



# Banyule BUG Newsletter

March  
2025

## Contents

- 1 MND fund raiser
- 2 First Aid course
- 3 Around The Bay
- 4 Plenty River Trails

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

## Importance Notice

The following e-mail was sent to all members, but because of its importance and relevance, it is reprinted here in full

Dear BBUGsters, □ □ □ □

Many of you will know that long-time BBUG member, ride leader, country ride organiser and club stalwart Gordon Bettany has motor neuron disease. This has been a huge blow to Gordon, his wife Fran (also a BBUGster) and their family. It highlights the great need in Australia for MND research and services. There are more than 2,000 Australians currently diagnosed with MND and two more people join their ranks every day (see: [www.mndaustralia.org.au](http://www.mndaustralia.org.au)).

The BBUG committee has put its support behind a club fundraising event for MND Australia. We encourage all members, Lycra sprinters and Latte sippers, to come along and take part.

Thanks to Sue Griffith and Don Astbury for organising the event. In detail .....

## Friday 11th April

A relaxed group ride from Warringal Oval looping through nearby suburbs, down along the Darebin Creek trail and The Boulevard to the Eaglemont Tennis Club rooms, located just off The Boulevard near the MYT and Burke Rd bridge (ETA 10.45 - 11.00 ish). A route map will be circulated shortly.

Morning tea/coffee will be provided at the tennis club together with a Cycling Trivia Quiz , to fill and thrill us all. As they say in Bolivia, "Whacko El Chooko - another first for BBUG!" After the razzmatazz at the tennis club the event concludes as people ride back to Warringal oval by 1:00pm. Gordon and Fran may be able to join us at the tennis club.

9.20 / 9.30/ 9.40 am start at the Latte Group meeting point in the northern carpark at Warringal Oval, Beverley Rd, Heidelberg. Turn into the car park off Beverley Rd and go past the scoreboard on the northern side of the oval. Be there by 9.15 am please.

## Contribution

\$25 per rider will make a very valuable contribution to MND research and services but you're welcome to contribute more or less - whatever you can. Payable to the Banyule BUG bank account before 11th April 2025

Account name: Banyule Bicycle User Group

BSB: 063222

Account number: 1018 1606

Description: MND ride and your name

Or bring hard cash on the day and pay Sue or Don.

We hope to raise at least \$500 - \$750, but the sky's the limit.

We hope all BBUG members will support this initiative.

Yummy food contributions for the morning tea will be gratefully received at the start of the ride ☐ ☐ ☐ and transported to the tennis club under police escort ☐ ☐ ☐

This event replaces the scheduled Latte Group ride for Fri 11th April.

See you there,

Peter Gurney  
El Presidente, Banyule BUG

### **Government urged to expand bike links From BN**

Infrastructure Victoria has chided the state government over its slow build-out of the vital strategic cycling corridor network that underpins the development of cycling routes across Melbourne and regional cities. It has urged the government to speed up the deployment of these key routes, and to expand them, also recommending regular three-yearly updates to the plan.

Strategic cycling corridors were first mapped about a decade ago as a web of high-quality commuting routes that would link most major destinations such as residential neighbourhoods, workplaces, shopping centres, sports complexes and places of education and entertainment.

However, Infrastructure Victoria points out in its latest draft 30-Year Victorian Infrastructure Strategy that precious little of the 2768km network has been built, and the parts that have materialised have been delivered as part of major transport projects.

"The Victorian Government should build priority bicycle corridors in the strategic cycling corridor network," the Infrastructure Victoria draft document says.

"It should build 10 corridors in Melbourne and a network of cycle corridors in 6 regional cities, including Geelong, Ballarat, Bendigo, Wangaratta, Wodonga and Castlemaine by 2035.

Read more about this story here [\(LINK\)](#)

### **CONNECTIVITY SUBCOMMITTEE NEWS : PATIENCE IS A VIRTUE**

On Wednesday 5th March President Peter and Treasurer John and I met with Banyule City Council Transport and Engineering Manager, Jonathon Risby, Senior Transport Planner, Alison Wood, and Transport Planner, Tristan Jessup. This was a very informative meeting with my main takeaway Be Patient. There are a lot of projects at the moment at various stages of progress. Some long-standing members will be pleased to hear Boulevard Extension Plan B has been resurrected with Council looking into options. They have advised that they will be able to share further details with the community in the coming month. Regarding Manningham Road underpass nothing will happen soon. Manningham Council has plans to build a bridge across the Yarra River at Yarra Street, which will eventually lead to traffic lights further west. The Banksia Street /Dora Street intersection is complicated because Dora Street is managed by BCC, and Banksia Street is VicRoads. A design to make the intersection very safe is possible, and it seems any resolution will not come until NELP is operational and some reduction in traffic volumes in the area has happened. It is a good thing riding our bikes maintains our health so we may see some of these projects completed.

