



Banyule BUG Newsletter

June
2025

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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.

By any measure, this is a commendable effort. Congratulations to all involved in this fine fund-raising effort.

Pleased to tell you that the transfer of your MND donations to MND Victoria has been completed. Take a bow — a total of \$2,615.60 was raised. Such a fantastic effort!

Many thanks to all you generous contributors. The full amount has been transferred to MND Victoria's Gift Account and will be used to support the fine work they do. *(Recipient edited out for privacy reasons)*

Cheers,

John Pe

The Benefits of Cycling (I asked ChatGPT for a 500 word essay – Do you agree?)

Cycling is more than just a mode of transportation or a weekend hobby—it is a powerful tool for improving health, protecting the environment, and enhancing overall well-being. Whether someone cycles for leisure, exercise, or commuting, the benefits are extensive and deeply impactful. As societies grow more conscious of personal health and environmental sustainability, cycling continues to emerge as a practical and beneficial lifestyle choice.

One of the most prominent benefits of cycling is its positive impact on physical health. Regular cycling strengthens the cardiovascular system, improves lung capacity, and boosts overall fitness. It engages various muscle groups, especially the legs, and helps build endurance and muscle tone. Studies have shown that individuals who cycle regularly are at a lower risk of developing heart disease, obesity, diabetes, and certain types of cancer. Moreover, cycling is a low-impact exercise, making it gentle on joints and suitable for people of all ages.

In addition to physical health, cycling greatly contributes to mental well-being. Physical activity, including cycling, stimulates the release of endorphins—natural chemicals in the brain that reduce stress and enhance mood. People who cycle regularly often report feeling less anxious and more energized. Riding a bike, especially in natural environments like parks or countryside trails, can be a form of mindfulness, helping individuals disconnect from daily stressors and reconnect with the present moment.

Cycling also has significant environmental benefits. As a zero-emission mode of transportation, bicycles produce no air or noise pollution. They help reduce traffic congestion and the overall carbon footprint, particularly in urban areas where vehicle emissions are a major contributor to pollution. Promoting cycling as an alternative to cars is a practical step toward combating climate change and fostering cleaner, more sustainable cities. Furthermore, bicycles require far fewer resources to manufacture and maintain compared to motor vehicles, reducing the strain on natural resources.

Economically, cycling offers substantial savings. Bicycles are much cheaper to purchase and maintain than cars. Cyclists save on fuel, parking fees, insurance, and maintenance costs. On a larger scale, cities that invest in cycling infrastructure can reduce the financial burden associated with traffic congestion, public health issues, and road maintenance. Encouraging cycling also stimulates local economies, as cyclists are more likely to shop at small businesses and cafes than drivers passing through.

Socially, cycling encourages community engagement and interaction. Bike-friendly communities tend to be more active, healthier, and socially connected. Cycling events, group rides, and bike-sharing programs foster a sense of community and collective effort toward healthier living and environmental stewardship.

In conclusion, cycling offers a wide array of benefits that touch nearly every aspect of life. It promotes physical and mental health, reduces environmental impact, saves money, and fosters social connections. As more individuals and governments recognize these advantages, cycling is poised to become an even more integral part of modern life. Embracing the bicycle is not just a personal choice—it's a commitment to a healthier, more sustainable future.

ChatGPT

Folks,

Attached is a poster from Alphonse of the Active Seniors League, which encourages access to a number of active sports for Seniors in the area. Banyule BUG is an organisation listed under their Cycling tab, which may result in a few more people joining eager pedallers such as your good selves.

You're welcome to peruse the full range of activities currently listed at <https://activeseniorsleague.com.au>. Alphonse would also be grateful if you could pass this on to other friends and colleagues who might benefit from exercise with a healthy dose of socialising.

Cheers,

John Pe





'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



24 MARCH 2025

Car-free neighbourhoods are a thing

Construction has started on a new housing district in Utrecht, a major city in the Netherlands, that has a key differentiating feature: no cars.

The 6000 new homes will have a total 21,500 indoor bike parking spaces.

If you want to visit, that's covered too. There are two bike sheds for visitors holding a total of 2500 bikes.

Residents can use electric shared cars, shared bicycles and shared cargo bikes, and public transport connects directly through the central station.

Yes, you can still live there if you own a car, but it can only be stored in parking garages on the edge of the neighbourhood, also used by delivery vehicles and car sharing.

In two of the parking garages there will be a logistics hub for parcel delivery where residents can pick up their packages at the counter or a parcel wall.

