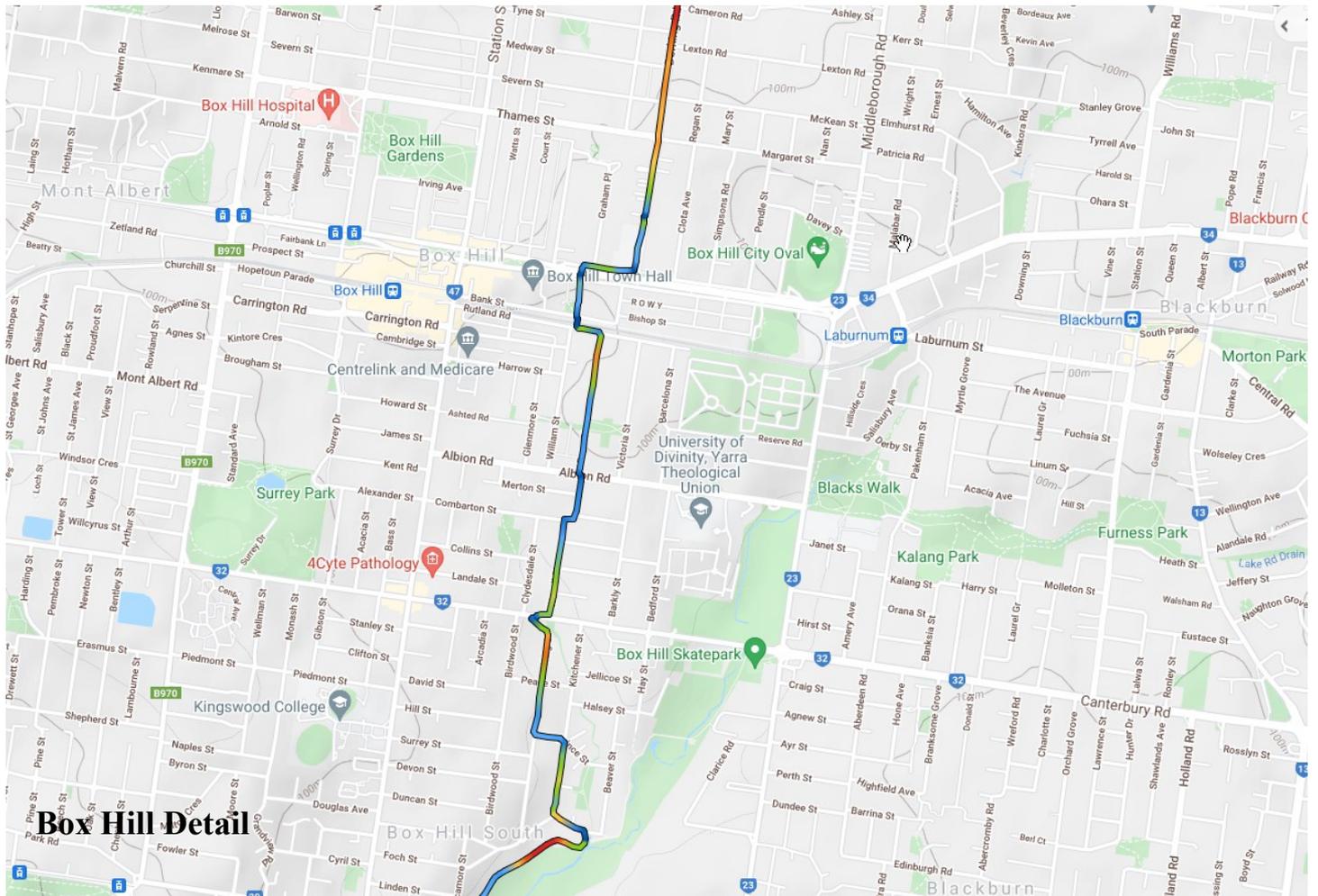
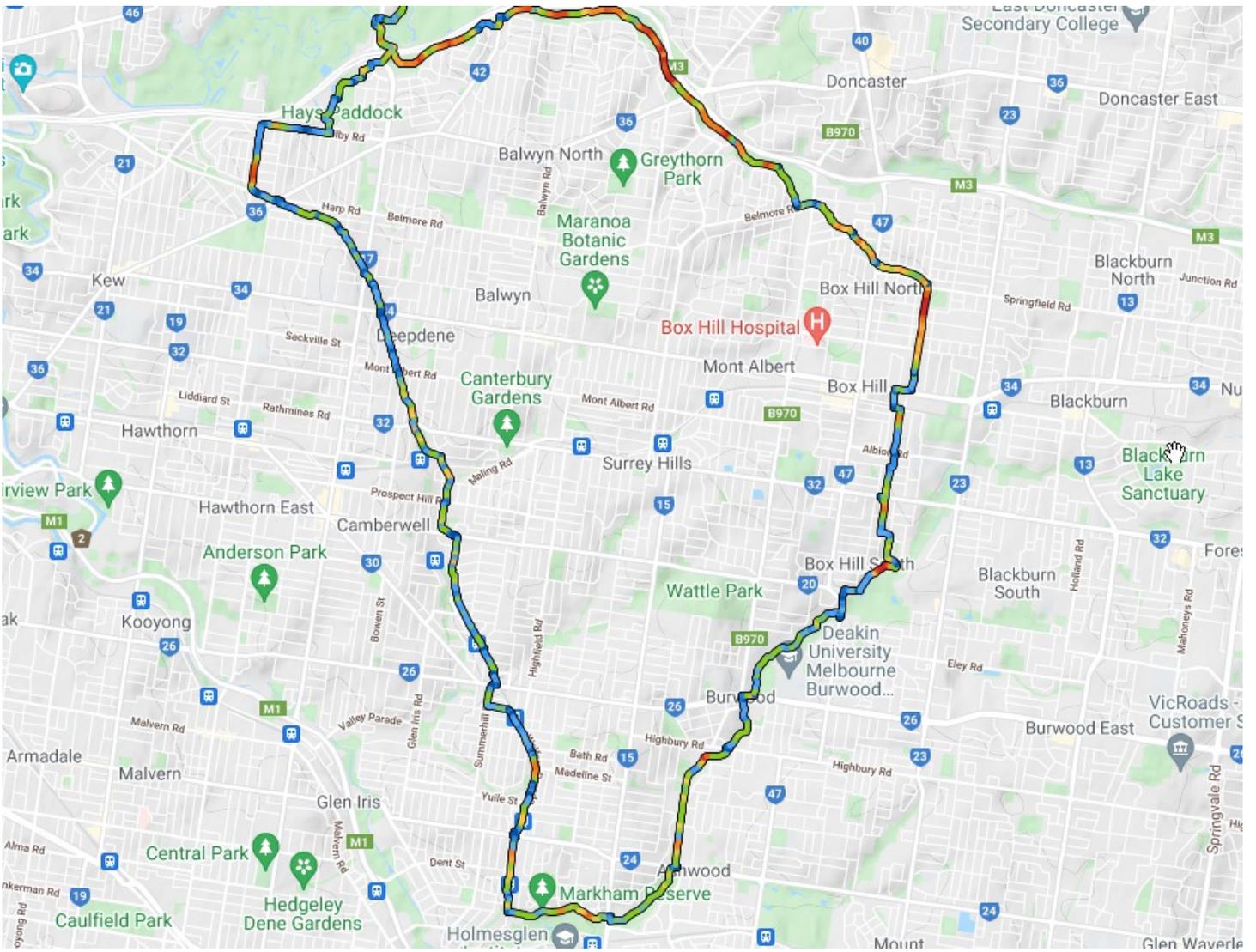
Peter Gurney lead the “Latte Group” on a very interesting ride that took us along the Anniversary Trail then along Gardners Creek Trail to Box Hill then home along the Koonung.

