



Banyule BUG Newsletter

May
2025

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"Expect the unexpected" Oscar Wilde

Most of us at some time in our lives have spent time in the Grampians National Park enjoying the magnificent scenery and multitude of walking trails. So it was for Arnold W.

On a recent trip to the Grampians and on a walk to the "Pinnacles" lookout via the "Wonderland" trail, Arnold fractured his ankle. The unexpected happened.

Now this is a remote and rugged trail – far removed from roads and ambulances. Unable to walk, the only way out was by helicopter. A pleasurable day's walk turned out to be quite an adventure as he was transferred to the Ballarat Base Hospital.

His recovery will be lengthy. Some 6 weeks with limited mobility followed by some weeks of rehab.

Goes without saying, Arnold will be not cycling for some time. We wish him all the best in his recovery and look forward to having him back with the Banyule BUG cyclists.

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



(With permission)

Banyule Bicycle Users Group

General Meeting 16th April 2025 - President's Report

This report covers the period from the AGM in August 2024 until this meeting, 16th April 2025.

It has been a period of considerable achievement for the club and I am grateful for the initiative, skills and support shown by the club committee and members to get us to this point. However, there remains a bit to do. This is rather a long report.

Club Overview

With membership in excess of 120, regular club rides being well attended and thankfully, serious incidents during club rides being non-existent, we have much to be proud of. Latte rides generally have more than 20 riders, Lycra rides are 12 riders plus, and about ten attend the Yum-Yum ride on Thursdays (total riders weekly approx. 74). We hold five rides per week at an average conservative distance of 45 km per ride. Thus, we collectively travel about 173,000 kms on our bikes on club rides (74 riders x 52 weeks x 45 kms). I think we can be justifiably proud that we do that safely and considerately. Social group riding managed the way Banyule BUG does it is a safe and worthwhile exercise activity for people of our club's age profile.

Country Rides

There were three Lycra Friday adventure rides and one overnight Latte ride since last August. Thanks to John Perkins and John Pietka for organising the Lycra Friday adventure rides, and to Sue Griffith and Don Astbury for organising the Bellarine overnight ride in October, it was good fun indeed.

Volunteers to organise an overnight country ride or two during 2025 would be great.

Good Business As Usual

The club monthly newsletter, always full of info and relevant news continues to be produced by Alan Garbutt. Our Facebook page, managed by Ariana Fabris, shows photos and comment on club activities. Postings to that page by members are increasing. Bike parking was provided to support Banyule Council's Malahang Festival in November. The club committee met in September 2024 and in February 2025 and keeps the business of the club ticking over and supports the growth and initiative in the club. Examples of this latter point will follow. On behalf of the club, I extend thanks to all who have been involved in keeping Banyule BUG ticking along.

Major Achievements

There have been some achievements.

Firstly, we have a temporary solution to the storage of the club's bike parking trailer and associated equipment, all of which has been located at Richard Bysouth's home in Rosanna for decades. Due to Richard's and Jean's health issues and recent thefts from their property we were asked to remove all items. Late last year the trailer and bike racks were temporarily located to Rob Drummond's home in Watsonia North, and are now located at Rosey Moloney and Dez Kotrosco's home in Rosanna. All the other stuff was picked up, some disposed of and the remaining items moved to Rosanna generously by John Pi and John Pe last week. Richard Bysouth is relieved. Now we have to find a permanent home or dispose of what we no longer need and store the rest, if any. This has to be done within a month. John Pi will brief us on proposed solutions later, but we can't leave the club's stuff at Rosey and Dez's for more than a few weeks. Thanks to Richard, Rob, Dez, Rosey, John Pi and John Pe for getting us to this point.

Secondly, in late February 2025 the club's new website was commissioned and is up and running. Built by Colin McKnight with considerable input from John Perkins the website is easy to navigate, has relevant information and links, is interesting and has an appealing flair. Colin will continue to manage the website. He can amend and add information as necessary. Any person making enquiries about the club should be encouraged to view the website for information. All club members are encouraged to be familiar with it. Thanks to Colin and John Perkins for the many hours of work contributed.

Lastly, we held a club orientated first aid training day on 26th Feb. 25 members attended. Instruction was provided by club members Dr Robin Endersbee, nurses Sally Graham and Meg England, Meg is also a first aid instructor, and myself. It was a full day, 9.30 am until 4 pm. Lunch and morning tea were provided by the club, and considerable cost savings were made due to Robyn Moore, who arranged through her workplace, Ivanhoe Aquatic Centre, to use the IAC training room and resus dummies at 'mates rates'. The manager of IAC, Craig Body, was happy to support the club with permission to use of the venue at the reduced cost.