Council staff were very welcoming and encouraged us to communicate with them and our local councillors and state parliamentarians to continue to advocate for safer streets for people who ride bikes and pedestrians.

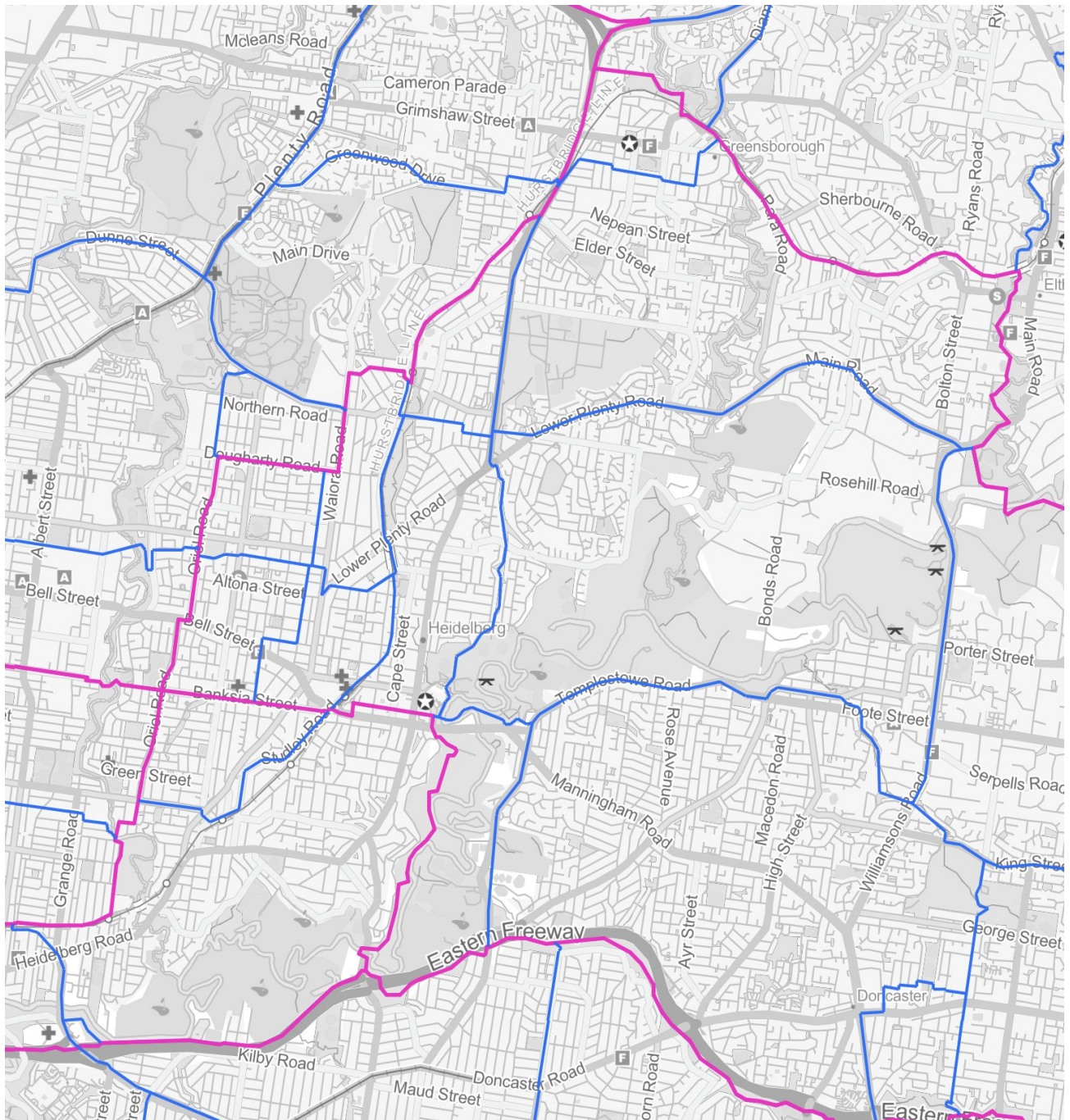
Jean Mehrtens  
Committee Member  
Connectivity Subcommittee

Jean Mehrtens

**Strategic Cycling Corridors Network**

Pink Line - Primary Route (C1)

Blue Line - Main Route (C2)



## **News Item**

Tom Melican, BBUG life member, former long serving councillor and mayor of Banyule has retired from local government and has moved to Tourquay.

