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"When the birds stop swooping the snakes start crawling." We all see them on our bike rides, but what would you do if you were bitten?

The following is printed here for information and is not provided to replace your own medical advice.

Eco Explorers Australia

IMPORTANT #Snake Bite INFORMATION!



That bite of summer has well and truly come early this year and with that heat, comes snakes.

This article was written by Rob Timmings

Rob runs a medical/nursing education business Teaching nurses, doctors and paramedics. It's well worth the read

#ECT4Health

3000 bites are reported annually.

300-500 hospitalisations

2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Let's start with a Basic overview.

There are five genus of snakes that will harm us (seriously) Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood).

This venom can not be absorbed into the blood stream from the bite site. It travels in a fluid transport system in your body called the lymphatic system (not the blood stream).

Now this fluid (lymph) is moved differently to blood.

Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc.

Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site. When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten. Stay still!!! Venom can't move if the victim doesn't move. Stay still!! Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique:

Three steps: keep them still

Step 1

Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2:

Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3:

Splint the limb so the patient can't walk or bend the limb.

Do nots:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used. BUT NOW... we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still.

~Rob Timmings

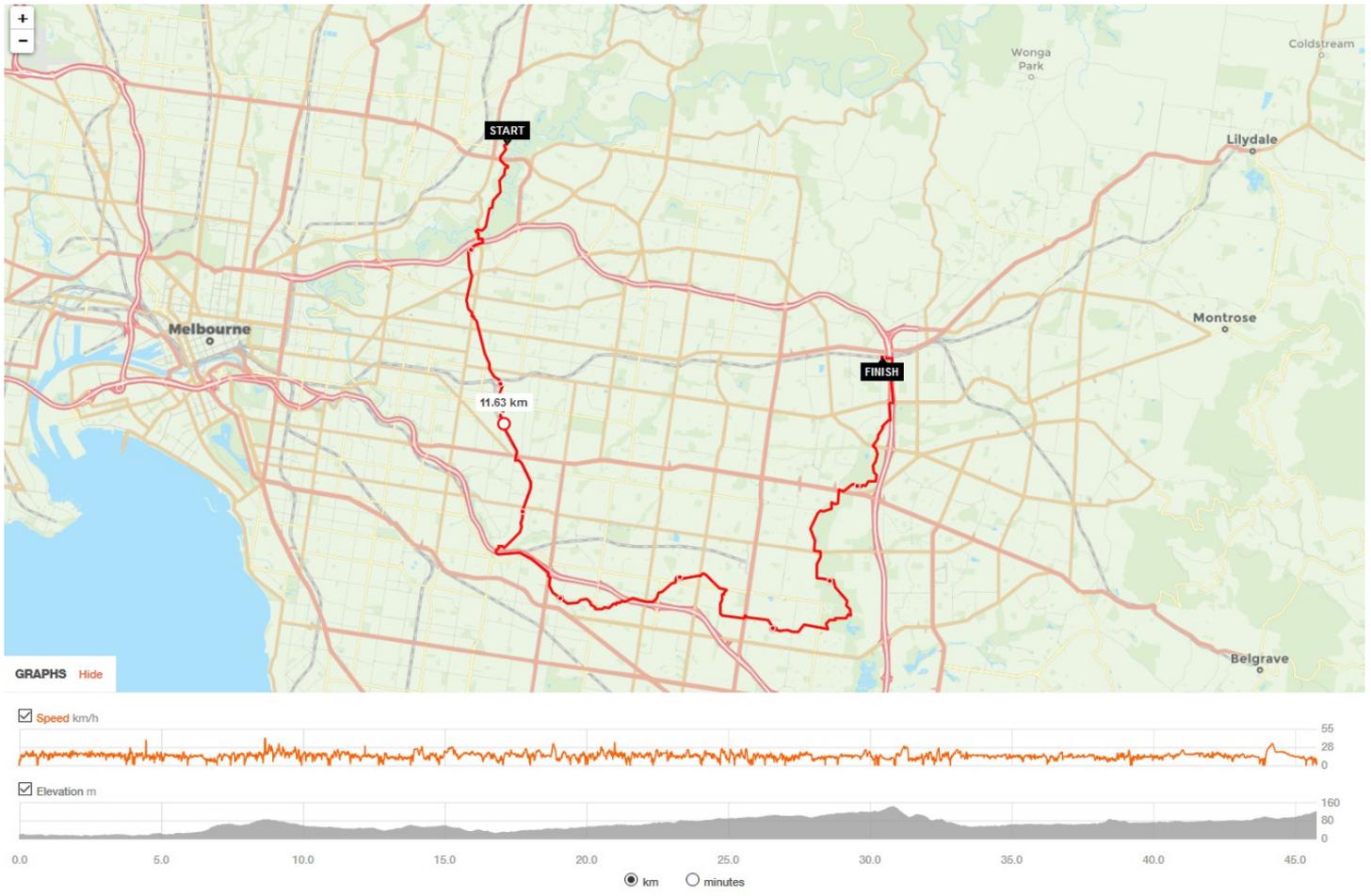
Thanks to Kingston/Robe Health Advisory Council Inc for sharing.