This is always a satisfying cycle of some 40k in length and mainly on trails that are in excellent condition.

On this particular ride, Peter detoured onto a previously new route (to us) from Gardners Creek to Box Hill. This route had gentle gradients and was on mainly quiet back streets. (See detail below).

It is just great to be able to, once again, travel further afield than our limited rides.

We had our refreshments at Hartwell shopping strip.



The Climate Games

With climate change splashed all over the media, you might be interested in this cyclist's approach to wind turbines. Not a stunt we recommend and not for the faint of heart. Click on the image to follow the link.



Peregrine Falcons

Nothing to do with cycling, except that you may have cycled by 367 Collins St at some stage of your cycling life. Perched high above you as you cycle by, are a family of Peregrine Falcons that help keep the CBD's pigeon population down. This year the parents have had four young ones that are fit and healthy. It is just amazing that this natural wild life can be found in the centre of a city. The image left will take you to a live link of the birds. (Only three in this picture). **May not be online in December.*



MTB for people with a disability

This is a fantastic story about the development of MTB trails for people with a disability. Riding four wheel recumbent – hand powered – some with electric assist, these riders are able to take part in challenging MTB trails. This is a fantastic development and is to be applauded. (Click image for full story)



Kelvin's 94th Birthday Ride

On Tuesday 9th November a peloton of Latte Group riders undertook the relatively short ride to Churchill Café in Mont Albert to celebrate the 94th birthday of staunch Banyule BUG member and Latte Group rider Kelvin C. Kelvin rode his now preferred electric bike.