A trolley can be borrowed for the transport of larger packages while smaller electric vehicles up to 1.3m wide are allowed to enter the district to deliver orders.

Called Merwede, the development was formally a business park.

In total the district will soon consist of 1800 social rental housing, 1500 medium-sized rental housing and affordable owner-occupied homes and 2700 free sector rental and owner-occupied housing, making it the largest car-free city district in the Netherlands.

The first homes are expected to be completed in 2027. ([Full article Link](#))

In The Rear-View Mirror

It is often revealing and sobering to look back at what is proposed and what is delivered. In June - November 2018 Stage 1 - Initial consultation: Banyule Bicycle Route Review.

In February 2022

Stage 4 - Final Banyule Bicycle Strategy , including 5 years Action and Consultation Report, adopted by Council.

You can read more of the Banyule Bicycle Strategy here. ([Link](#))

From “The Age“

The commute that helps your body and brain

News

When Alison McCormack moved to Melbourne after a stint in London, she knew she needed to improve her fitness.

"I didn't have any regular exercise as part of my routine," she says.

So, she began riding her bike everywhere she went, including for her commute to work. "It was a real game changer," she says.

Now, come rain, hail or shine, she takes the 30-minute ride from her home in St Kilda to work in the city. Depending on her mood, she might go via the beach or the more direct option through Albert Park.

"It's a fun way to travel because you are always in the moment," she says.

While the cardiovascular benefits of cycling have been understood for some time, a new study released yesterday reveals riding a bike to work may have long-term cognitive benefits, specifically for the onset of dementia.

The Active Travel Mode and Incident Dementia and Brain Structure study, by an international team at The University of Sydney and Huazhong University of Science and Tech-

nology, reviewed data from 479,723 people over a 13-year period, including data from the UK Biobank. It concluded cycling to work or "mixed cycling" (a combination of cycling with another form of transport) was associated with a lower incidence of "all-cause" dementia, including young onset and late onset dementia.

Published in the JAMA Network Open journal, the peer-reviewed study showed cycling was associated with lower levels of dementia onset than other forms of transport, including taking public transport, driving a car - and walking.

"Compared to those who had a non-active commute such as driving, walking was not found to help reduce dementia risk, but mixed walking did see a slight reduction," the study said. "The team says previous research generally supports exercise in improving dementia, but the current results suggest that the exercise, combined with the additional mental stimulation that comes with the 'mixed' activities, could be contributing to the reduced risk in this case."

Participants had a mean age of 56.5 years and the study group was made up of 54.4 per cent women and 45.6 per cent

men. They were assessed for factors such as alcohol intake, smoking status, cardiac health and body mass index, as well as baseline cognitive function, and their brain health was measured using MRI scans. Travel mode data was obtained via touch-screen questionnaires.

Activities such as cycling that required physical and cognitive exertion performed well.

"Our findings suggest that promoting active travel strategies, particularly cycling, may be associated with lower dementia risk among middle-aged and older adults, which carries substantial public health benefits by encouraging accessible, sustainable practices for cognitive health preservation."

The most recent Australian census in 2021 recorded that just 0.7 per cent of workers rode their bikes to work. While those numbers reflect the COVID restrictions at the time, the previous census in 2016 placed the number at just 1 per cent of the working population. Programs such as the National Ride2Work campaign, which began in Melbourne in 1993, have been trying to encourage more people to use pedal power to get to work. Last year 7392 commuters registered their ride.

Round The Bay – Early bird pricing

If you are feeling up to a vigorous workout and want to save some cash at the same time, Early booking for round the bay is now available. Lots of options on offer. Just follow this [LINK](#)



Now. What could possibly go wrong?

This photograph caught my eye not only for its stupidity, but also the process that must have gone into its installation.

Many eyes must have looked over the planning documents before it was finished. Yet none questioned its safety or suitability.

Makes you wonder!

When you are not riding a bike, there is always the option of riding a chair-lift at Mt Hotham. Deb on the way up. Look at the amount of snow.



Annual Fees

BBUG membership extends over the Australian Financial Year, from 1st July to 30th June in the year following. Fees are set a year in advance at the club's AGM.

New members are entitled to a free distinctive club jersey, worth \$45. Details available after joining.

Fees for the 2024/25 and 2025/26 membership years:

New or renewing member, 12 months July-June **\$45**

New member joining between January to June **\$45** (includes jersey) or **\$25** (does not include jersey).

Social member **\$20** [Renewal form here](#)

With permission



Vale Gordon Bettenay

It was with sadness and a feeling of loss that our club received the news of Gordon Bettenay's passing. Gordon was an active and committed member of the Banyule Bug for a number of years and contributed to the club in many ways.

