

BOROONDARA

Bicycle Users Group

Newsletter October 2012

Boroondara BUG meetings are normally held on the 2nd Thursday of each month except January. Our next meeting is on **Wednesday** 10th October. It will be held in the function room at the Elgin Inn, corner Burwood Rd and Elgin St, Hawthorn (Melway 45 B10). Optional dinner at 6.30pm, meeting starts at 7.30pm.

The Boroondara BUG is a voluntary group working to promote the adoption of a safe and practical environment for utility and recreational cyclists in the City of Boroondara. We have close links with the City of Boroondara, Bicycle Network Victoria, and other local Bicycle Users Groups. Two of the positions on the Boroondara Bicycle Advisory Committee, which meets quarterly, are assigned to Boroondara BUG members.

Boroondara BUG has a website at <http://www.boroondarabug.org> that contains interesting material related to cycling, links to other cycle groups, recent Boroondara BUG Newsletters and breaking news. Our email address for communications to the BUG is boroondarabug@gmail.com

We also have a Yahoo Group: Send a blank email to: BoroondaraBug-subscribe@yahoogroups.com to receive notification when the latest monthly newsletter and rides supplement have been placed on the web site and details of our next meeting, and very occasional other important messages.

All articles in this newsletter are the views and opinions of the authors and do not necessarily represent the views of any other members of Boroondara BUG. All rides publicised in the Rides Supplement are embarked upon at your own risk.

Events and Activities

Freestyle Cyclists' National Launch

Our National Launch is on this Saturday October 6th, 1pm at the Learning Centre, CERES Community Environment Park East Brunswick. There has been a lot of media interest in the launch, and more media will probably be at the event. So it's important to get as many supporters to CERES on Saturday as possible. Can you make it?

Here's a map of how to get there: www.ceres.org.au/Main/contact.html

Speakers confirmed so far include

[Prof Chris Rissel](#), School of Public Health, University of Sydney

[Sue Abbott](#), who has successfully defended a number of helmet charges in New South Wales

[Geoff McLeod](#), Sputnik Films to talk about the Helmet Freedom ads his company has made (for example

http://www.youtube.com/watch?v=2ZNLb_SBbuA) and how to get them shown

[Councillor Jackie Fristacky](#), City of Yarra

[Bill Curnow](#), Cyclist Rights Action Group

The idea is to make a media splash, so we need lots of people to show the time has come to change the law - please spread the word and bring lots of people. CERES is also a fun place to visit, bring the kids, have lunch at the cafe etc.

Some of us are riding from Coburg Lake along the Merri Creek path, starting at 10:45. Coburg Lake Reserve: Picnic tables beside the playground about 50 meters from Murray Road, Finish: 12:00PM, a leisurely ride along the Merri Creek to CERES. It's about 7km off-road. You can arrive by train - Batman station on the Upfield line. Head down Gaffney St towards Sydney Rd. Organiser: Kathy 0400502325

Save Melbourne Bike Share

The roads minister Terry Mulder is considering the future of Melbourne Bikeshare as it nears the end of the initial contract period. As you probably know, the bikeshare has been a flop because of helmet laws, in contrast to many cities around the world that are enjoying a successful and useful bikeshare system. Write to Minister Mulder today and ask him to exempt bikeshare users from helmet law. See a [film](#) about Dublin's successful system.

terence.mulder@parliament.vic.gov.au

Fax (03) 9095 4483

GPO Box 2797

Melbourne VIC 3001

Australia

Points you might want to make:

- Share bikes are even safer than other forms of cycling (data from many bikeshare systems around the world)
- Melbourne and Brisbane are widely seen as failures because of helmet law
- We could be adding to Melbourne's liveability and convenience, and encouraging a new group of people to experience the benefits of cycling
- Riding any bike without a helmet is better for your health than driving or sitting in a tram. The benefits of riding exceed the risks by a large factor, so why discourage it?

New things on our website since it started - you may not have seen

- you can invite others to the site by pasting email addresses into the "Invite others" page.
- you can update your details, including your email preferences on the "My details" page. If you want to help the campaign and get campaign helpers' emails (still not too frequent - won't flood your inbox), you can update your preferences on that page.
- You can buy cute cards and gather support for change by dropping them into bike baskets, and bumper stickers (for your bike of course!)

You can update your email preferences anytime at <http://www.freestylcyclists.org/freestyle.nsf/index/editSubscriber> but please stay with us so we can let you know when something important is happening! Follow us on twitter [@freecyclists](https://twitter.com/freecyclists) ; Like us on [Facebook](https://www.facebook.com/freecyclists)

For Sale

Wheels

I Am Selling A Pair of *Mavic CXP 14 Wheels*. 32 spokes, in good condition, run true. Slight brake wear on rims. Price \$50.

Graeme Stone, Blackburn, Phone: 9878 1652 Email: graeme-stone@bigpond.com

Advertisements

New Consumer Bicycle Maintenance and Riding Courses

Bicycle Training Australia Ltd*, a not for profit social enterprise, is pleased to announce the launch of a brand new series of Consumer Bicycle Maintenance & Riding courses commencing in Melbourne in October.