Thanks to Robin E, Sally, and Meg who put in hours of preparation, meetings and the instruction, and to Robyn Moore for her initiative and assistance with the activity.

Social Activities

Part of club focus is to grow social contact amongst the members. We do that on our rides and we also provide a number of other events socially mix.

Our awards night in October last year at the Watsonia RSL was well attended and great fun. Awards of wine or chocolates were made to all ride leaders as a contrast to the more humorous awards of previous years. The change seemed to be appreciated and enjoyed. Thanks to John Z P and John Perkins for their huge input. We'll be back to Watsonia RSL in October this year for the 2025 awards spectacular.

The BBUG Christmas picnic ride to Ruffey Lake Park also had a good attendance. The Perkins initiated cherry pip spitting competition was won by Chris Stewart after 43 attempts to outdistance my single effort. None of us came near the world record of 25 + metres held by an American. That man made pip spitting great again! Generous donations of food and drink, good chit chat, Christmas cheer and humour permeated the picnic. Thanks, John Pi, for safeguarding and embellishing our picnic shelter and to Jerkins for initiating the Guinness Book of Records attempt on cherry pip spitting. So tasteful! We will cycle back to Ruffey Lake Park on 9th December to share Christmas joy.

Kelvin Chamier's 97th birthday ride and gathering at Fairfield Boathouse on 8th November proved memorable. Entertainer Franciscus Henry played and sang a few tunes. He got us singing along. Kelvin regaled us with stories from his youth on the Fairfield stretch of the river and we all enjoyed the occasion. I am looking forward to Kelvin's 98th birthday event in November. Venue to be advised.

MacLeod Football Club farewelled BBUG life member Tom Melican on Saturday 5th April. BBUG was invited along to De Winton oval, Rosanna to join in. There was some confusion amongst BUG attendees due to a well-attended footy game being played and the farewell being held at half time. Some BBUG members gave up trying to locate the event and went home. Eight of us finally tracked down the event in the club social rooms and were there to give Tom a hurrah and to thank him for his support and membership of this club over many, many years. Tom was thrilled to see us in our BBUG jerseys.

Following the diagnosis of club stalwart, Gordon Bettany with Motor Neuron Disease and his rapid and obvious decline, Sue Griffith suggested that we might hold a fund-raising event and make a donation to MND Victoria, a support group helping MND sufferers including Gordon during the progress of this horrid disease. The committee supported the idea and thereby the MND fund raising ride, morning tea and cycling trivia quiz event was born. Held last Friday, 11th April, the event was attended by about 40 members and more than \$2,000 was raised and presented to a representative of MND Victoria at Eaglemont Tennis Club. Well done to Sue for initiating and organising this successful and worthwhile event. Thanks to all those who pitched in, assisted, attended and donated.

Godfather's casual dinners continue every two or three months and attract a gathering of up to a dozen. These are a pleasant evening with tasty food, a glass of lubricant and good chatter. I encourage BUGsters to come along and enjoy an evening with other members and partners. The next casual dinner is on Monday 12th May. (I'll be away).

In Closing

I extend the club's thanks, and my thanks, to the executive, the committee and all those who lead rides and in other ways assist the club to function. It's a team effort.

I will be overseas from 23 April – 3 June 2025.

The AGM will be held on Weds 20th August at the Watsonia Library community room. I encourage members to consider nominating for the committee or the executive. It has been wonderful being the club president for the last five years. However, I won't be renominating. Think about taking on the role, there is a presidential salary bonus of 50% for 2026 □ □

Peter Gurney

President, Banyule BUG

Dear BUGsters,

Friday's MND fundraising ride, morning tea and cycling trivia quiz was a great success. There were more than 40 of us there on the day and the club has raised more than \$2,000.00 for MND Victoria. WELL DONE!

Guest of honour, Gordon Bettany, bravely came along to the Eaglemont Tennis Club by special taxi. Although bound to his electric wheelchair Gordon was lovingly assisted by wife/carer/nurse Fran. He enjoyed the contact with bike buddies, the morning tea, and the razz-mattaz of the event. Gordon made a short and pertinent speech which had us spellbound. What a bloke!

Special thanks to Sue Griffith for instigating and organising the event. Thanks also to all who assisted, all who donated and all who took part.

President, Banyule BUG

This is indeed exciting and long overdue news.

10 April 2025

Hopes for better bike access through Ivanhoe

There are good prospects at long last for a decent bike route along The Boulevard above the Yarra Flats in East Ivanhoe.

Although the Main Yarra Trail meanders along the river down the valley, it is gravel and is often impassable in the wet and when the river is in flood.