Tom was a great supporter of Banyule BUG, and cycling in general. Much of our cycling infrastructure is due to his efforts over the years.

Tom is being farewelled by the MacLeod Football Club, and other clubs, at 3pm on

**Saturday 5th April at De Winton oval, Cape Street, Rosanna.**

Banyule BUG has been invited to attend.

No need to RSVP but it would be great to see a number of us there in our Banyule BUG strip to wish Tom well.

Peter Gurney  
President, BBUG

## **First Aid Course**

Dear BUGsters,

Our first aid training day last Wednesday went well. It was a full day. There were 25 attendees.

Our BUGster medical and first aid experts generously covered medical issues and injuries that might likely arise in a group of cyclists of our members' age range (60 - 90).

I covered the topic of 'Managing an Emergency Incident in a Group Cycling Situation'. It was suggested by a couple of attendees that club members who did not attend the training day might benefit and be better able to assist in any situation knowing the points that I covered.

Please see the attached document.

Cheers,  
Peter Gurney  
President, BBUG

***The following article immediately below, is a summary of the points covered in the Banyule BUG First Aid Course. It is presented here for information only It is not intended to replace your own medical advice or plan***





## **MANAGING AN EMERGENCY INCIDENT IN A GROUP CYCLING SITUATION – by Peter Gurney**

*This subject was covered in the BBUG first aid training day held on Weds 26<sup>th</sup> Feb 2025. It was suggested that it would be worthwhile to circulate the information to all members of BBUG.*

Listed below are a number of considerations if an incident arises and a club member or members (and perhaps other persons too) require first aid or other emergency assistance during a bike ride.

Major incidents will require more consideration than the more minor falls and scrape accidents that we thankfully usually experience. But, in all incidents where the ride group stops cycling and gathers around any casualty the points below should be borne in mind. Note: the group members become a resource to use and, from my experience, all will be willing to do so.

*Let's take the example of someone who has fallen rather heavily from their bike and has some rather serious injuries.*

### **Most Important:**

**The first rule of any accident situation is to do what we can to avoid further casualties and to keep those injured from further harm.**

If possible, get everyone and their bikes off the trail/road. Then take a little time to consider the situation. Have the casualty assessed by yourself or others. Someone commences first aid. If the ride leader is not on scene, get info to her or him (CB radio, phone, send a messenger).

### **Next:**

**Appoint traffic sentries in both directions:** located 10 or more metres each direction to warn others of the accident; to stop, slow or caution other riders or vehicles; to seek assistance if necessary.

### **Determine exact location and call an ambulance:**

When the exact location is difficult to know (no street signs or property numbers) use landmarks, businesses, emergency markers on trails, or **the emergency plus app [www.emergencyplus.com.au](http://www.emergencyplus.com.au)** (This app was developed jointly by the federal government, industry and emergency services. It provides accurate info by the phone's GPS, a pin drop function with street name and property number, latitude and longitude, and **'what3words'**. The 'what3words' system has mapped the earth's surface and has allocated three different words to every 3 square metres of the planet. The app also has call buttons to 000 and a video on how to perform CPR).

Calling 000: The call is answered by an operator who asks 'police, fire or ambulance?' The call is then passed to the relevant service call-taker who asks further location and emergency details. Ambulance is responding while this occurs. The call-taker remains on the line to provide first aid and other advice. The operator triages the call and prioritises the response.

### **First aider and a 'Hand Holder':**

The first aider gets on with assessing and treating the injured.

The 'hand holder' is someone to stay with and reassure each casualty, to pass info and to ask necessary questions. An important function. Not everyone is suitable for this role.

### **Ambulance Guide:**

If the location is inaccessible by vehicle, it may be necessary to have a rider meet the ambulance and guide paramedics to the site. The 000 operator will advise if this is required, but anticipate this request.

### **Incident Recorder – Important in every incident:**

There's a need to record the details of everyone involved, not only BBUG members, for legal action, personal and club insurance, individual and club records and any follow-up. Names, addresses, phone numbers for those injured and witnesses, photos/video of the scene and any property damage, if taken to hospital - which hospital, note times. These details should be noted while on scene, and soon after a BBUG accident report lodged (BBUG website – Info – Report an Accident).

