



Banyule BUG Newsletter

October
2021

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

These are “difficult” times for us all. Not being able to meet up for our regular rides has eroded some of the things we hold dear. However, within Covid limits, we are still able to ride. Thanks to Trevor for the following inspirational verse.



'When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking'

Arthur Conan Doyle, Scientific American Magazine - 1896



To all of you trying to understand the “Roadmap” out of our current predicament and find yourself reaching for an old Melway, here is (in part) an explanation from John that explains it all. Enjoy your cycling. *The following is subject to changing advice and needs to be read with the latest Government advice on the subject.*

“There's a short answer below, plus a longer version for those who want to enjoy the full head-banging experience.

All information is based on the official government roadmap which masochists can [download here](#). There are six PDF versions of the roadmap at the foot of that webpage. All have the same information in different packages. We chose the fourth in the list, “210919-Roadmap-Metro.pdf”. Good luck!

THE SHORT ANSWER: “on or near 26th October”

This is the date at which Victoria is forecast to reach a significant milestone - 70% of adults (16+ yrs) **fully vaccinated**. On p.5 under the heading, “*Physical recreation and community sport*” it states that up to 50 people can take part. All must be **fully vaccinated** and exercising outside.

Another useful nugget of information is on p.10 in the Hospitality section. Under “*Food & drink facility*”, up to 50 **fully vaccinated** people can be served, outdoors only, seated and socially spaced.

A LONGER ANSWER

A summary of the various stages of the roadmap, especially relating to bike exercise, follows below. The key emphasis throughout is the need to be **fully vaccinated**. Don't hold back - become a double-doser asap! Every date given is only indicative: everything depends on the State's vaccination rate.

until 25 September, or thereabouts

- Exercise within 10 km radius from your home, max four hours
- Exercise with one other person, plus dependants
- Wear/carry a mask
- Social interaction (as opposed to exercise) permitted outdoors; up to five persons from a max two h'holds; within the 4-hour exercise period
- Curfew 9 pm to 5 am.

c.26 September (80% of adults 16+ have had a single dose)

- Exercise within 15 km radius from home
- Five riders from a max. of two households, if everyone 18+ is **fully vaccinated**
- Wear/carry a mask
- Drinks and snacks take-away only
- Curfew 9 pm to 5 am

c.05 October (Returning students to classrooms)

- Detailed list of return to school dates
- No other changes

c.26 October (70% of 16+ fully vaccinated)

- No restrictions on reasons to leave home; curfew lifted.
- Exercise within 25 km radius from home
- Wear/carry a mask
- Recreation cap of 50 **fully vaccinated** people; outdoor only
- Drinks and snacks takeaway **or** seated outdoor with cap of 50 **fully vaccinated** patrons, socially isolating (4 sq.m/person)

c.05 November (80% of 16+ fully vaccinated)

- Travel anywhere within Victoria
- Wear mask indoors, apart from home
- Recreation cap of 500 **fully vaccinated**, outdoors (indoors permitted too, with limits)
- Drinks and snacks takeaway **or** seated indoor with cap of 25 for small venues **or** outdoor cap of 500, both for **fully vaccinated** patrons only.

The plan is likely to be modified if cases of infection increase much faster than forecast. We'll contact everyone again as the situation progresses. And if you believe we've misinterpreted the plan, please get in touch.

Cheers,

Peter G, John Pi, Maurie A, John Pe
The Gang of Four “

For Sale

Elizabeth Thompson is, most reluctantly, selling her E-Bike. Until recently, Elizabeth was using this bike on our regular "Latte Group" rides. It is near new and in excellent condition.

Hi Allan, as advised, specifications for my Merida.

e-bike for sale: Merida eSpresso City 300 EQ W. 2 years old, as new, minimal use, matt black, easy step through, Shimano brakes, gears, battery etc.

Priced to sell \$2,700. Contact Elizabeth: 0426 439 859



..... and thanks to Sue G, we continue our expose of "Banyule BUG Personalities.

Wheely interesting

An occasional series introducing you to a Banyule BUG member

Meet Laurie

Recovering from knee replacement surgery, cycling was recommended, after many solo rides and passing numerous group riders on our wonderful cycle paths, it was time to join a club.



Lucky me Banyule Bugs took me in, it was September 2019.

As a 14-year-old I have fond memories of my first bike. I picked up this bargain second hand drag star, that needed a full rebuild. I dismantled & serviced it, then modified it to suit my vision. Sunday trash and treasure market was my bargain centre. I installed, 28-inch racer forks, low rise Marlin handlebars, comfortable standard seat, matching new wide tyres front and rear, sprayed it matt black. I rode it everywhere, and was proud hanging it up in the school bike shed. Now days you would call it a BMX. I often wonder who started the trend.