BUG Ride Report

Our BUG Latte group quite recently had a lovely ride that took us along the Anniversary Trail, Scotchman's Creek, over the hill via White's Lane to Jells Park where we had lunch. The ride home was along Dandenong Creek (not Eastlink) to Heatherdale Station where a train took us to Laburnum Station. From here we cycled down Dorkin St to the Koonung and back to Warringal Park.

This was an excellent day's cycling nearly all on shared trails. The only road riding was from Scotchman's Creek to Jells Park – some 5k. The highlight of the day, apart from food, was the ride along Scotchman's Creek. This is a well formed trail that encompasses a variety of wide open spaces to brooding, dark bushland. Scotchman's Creek rises steadily for its full length all the way to Jells Park. However, the only real uphill is the road section to White's Lane – even this is very manageable.



If you are looking for a day's circuit ride that takes in a variety of landscape, all on trails, then this is the ride for you.

Here is a link to a short video taken of the day of Scotchman's Creek to wet your cycling appetite.

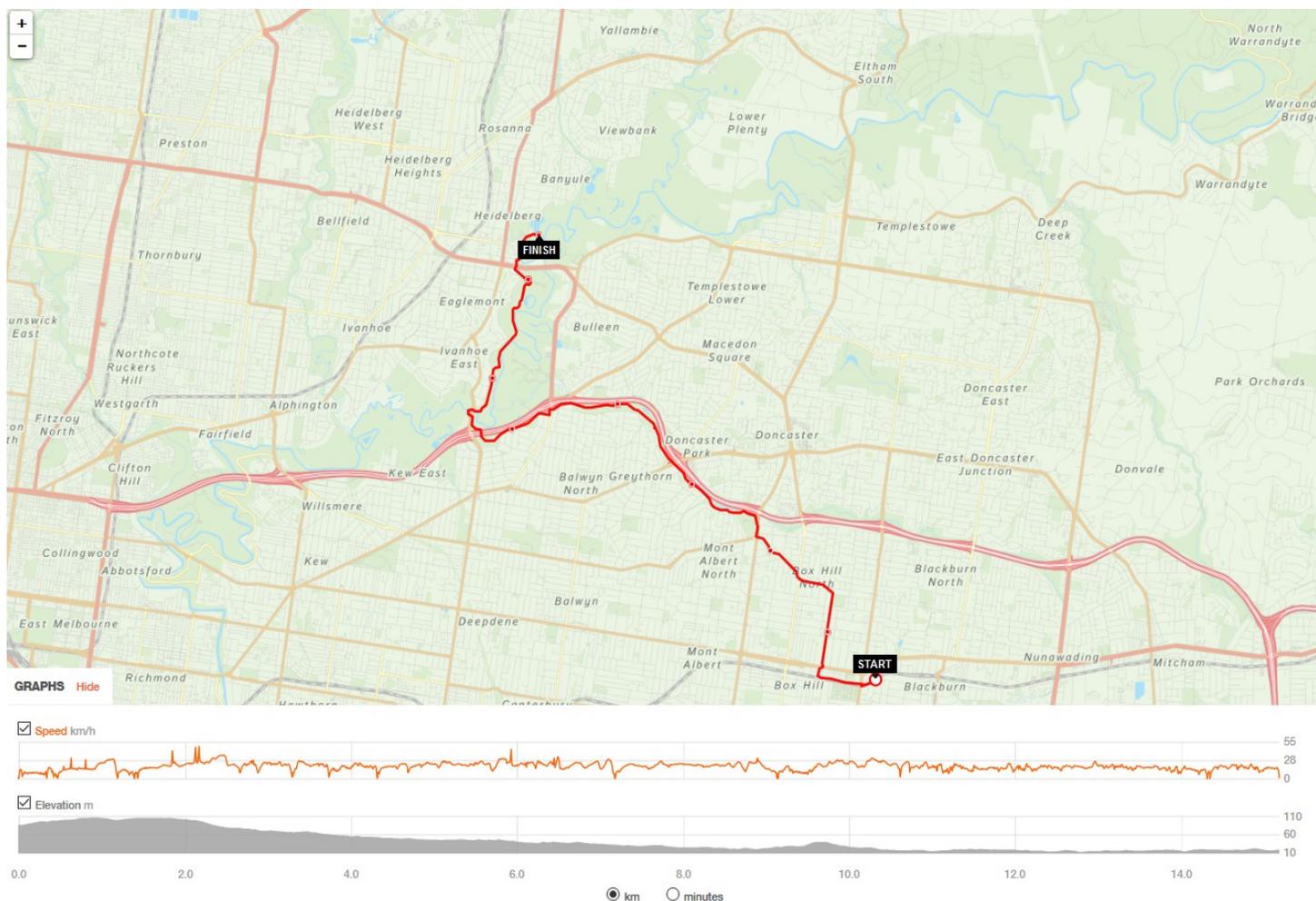
<https://www.youtube.com/watch?v=-DjSe8gLtJw&t=51s>