For more than 30 years various proposals have been proposed for an alternative route along the escarpment on the western side of the Yarra for the benefit of residents in Ivanhoe, East Ivanhoe and Eaglemont, and for riders making longer trips along the Yarra. Read the full account here in BN. [\(LINK\)](#)

21 MARCH 2025

NSW takes control of e-bike battery safety

New South Wales has decided to go it alone on e-bikes again, introducing a bill to parliament that would dramatically overhaul the way batteries in the bikes are regulated.

The Product Lifecycle Responsibility Bill requires manufacturers to follow design and manufacturing requirements for small device batteries, reuse and recycling, and safe disposal once they no longer work.

Read full article here BN [\(LINK\)](#)

Alert calls when cycling

At the club General Meeting last week we discussed the need to improve ride group safety by encouraging all riders to pass alert calls up and down the ride group. This will help to avoid accidents when one or more riders slow, stop, or avoid a hazard and the riders following have no idea of what is going on and may collide with the cyclist/s in front. There have been incidents of this and some near misses.

The following list is the minimum of the alert calls we all should make and pass through the ride group. There may be other alert calls from time to time, as required. Calls should be made confidently and clearly (quite a few of us are becoming a little hard of hearing). Hence the importance of passing the alert call along the group.

Slowing Stopping Turning (Right, Left)

Ped Up or Right, Left

Bike Up or Right, Left

Car Up or Back, Right, Left (Truck, Bus, Van)

Dog Up or Right, Left

Bollard, Glass, Sand, Mud, Gravel, Bump, Pothole

I encourage all club members to be aware of these calls and to use them, and to pass them on.

There are certain cyclist hand signals to accompany some of these calls. Other than using a clear arm and hand to indicate a turn, hand signals are not considered as important within our riding format. The calls are though.

Many thanks,

Peter Gurney

President BBUG

SQ LAB'S PROSTATE-FRIENDLY SADDLE

PROSTATE DISCOMFORT and numbness are common concerns among male cyclists, particularly for those spending long hours in an upright or slightly forward-leaning position. Traditional saddles often place excessive pressure on the perineal



region, restricting blood flow and causing discomfort, pain, or even long-term health issues.

The SQlab 621 M-D® Active 2.1 is specifically designed to address these concerns, offering 85% relief to the perineal and prostate area - the highest level in the entire SQlab range. This is achieved through what they call M-D (Maximized Dip) technology, which distributes body weight onto the sit bones, significantly reducing pressure on sensitive areas.

Engineered for city, trekking, and touring bikes, this

model features the innovative Comfort Active system, which allows the saddle to move naturally with the pedaling motion. This not only enhances comfort but also helps mobilise the spine and reduce lower back strain. A switch function enables riders to adjust movement levels for a personalised experience.

Additional upgrades include a lighter saddle shell, an extended adjustment range, and integrated threads for mounting bags. With a 24 cm width, the saddle provides a broad, stable contact surface, making it ideal for heavier riders

or those prioritising pressure relief.

For cyclists seeking sit bone comfort over perineal relief, the ERGOLUX series is a recommended alternative.

KEY POINTS

- Maximum perineal & prostate relief
- Active system reduces lower back strain
- Adjustable comfort with switch function
- Ideal for city, trekking, and touring riders

For further details on the SQ Lab range plus a dealer locator visit: www.sq-lab.com/en/us

8 Ride On Autumn 2025

Many of our rides take us through Merri Bek, so the following article from BN is of interest.

7 April 2025

Merri-bek unfolds new street improvement plan

The City of Merri-bek has released its draft Streets for People plan aimed at streamlining transport access in the municipality at the same time as improving the liveability of local neighbourhoods.

The plan identifies which streets are better suited for modes such as biking, walking and public transport and proposes changes that make for safer and more attractive road environments.

And it identifies nine priority streets across five suburbs that it wants to improve.

It has released the draft plan for feedback: <https://conversations.merri-bek.vic.gov.au/streets-people-plan>

Bike riders who ride through Merri-bek should consider contributing to this innovative plan. ([LINK](#))

Veloway Open

About 300 m at least. The Footscray Rd flyover of the long awaited Veloway is open. A number of our members have ridden it and their posts are on our BUG website. Here is a video of this section ridden in the dark of night. From the video, it looks like a bit of lighting is required. ([LINK to video](#))

Yallambie Park Bridge Closures

Riders of the Plenty River trail through Montmorency/Yallambie need to know there are two bridge closures in place. No time frame for the closures is given and there is not really any viable alternate route. ([LINK](#))

***Latest update. The bridges are now repaired and open.



"May the wind be at your back
May the trail rise gently to your front
May your destination be reached safely."
Contributions to this newsletter can be
sent to
allang@bigpond.net.au