Twenty two riders peddled to Mont Albert, and a further three travelled by car, to have coffee and cake with Kelvin and to sincerely wish him 'many happy returns'.

Kelvin regaled the gathering with the tale of his birthday week. Here are a few recalled snippets:

'I had some time away with my daughter and her husband and we rode over 300 kilometres in north central Victoria.'

'The storm blew down a large tree in my front yard, so I cut it up and put it through a wood chipper.'

'There was a lot of water flowing from my neighbour's property due to a leaking pipe so I dug a trench across my front yard to stop the water going under my house.'

'It was a fairly busy week really.'



Note the awe and amusement on the faces of Kelvin's fan club.



Pete the Prez congratulates the Birthday Boy.

Yarra BUG on 3CR

Banyule BUG members,

I thought I would remind you that Yarra BUG is back doing regular broadcasts on community radio station 3CR.

A range of bike related subjects are discussed by the presenters and guests.

The presenters are bike riders that use bikes constantly.

I am not aware of any other Australian programs that offer bicycle focused information in this format.



<https://www.3cr.org.au/yarrabug/episode-202111081000/carlton-reid-no-bicycling-walking-pt-cop26>

The link takes you to the latest podcast as well as providing access to some previous podcasts.

On air Monday 10am to 10.30am if you want to listen live.

I find the program interesting and I am sure some of you will also find it worth a listen.

Regards,

Maurie - Secretary - Banyule BUG Inc.

[E-Bikes in WA](#)

This is an interesting story from the ABC about the rise in popularity of “E – Commuting” since the pandemic hit and changed our lives forever. It seems that our friends across the 'sandy divide' have discovered that bikes are a great way of moving around a city.



Bicycling in Footscray Park C.1911 with the Flemington Racecourse in the background. (Source Friends of Footscray Park FB)

This is a really interesting picture. I am guessing that the bridge is the Farsworth Ave bridge – but I might be incorrect about that? Lots of open space.



And while we are on the subject of things historic. Here is a terrific photograph of an historic trestle bridge in Eltham (we have all ridden under often) and an historic (and much loved) 'Red Rattler'. How often we have ridden in those trains. It is just great to see these two local icons together. This is a recent photograph and thanks go to Ross Grenfell for allowing us to use the photograph here.

While you are cycling around the many wonderful trails in our area, you might like to keep a lookout for tawny frogmouths. David Attenborough would like to know where you saw them. For details about this project and other interesting items, go to [“Monty Matters”](#) for details.



From Bicycle Network

18 NOVEMBER 2021

[Midlife fitness leads to healthy later life](#)

Making sure your heart and lungs get a good workout in midlife adds lengths and quality to your life, a recent study shows.

A long-term study of almost 3000 people indicated that cardio-respiratory fitness (CRF) in the middle years was associated with lower burdens of subclinical atherosclerosis and vascular stiffness, and with a lower risk of hypertension, diabetes, chronic kidney disease, cardiovascular disease (CVD), and mortality.

That's a long list of problems we can avoid simply by getting on a bike on a regular basis.

The study participants, part of the major Framingham Study in the US, were followed up an average of fifteen years after the earlier assessment.

While many studies have now established the relationship between physical activity and heart health, this work suggests the benefits of exercise extend to a wide range of cardio metabolic diseases.

This study also used a new method that estimates fitness with an algorithm using readily available clinical information, such as age, sex, waist circumference, resting heart rate, and physical activity. Studies have demonstrated that the prognostic ability of this approach for CVD risk and mortality is comparable to the use of traditional fitness testing.

The study observed that individuals with high CRF have a 42% to 65% lower risk of developing hypertension over 5 to 9 years of follow-up compared with those with low CRF.

High CRF in middle-aged adults has also been associated with a 39% to 67% lower risk of developing diabetes during 5 to 17 years of follow-up.

Furthermore, studies demonstrate that highly fit individuals have a 27% to 58% lower risk of chronic kidney disease compared with their less fit counterparts.

The study team, from Boston University, also observed a lower risk of all-cause mortality in the most fit individuals compared with less fit participants.

The authors concluded that the study highlight the importance of adopting a healthy lifestyle, including regular physical activity during midlife.

This article was made possible by the support of Bicycle Network's members who enable us to make bike riding better in Australia.