Jells Park (potted history)

Jells Park is named after one of the earliest settlers Joseph Jell who grazed cattle in the mid to late 1800s. The park has an interesting history and was utilised as a piggery in the late 1930s to the 1960s and even a storage area for the American Army during the Second World War.

The area was originally the homelands of the Woiworrung (Wurundjeri) and Boonerwung Aboriginal tribes who lived on the land for over 30,000 years prior to European settlement.

Jells Park was officially opened in April 1976 and is now one of the most popular parks in Melbourne catering for over 1,000,000 visitors each year.



Interesting Links

[New bike inventions that are at another level.](#)

[We all love free car parking — but who's really paying for it?](#)

[British man sets new cycling speed record of more than 174mph](#)

[How a titanium bike is made – Moot Factory](#)

From Austroads

[3.43 million Australians ride bikes for transport or recreation each week](#) A really interesting read about bike use in Australia.

From the world of folding bikes

<https://www.youtube.com/watch?v=Y5xTjYmW1Eg>

https://www.youtube.com/watch?v=8xo_F691Znc

[What is the best folding bike on the market?](#)

[Jupiter Folding Electric Bike](#)

From the 'Northern Leader'.

As easy as riding a bike

Electric invention could be the answer to every commuter's dream

It's being touted as Australia's lightest foldable electric bike, which conveniently fits into a backpack.

Jupiter Bike, designed by Tullamarine-based friends Ryan Jenkins and Daniel Pearson, was launched after the pair discovered the prototype while on a trip to Miami last year.

The rechargeable bike takes 90 minutes to charge, has a powerful motor and light alloy frame, and reaches speeds of up to 20km/h, but is limited to 10km/h to meet Australian laws. It also charges via an app, weighs less than 10kg and can be packed down into a backpack in less than one minute.

Mr Jenkins said the demand for a lightweight electric bike had increased in recent years.

"It solves the 'last mile' problem, where commuters usually find they're getting

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off public transport and are still more than a kilometre away from their destination," he said.

"It also reduces the carbon footprint, so instead of catching an Uber or a taxi — this a great solution."

Mr Pearson said people were sick of being stuck on overcrowded public transport. "It's an easy, quick and affordable way to travel from point A to point B," he said.