Those of us who cycled with Gordon would know of his leadership of many suburban rides and also of his organization of country rides. For some time, Gordon organised and lead the Leongatha to Foster country ride. This was always a well attended and successful two/three days of very enjoyable cycling. This ride involved good planning complex movement of people and riders. It was always a success. With Gordon's passing, we have lost a committed club member and friend. Condolences to his family and thanks for your work Gzordon.

On our way to Port Arlington. Gordon(R) and some of the cycling group.

From club Secretary.

Vale Gordon Bettenay

BBUG members,

On behalf of our club, I should like to advise you of news about Gordon that we received from his daughter, Kate, yesterday.

"It is with deep sadness we announce the death of Gordon Kingsley Bettenay this morning (Friday 3rd May). His humour, wisdom and warmth is his mark for those who have known him.

"His spirit will live on in our hearts and memories.

"Gordon's celebration of life will be Thursday 5th June from 1pm at Moonstone Walk, Bundoora. "

Gordon was a BBUG member and leader for many years. He also organised highly popular overnight trips along the Great Southern Rail Trail. His warmth and affection will be missed by the many people who rode with him and enjoyed his company.

On a personal note, I should like to offer my condolences to Fran and all their family members.

Best wishes,

John Pe

This is an illustrative and interesting tale.

Lessons from a bike ride

I quipped before the start of the Latte Group ride on Friday the 13th of June - 'Beware, it is Friday the 13th!' The gathered cyclists, more than twenty of us, and two guest riders all went, "Wooo."

It was a very cold but clear morning, with the promise of lovely sunshine a little later.

The first ride group got underway heading along the Main Yarra Trail towards Burke Rd. Ten minutes later the second ride group moved off on the same route.

About a kilometre beyond the Manningham Road crossing group two came across group one tending to a fallen rider. It was heartening to see that sentries had been placed both ways to warn oncoming peds and bikes that there was an incident, all bikes were clear of the trail and plans were well advanced on how to get the injured club rider, George G, to medical treatment. George was conscious and lying on the ground with considerable pain in his abdomen.

Dr Robin Endersbee in Group two and I stayed to assist and Group two continued cycling. Further examination of George by Robin determined that an ambulance was not required. Group one, less Christopher S who also remained to assist, got underway leaving Michael D, Robin, myself and of course, George. George's wife, Martha, was contacted and clear thinking by Michael D ensured that she was met and guided in their VW van along the trail to the scene. This expedited George's evacuation to medical treatment. The bike was placed in the van too.



X-ray revealed three broken ribs. Ouch!

George is at home and doing OK. Coughing and laughing are being avoided and he will be back with us in a few weeks.

How did this fall happen?

George was three or four riders behind the ride leader. Due to the very cold air his nose was dripping so while riding along he pulled out a hanky to blow his nose. Without warning the first few riders slowed which George noticed late due to getting his hanky from his pocket. He rammed on his brakes with his free hand - unfortunately that operated his front brake and over he went landing on his handlebars.

LESSONS :

- 1. Remember to call out when slowing or stopping; from the ride leader and pass the message back through the peleton. All calls (stopping, slowing, car back, car up, bollard, dog, etc) need to be clearly called and passed back.***
- 2. Maintain a safe stopping distance between riders.***
- 3. Take great care when taking a hand off the handlebars for any reason.***

Peter Gurney
President BBUG

Calls for ebikes and escooters to be registered

This article is well worth a read. It may have legs.

Burleigh MP Hermann Vorster says he supports his beachside constituents' push for electric bikes and scooters to be registered.

Bicycle Queensland says it would be an unnecessary layer of bureaucracy because the high-powered devices are already illegal. [\(LINK\)](#)



Bridge opens at Altona

There is now a new elevated bridge crossing of the Kororoit Creek Estuary at Altona, replacing the former frequently flooded ford.

Riders along Bay Trail West would often have to detour on busy roads when sudden precipitation in the creek catchment would raise water levels over the road.

But following six months of construction, the extremely sturdy new bridge – a project of the City of Hobsons Bay – has been completed. [Link Here](#)

Gipps St Steps



The very long awaited replacement ramp for the hated Gipps St steps is projected for the end of the year (25). It seems that this project has been a lifetime in coming. However, the end is near. [Link Here](#)

Banyule BUG Portals Links

[Face Book Page](#)

[Web page](#)

**Thank you to all the people who contributed to this issue of our newsletter.
Contributions are always welcome and can be sent to.**

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