8 NOVEMBER 2021

[NZ shows lower speeds save lives](#)

A long-term evaluation of lower speed limits in the Auckland region of New Zealand has found that both fatalities and injuries have declined on the slower roads.

On roads where there are no speed reductions deaths have continued to rise.

The Auckland region introduced lower speed limits on 700km of selected urban and rural roads in the middle of last year. It is monitoring the impacts of the speed limit changes after one year, two years and five years.

After one year it compared the casualties on those roads with the average of the previous five years on the same roads.

Roads where speed limits were changed on 30 June 2020 have experienced a 67 per cent reduction in deaths, and a 19 per cent reduction in injury crashes resulting in injury. Rural roads where speeds were changed have seen a 78 per cent reduction in deaths and a small reduction in serious injuries.

About 10 per cent of the Auckland Transport's roads have seen a speed reduction. Another 462 roads near 57 schools around the region, and 208 rural roads are set to have their speeds reduced in the next phase of the program.

Initial results for key rural roads show that there has been good compliance with the new limits and

average travel speed reductions are between 3 km/h and 7km/h. Results also show that travel times have not been significantly impacted. On a nine-minute journey there has been an approximate increase of between 20 to 50 seconds.

In the urban town centres speed limit changes were complemented by physical speed calming measures, such as speed tables and raised pedestrian crossings, to stop vehicles speeding and to making the streets a safer place for walking, cycling, children, the elderly, and the differently abled. Surveys show that locals feel the changes have made the streets safer. Overall, the speed calming measures have had the biggest impact on how often people are walking in their local area. Overall, 19% of respondents state they are now participating in at least one active mode activity more often since implementation.

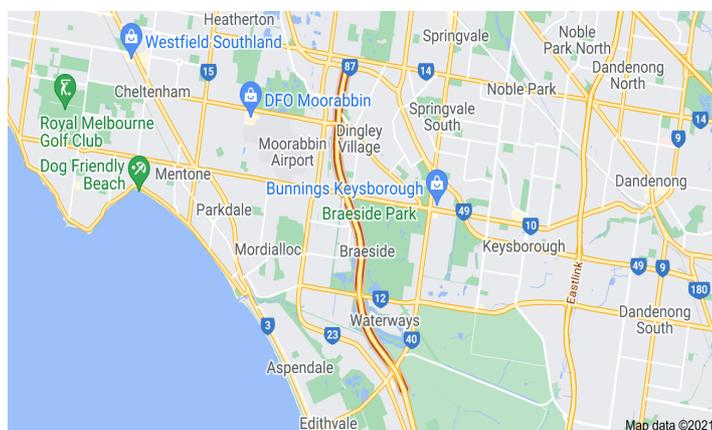
Where residential streets also relied on traffic calming as well as lower speed limits, surveys indicated that 79% of respondents felt that the speed humps and speed tables have made the area safer overall, including 56% saying it is much safer than before.

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[Mordialloc Freeway](#)

This major development that connects Dingly Bypass (Dingley Village) with Mornington Peninsula is now open. The exciting news for us cyclists is that it has a bike trail running alongside it to Springvale Rd

This open up the possibility of cycling from the Djerring Rail Trail to Mordialloc. This would involve some road riding, but it could be worked out. Something for us to think about.



If you are like me, you will have often complained about the condition of our shared trails. I am always writing letters to various people about the Main Yarra Trail from Bonds Rd. However, things can be worse. Take a good look at the following picture. I think it was from a touring group in South America – not sure exactly where. But, by comparison, our trails stand up fairly well.

And more about trails. The new section of the Darebin Creek trail is now complete and is excellent to ride on. Here is a short clip of a few Banyule BUG members powering along the new section. Most of the Darebin Creek trail is now first class and a pleasure to ride from its upper reaches to the Yarra River.

[Darebin Creek](#)

Items for your diary

A recent committee meeting agreed the dates for Banyule BUG meeting and social events for 2022.

They are as follows:

Club General Meeting - Tues 12th April 2022

Club Annual General Meeting - Tues 16th Aug 2022

Committee Meeting - Tues 4th Oct 2022

Annual BUG Swarm Dinner - Tues 25th Oct 2022

BBUG Christmas picnic - Tues 6th Dec 2022

There will also be four informal dinner nights held at Godfather's restaurant in Briar Hill.

Dates are Tuesdays: 8th March, 10th May, 12th July, 13th September.

Further details on venues/zoom, times etc will be advised closer to the date of each event.

Peter Gurney

President Banyule BUG

Banyule BUG members,

Some info via the Banyule Council.