"Jupiter Bike is perfect for the inner-city worker wanting to zip from meeting to meeting, all the way through to grey nomads enjoying their retirement and having a great hybrid mode of transport to tour around with."

Jupiter Bike is available online for \$1299, but the first 1000 bikes are selling for \$899.



Daniel Pearson with the Jupiter Bike (left) and showing how easily it can be packed up (above).
Pictures: Mark Dadswell

For those of you interested, I have been filming many of my rides and they can be found at my youtube channel. They might give riders unfamiliar with a trail an idea of what it is like.

https://www.youtube.com/channel/UCphDQORRSd6aqZmW7AJ-GUg?view_as=subscriber

Here is a sample "Williamstown Foreshore" <https://www.youtube.com/watch?v=aVcTrj-XTHM>

Galada Tambore Trail

The Galada Tambore path now has a detour North of Cooper St due to works taking place on the freeway. Path is closed to the right after the tunnel you now must go left and deviate through the streets eventually coming out on Cooper St then have to make your way past the BP garage to pick up the crossing to continue along the trail

Maureen Fisher



Red line indicates approximate detour – between all the factories and B-Doubles.

Cycling's A-listers gathered 6.30 pm Tuesday 8 October to honour B-BUG club members who had risen to the very apex of their pedaling community in 2019, just like cream on milk, algae on ponds and eagles soaring high on spiraling thermals (by the way, that refers to air currents and not winter underwear). It was an evening to celebrate THE SWARM, amazing events wherein millions — nay, billions — of ladybugs cluster together to eat, drink, be merry and mate. David Attenborough, eat your heart out!



Ladybugs queuing for toilet break at their Mt Burr swarm, South Australia, 2019

First, deal with the inner cyclist. Exhausted by a long day in the saddle during the Tuesday rides, members, friends and frenemies demanded cakes and ale to replace those burned-out calories. Well, some did. Others refreshed themselves with copious libations while wolfing a great supper laid on by the cooks and staff at Gennaro's Restaurant. Replete, it was then time for the pointy end of the evening.

The first speaker of the night was John Merory who laid out the environmental benefits of us all having one less car. If he had an environmental award to give he'd have handed it to Gordon Bettenay, for pledging to let one car go free. Gordon is still deciding between the E-type Jaguar and the Morris Minor. Hard choice!

Bob West thanked John and then welcomed everyone, commenting on what a nice group of people we are, hoped we would have an enjoyable evening and thanked us for attending.

Awards came next. The first was new and **international** – the Banyule BUG **Farthest-flung Award**. The aim of the award is to achieve the longest straight-line (or Great Arc) distance from Banyule to anywhere on the surface of the planet. Specifically a photograph of the contestant at a place where a bicycle had been pedalled while the rider flaunted B-BUG bike kit.

First cab off the rack was **Brian Phillips**. He did the Alps to Ocean Trail in New Zealand; the picture shows him resplendent in B-BUG attire at Lake Pukaki, a distant 2,211 km from Warringal Parklands. Magnificent, Brian!



Up next – **Andrew Hollis**. He overshot Brian completely on a trip to the Cook Islands where he managed to source a bike and pedalled round and round and round while ukuleles played and soft warm air fanned his unhelmeted head. Furthest out — Atiu Island, pronounced Achoo, a mere 5,775 km from Burgundy Street coffee shops.



Cheryl Calvert stuck with the Pacific theme but took it to the northern hemisphere — Japan, specifically. She was part of a Whitehorse Cycling group touring Honshu Island but chose her B-BUG jersey for those occasions when a girl likes to look her best. Michael Rogers went along too and they were standing only 8,301 km from the Main Yarra Trail.



Time for the big hitters. **Randall Dehnert** and his wife travelled to Europe, partly to visit the British Isles before Boris Johnson snaps the thread with the EU and tows the UK across the Atlantic to join up with his chum, The Orange Donald. Randall also took part in Hamburg's 100 km EuroEyes Cycling Classic. This picture puts him precisely 16,179 km from the Burke Rd bridge underpass.