Once I got my car & motor bike licences, push bikes were the last thing on my mind. Far too busy with other hobbies: cars, motorcycles, shooting, camping, snow skiing, boating, water skiing, fishing, four-wheel driving. Anything with speed, challenge & adrenaline rush, took my interest. I had this motto: man, machine, hill, conquer. Family and work end up the most important part of my life, with less time for hobbies, even if it meant some interests needed to be dropped off.

Now days a regular 80km plus ride with 1000Vm gives me so much positive energy to enjoy the beautiful things life has to offer at a slower pace. About a month ago my new plus one arrived, 12 speed BMC Road machine, it feels like this bike is tailor made for me, comfortable, smooth handling & fast. Jokes were spreading, what are you going to call it? "Wildfire" suits her to a tee.

I must admit my favourite ride would have to be Petty's Orchard Thursday social ride. Casual pace great coffee, with wide variety of sweets. Couple of the guys have now added an optional challenge return route.

Banyule Bug cycling gang, has become part of my life. Great bunch of like-minded people, wanting to live a healthier lifestyle. Keep spinning.

Cheers Laurie Barresi



PHOTO 1; Cadel Evans peoples ride, February 2020.

Pole position; Jack Mitchell.

Fighting for podium; Yours truly.

Positive reinforcement man, spinning at 30%; Jacques Chaperon.

Legendary sweeper; Sir John Perkins.



PHOTO 2; Buninyong Gran Fondo February 2021

Captain; Bob West.

Ironman; Randell Dehnert.

Sir; John Perkins.

Along for the ride; Yours truly.

Team Machine; Jack Mitchell

Superman; Jacques Chaperon



This is an interesting video sent in by Peter G about the innovative joining of a pram and bike. By the look of the clothing etc. it goes back a few years. Click the image for video.

Upfield Line Trail

One of the rides that has been well and truly beyond our 5/10k radius limit is the new Upfield Sky Rail trail through Moreland & Coburg et. It is now finished and Cycling friends from other clubs are generally glowing in there praise of how well it has turned out. So, in the absence of being able to ride it, here are a few images of the trail.



I'm not quite sure where each picture is taken, but they give an idea of how the trail looks. Pity about the tags on the brand new wall.

Hopefully we will be riding it soon.

Group Cycling and the Covid 19 Vaccination Issue

By Peter Gurney, President Banyule BUG

Cycling with Banyule BUG is a group social bike riding activity. Our club of more than ninety members consists of women and men almost all of whom are in their sixties, seventies and eighties. We even have one active rider in his nineties. At a guess the average age is probably in the early seventies.

While some have ongoing health issues we could generally describe our members as fairly fit, health-conscious people who enjoy getting out and exercising together a couple of times each week in groups of ten to twenty five. We spend considerable time together: some rides are of a few hours duration; others take five or six hours, a few are even longer and might involve rail travel as well as the bike ride.

Not only do we cycle as a group but we also eat and drink together on rides and we socialise together on various occasions throughout the year.

Our club activities are rather wonderful, successful and good healthy fun.

I expect that the great majority of members are, or soon will, be fully vaccinated against Covid 19, and the suggestions below might apply to few if any. Banyule BUG is not about to mandate members be vaccinated. In fact, we have not discussed this issue within the Executive or the Committee, let alone within the full membership. However, as President I wish to remind all members that:

- our membership is of an age more vulnerable to Covid 19 infection
- some members have health issues that make them even more susceptible to Covid 19 infection and long term detrimental effects
- while we generally exercise together in the open air we also do gather together in various situations indoors
- while for the most part we can maintain physical distancing we do assist each other with bike problems or if physically injured and this brings us into closer physical contact
- cafes, pubs, restaurants may restrict service to only vaccinated patrons.

So that we may all enjoy the physical and social benefits of group cycling when it is once again permitted (early November hopefully), I urge members who may not yet be vaccinated to please consider doing so very soon. If you cannot be vaccinated please be conscious of the need to protect others as well as yourself.

Aerosol infection is the main risk. Therefore, if unvaccinated and cycling with the group please consider wearing a mask and riding at the rear to reduce the risk of infection to others. When stopped please maintain physical distancing.

Thank you to all the contributors to this edition. If you are thinking of making a contribution to the next edition, send your copy to allang@bigpond.nt.au

Hopefully, by the time our next edition comes around, we will all have begun our group ride (according to Covid 19 rules) and will have many stories to contribute about our cycling excursions.

Until that time, safe and happy cycling.