Along with these carpark changes it appears that bike parking will be improved at Hurstbridge, Montmorency and Greensborough stations.

There is also a link to a survey re railway station parking (cars & bikes).

An opportunity to provide input if you want to have a say on this matter.

Maurie Abbott

Secretary Banyule BUG Inc.

----- Forwarded message -----

From: Alison Wood <alison.wood@banyule.vic.gov.au>

To: Banyule BUG <banyulebug@yahoo.com.au>

Sent: Friday, 3 December 2021, 03:58:45 pm AEDT

Subject: Engage Vic - Commuter Insights Survey

Hi Maurie

Hope you and the BUG are well.

Just forwarding a link to a new Vic govt engagement for the Carpark for Commuters program. Asks some in-depth questions about potential future train use and expectations around bike parking at railway stations.

<https://engage.vic.gov.au/carparks>



[Car Parks for Commuters - engage.vic.gov.au](https://engage.vic.gov.au/carparks)

Overview. The Victorian Government's Car Parks for Commuters program is helping to deliver 11,000 new and upgraded car parks at railway stations across the state.. The program will also deliver benefits for cyclists and pedestrians, to free up local streets and make it easier for everyone to catch the train.

engage.vic.gov.au

Cheers, Alison

Alison Wood

Safe & Sustainable Transport Officer

Banyule City Council

T (03) 9457 9901 www.banyule.vic.gov.au | [Facebook](#) | [Twitter](#)



Wheely interesting

An occasional series introducing you to a Banyule BUG member



Meet Fred

Who rides with the Latte Group

1. First bike and your memory of early bike riding?

Growing up in Austria I learnt to ride on my father's bike, put a leg through the frame, tilted the bike over, balanced it and off I was riding. A fantastic experience and good fun.

My first bike was a new full size men's bike, a Steyr Puch Waffenad army bike. It had rear hub brake and front mechanical brakes, all steel and heavy. What a machine for little Fred!



2. Current (or favourite) bike?

I ride an Avanti Explorer 3 bike and I have a dozen or so different bikes. You can't have enough bikes!

3. Favourite ride?

My favourite rides are along the beach.

4. Favourite café on a ride?

My favourite cafés on rides are Petty's Orchard and Bean Counter. (Fred has also introduced many of us to the wonderful Dench café and bakery in Scotchmer St, Fitzroy North – definitely worth a ride and sampling their fares!)

5. Finish this sentence 'Banyule BUG are good people, good fun.'

What are some of your other interests?

I like to build and fabricate all sorts of things including restoring cars, building push bikes, furniture etc.

I liked bike touring in my younger years. I bought a second hand Puch Bergmeister road bike with Campagnolo derailleurs. It was a good bike, OK for the time. For a Grand Tour to Italy a dozen friends trained, riding around Lake Attersee, approximately 50km, and drinking Vino Rossi afterwards in excess. At departure time there was just Siggie and myself, on sick leave with a hand in a splint, who needs two brakes?



From home we rode through country Salzburg and through the Gasteiner Valley with a gale of a headwind. Siggie was cooked. We caught the train through the Tauern Tunnel which crosses the Alps to Bockstein. From there the road drops down to Mallniz. It was very steep and wet and good fun at speed, lifting our spirits. Egging Siggie on we made it to Lienz. On to Cortina D' Ampezzo on a very good road with built up corners, going real fast, but slowing a problem! Half the spokes were broken so a new rear wheel was required and on to Venice and Triest. A storm was coming and we were going real fast, we clipped wheels

and I ended up in a thornbush. On to Udine we drafted behind an army truck chatting, crashing, lovely! We had a crazy idea to make a detour through Yugoslavia over a hill? and back to Tarvisio. We struggled getting up the hill but so much fun flying downhill. There were tunnels, luckily with light shafts at intervals so we could see, lucky us! We rode back through Karnten, Steiermark, Upper Austria and home. We had a fantastic time and this is still my favourite ride.

I liked running have done it for years and when I was unable to do it, broken down, I started kayaking and bike riding and I joined Audax Club.

A close second was with the Audax Club of Australia and The Super Randonneurs Series from 1989. It consisted of a 200km, 300km, 400km, 600km and 1,000km rides in the same year. I have also done the Opperman All Day Trial a couple of times. In the early days we looked out for each other and made very good friends.



Sorry Greg. Top of the range Carbon fibre bikes with carbon wheels are difficult to come by this year.

Merry Christmas to you all. Ride safely and have many great adventures on a bike. Record your activities and contribute them to our newsletter in 2022.

Contribute your articles through allang@bigpond.net.au