### **Secure Belongings and Bike:**

Bikes and belongings of those involved must be secured on scene and after. Some items will go with the

casualty in the ambulance (phone, wallet, glasses, helmet if a head injury, etc).

Bikes and other items have to be secured and later transported to the injured rider's home. Options - Find a safe place to secure the bike. Someone to return later with a car to pick up. Emergency contact/family to pick up. Bike Network rider rescue service, RACV bike assist (part of RACV total care). For non-club members the police should look after bike and any other property.

### **Call the BBUG rider's emergency contact:**

All ride leaders have BBUG members' emergency contact details. Think before calling, be as accurate as possible. Ask any non-club member involved if they want someone called.

In the case of a very serious accident, perhaps call the club president or another club executive officer, so that person can also speak to the emergency contact, offer assistance and interface with any media.

### **Finally**

Not all incidents will need all of the actions above. But keep these points in mind in an endeavour to best assist anyone who is injured, to avoid further injuries, to get timely medical care and to have all relevant details for any future action.

**Recommendations:** Download the Emergency Plus app. Also download the Heart of the Nation app (helps to locate the nearest AED – for heart attack situations)

Peter Gurney  
4<sup>th</sup> March 2025

### **Around The Bay**

If you are one of those riders who enjoys a major cycling challenge or something a little more sedate, options are available for all tastes in the 2025 "ÄTB".

Registrations for Äround The Bay are now open. Early registration can secure discounts from later bookings.

<https://raceroster.com/events/2025/95670/united-energy-around-the-bay-2025>

### **SBS Insight**

#### **Seniors Health Care.**

This program from the SBS "Insight" program might be of interest to members. The panel discuss many issues of providing health care for elderly Australians.

You may have to sign-in to your SBS On Demand account.

[\(LINK\)](#)

### **Plenty River Trail works move north [From BN](#)**

**W**ith the completion of the new Hawkstowe picnic stop area, work on the Plenty River Trail work will move further north this year.

At the Hawkstowe picnic area visitors can enjoy 680 metres of new and upgraded paths with new BBQs, playground, and lake viewing platforms.

Landscaping and completion of the new toilet block are underway and expected to be completed by May. Yarra Valley Water is installing a new pump station and pressurised sewer system which will service the toilet block.

The \$21 million trail will connect bike riders and walkers from Doreen to University Hill, linking communities

through the park.

Two elm trees (*Ulmus glabra*) near Le Page Homestead show advanced decay and will be removed for the safety of park visitors. Up to seven smaller trees near the new Hawkstowe play areas are also decaying and will be removed.

Parks Victoria will plant new trees during winter to offset these removals.

The Red Gum picnic area playground is now closed and will be removed now that the Hawkstowe playground is open to visitors – signage will redirect visitors.

The Red Gum toilet block will be closed but remains onsite until the new Hawkstowe toilet block opens in mid 2025.

Landscaping of the northern section will begin in mid 2025 to complete the trail from Bridge Inn Rd (Mernda Station) to the Hawkstowe picnic area, including a lookout at Carome Homestead and rest area with seating near Wilton Vale Road.

Parks Victoria is completing cultural heritage and environmental assessments for the central and southern sections which will guide the scope and timing of these stages.

These sections include constructing the trail from the Hawkstowe picnic area to the southern end of the park, where it will connect to an existing path near the Metropolitan Ring Road.

There may be a requirement to restrict or redirect public access to certain sections of the planned trail during construction but on-site signage will explain any access changes.

6 MARCH 2025

### **Abbotsford Convent ([LINK](#))**

Most of us, at some time, have cycled to Abbotsford Convent. It is on most cycle groups ride calendar. It is a favourite destination for most in our club. We are attracted to its location, ambience, coffee, buildings and history.

With history in mind, I thought that you would like to learn more about this wonderful place on the banks of the Yarra River.



### **Bicycle road rules in Victoria**

Not sure of who has right of way? Uncertain about your rights in case of an accident? Then you need to download a copy of the rules and regulations hand book.

Available right here. ([LINK](#))

*Enjoy your cycling in Melbourne's autumn weather. It can be perfect for cycling at this time of the year.  
allang@bigpond.net.au  
Record your rides in print and photograph. Send them to  
allang@bigpond.net.au  
For inclusion in our next newsletter.*