Last chance for a leadership challenge and it came from **Virginija McKittrick**. She and husband Tony are avid riders and love touring in Europe. Tony's taken this picture near Bergen, Norway, where Virginija's B-BUG sleeves strike a triumphant note to set off her other ride gear. And those are real fjords in the background! How far? (Drum roll) — 16,426 km from Ivanhoe Town Hall!



Overall, the winner was Virginija McKittrick, a mere 67 km ahead of Randall Dehnert. Congratulations to all five who unwittingly took part; Virginija was declared the 2019 **Farthest-flung** World Champion. The flat earth award indicates the gradient preferred by most cyclists



Next – the **Happy Wanderer Award**. Nominated by the Latte Group, the recipient is known for treading off from the rampaging peloton, following tracks and trails while, presumably, whistling and happy to be following a leisurely, personal route.

It was run as a riddle, “*Who is the Happy Wanderer?*” and included a fabulous rendition of “I love to go a-wandering..” by the complete assembly. Great harmonies! The photo of an Austin A35 van gave the game away — who could it be but Fred Brauneis? And it was.



Banyule BUG Awards 2019
The Happy Wanderer

<p>I love to go a wandering Along any bicycle track And as I go I love to sing With my knapsack on my back</p> <p>Val-deri, val-dera Val-deri, val-dera Ha, ha, ha, ha, ha, ha Val-deri, val-dera My knapsack on my back</p> <p>I love to wander by the Yarra That dances in the sun So joyously it calls to me Come join my happy song</p>	<p>Val-deri, val-dera Val-deri, val-dera Ha, ha, ha, ha, ha, ha Val-deri, val-dera Come join my happy song</p> <p>I wave my helmet at all I meet And they tell me to go away The kookaburra calls so loud and sweet From every gum tree gray</p> <p>Val-deri, val-dera Val-deri, val-dera Ha, ha, ha, ha, ha, ha Val-deri, val-dera From every gum tree gray</p>	<p>BR AU NEIS</p> <p>F RED</p>	
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Next up, the **Indefatigability Award**. As all pedants know, the definition of “indefatigable” covers attributes such as persistence, patience, perseverance, not giving up easily, keep trying and trying. Thus an indefatigability award is given to a person who displays these characteristics. A picture of the Latte Group’s Ride Schedule gave the game away — they wanted to recognize Leigh’s unflagging support and skills: annual ride schedules, a library of group and ride photos, ride leadership and much more.



And then came the **Scary Rider Award**. New for 2019, this acknowledges a rider who doesn’t use a bell, instead warning walkers, joggers, runners, dogs, children, pram-pushers and magpies of his looming presence by **quacking**. Yes, quacking! It’s a good quack too and the trail clears immediately as people dive for cover, quailing in fear of imminent avian attack. Rod Cullen, ‘fess up!



Then an unusual one. Charlie Chaplin starred in “The Great Dictator”, Arnold Schwarzenegger was The Terminator (more than once and the Californian Governor in his spare time) but why should Robert Ross have won the Great Deflator Award? A story spun by John Pietka revealed his own deep sufferance after experiencing three punctures on three successive ride. And then came the fourth! Being the BUG’s top mechanical engineer, Robert was give the task of deflating the inner tube. But the tyre wouldn’t come off! Struggling and straining and busting tyre levers, John discovered it was an incomplete deflation.....



And to close the segment, the Great Duo Award went again to Jean and Richard Bysouth to recognize Jean’s hard work as BUG’s Registrar on one hand and top patissier on the other, plus Richard’s constant support and energy— bike parking, mailman, committee member and more.

After which the ever popular raffle was sung out and prizes of extraordinary utility and pleasure won by people must have thought that Christmas had come early.

Final chats, last libation and off into the evening aair. Many thanks to all those who gave time and effort to a very enjoyable evening: particularly, Dianne and Bob West, Alan Preacher, John Pietka, John Gordon, John Merory, (the Johns were rather over-represented), and Leigh Jukes, plus chefs and staff of Gennaro’s Pizza Restaurant. Above all, the 51 lovely people who contributed to a great event.

John Perkins
October 2019

Thank you to all the contributors to this newsletter and I look forward to receiving your input for the next issue. Regards Ed.

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