Bicycle Maintenance & Riding Courses 2012

We offer a range of bicycle maintenance and training courses for all standards of riders and mechanical experience. From the introductory 3 hour "Basic Bike Mechanics" to our 5 week in-depth "Advanced Bike Mechanics" course. For riders from 18 to 80! All courses are held at our well-equipped training and workshop facility at Unit 5, 60 Stubbs St., Kensington 3031. Close to the Moonee Valley bike path, Macaulay or Kensington railway stations or the Racecourse Road tram. Free parking is available in Stubbs Street.

Basic Bike Mechanics

3 hours, Tuesday evenings 5.30-8.30pm.

Cost \$75.00.

Tuesday October 23rd, Tuesday November 13th, Tuesday December 4th.

Courses will also be scheduled regularly in 2013.

Bicycle Gears and Brakes

3 hours, Thursday evenings 5.30-8.30pm.

Cost \$75.00.

Thursday October 18th, Thursday November 22nd, Thursday December 13th.

Courses will also be scheduled regularly in 2013.

Advanced Bike Mechanics

3 ½ hours each Sunday afternoon for 5 weeks, 1.00-4.30pm.

Cost \$395.00. Optional 3 hour ride after course completion an additional \$75.00.

Course commences on Sunday October 20th and finishes Sunday November 17th with optional ride on Sunday November 24th.

Courses will also be scheduled regularly in 2013.

For further information, details of course content and enrolment, log onto our website -

<http://www.bicycletrainingaustralia.com.au> ; Or telephone me on 9347 8699.

Philip Watts



Who we are -

Bicycle Training Australia Ltd. (BTA Ltd.) has been established as a not-for-profit public company, limited by guarantee, with the following objectives –

- To provide high quality, nationally recognized vocational training and education to support the bicycle and related industries in Australia and overseas;
- To develop training products and services to improve the skills and employability of individuals in, or interested in the bicycle and related industries;
- To provide high quality bicycle mechanical training to members of the general public;
- To provide bicycle retail and repair services;
- To undertake and fund the vocational education and training of disadvantaged and/or unemployed people and assist with their placement in employment; and
- To advocate on behalf of the bicycle and related industries for policies and programs that are responsive to their training and workforce development needs.

Kula Yoga for Cyclists

My name is Kacey and I have recently opened up a beautiful yoga studio in Hawthorn East called Kula Yoga. Have Boroondara BUG members considered cross-training with yoga? It can help to build strength, endurance and stamina while increasing flexibility, mobility and focus.

At Kula we offer a mobile yoga service for workplaces, community and sporting clubs. We also have the studio location where we offer 3 types of group classes – ‘Hot’ yoga to detoxify and revitalise, dynamic ‘Flow’ yoga to energise, and gentle ‘Light’ yoga for a slower paced practice with deep stretches. Or we can cater private classes to your group’s requirements or goals.

The overall benefits of yoga include:

- Lowering stress levels > improving concentration and focus
- Reducing pain > increasing strength and mobility
- Combating fatigue > boosting energy levels
- Lessening sickness > building the immune system
- Improving health > eliminating toxins and waste

Kula Yoga is the biggest studio in the area, and the first to offer specialised FIR (Far Infrared Ray) heating panels in the room, which have the following benefits:

- Detoxification and elimination of fats, chemicals and toxins from the blood.
- Stimulation of enzyme activity and metabolism.
- Increased cardiovascular fitness and calorie burning for controlling weight
- A strengthened immune system.
- Lowered blood pressure and cholesterol.

Our team has worked with athletes and sporting groups to incorporate yoga into their training program with great results. If you are interested in exploring the possibility of yoga as part of your schedule please feel free to contact to organise a free trial class at either your location or the studio.

Kacey Bennett, Director - Kula Yoga

P: 0414 901 118; E: kacey@kulayoga.com.au ; W: www.kulayoga.com.au; Facebook.com/KulaYogaAustralia ; Twitter: KulaCorpYoga

Minutes of Boroondara BUG Meeting, Thursday 13th September 2012

Elgin Inn, Hawthorn

MINUTES

Attendance and Apologies

Present: Peter Campbell (Chair), John Parker, Alister Huth, Malcolm Faul, Julia Blunden, David Farrow, Glennys Jones; Alan Tonkin, Hank van Apeldoorn, Jenny Henty, Graham Ellis

Apologies: Ken Morrison, Betty Weeks, David Leong, Mick Nolan (Lighter Footprints)

Correspondence:

In

- Flyer re Central Goldfields Shire 'Spring Fling'

Out

- Letter of support for grant application for construction of ramp from AT to Mt Albert Rd
- Submission to Council on riding in parks

Matters Arising:

1. **Hawthorn to Box Hill Trail:** The application for a Council grant to produce a promotional brochure was unsuccessful. Hank V passed round copies of a draft for a brochure. Various suggestions were made about modifications needed to this. We agreed that when this is finalised a smaller number can be printed using BBUG funds. Peter C reported that his presentation at the Surrey Hills Neighbourhood Centre had been well received and that the centre now has several cycling groups. The tour of the route with Councillors and Council staff has been postponed until after the Council election, and will be in a minibus rather than on bikes due to safety considerations.
2. **Golfers Choice and Urban Bush Path:** Nil to report
3. **Stockland Toorong Village Development:** The new access path still awaits the finishing touches.
4. **Gasworks Site Redevelopment:** Signs have been erected warning of the forthcoming detour. This will probably be in place by Ride to Work Day.
5. **Belford Rd Underpass:** John P, Alister H and David F met with Jim Hondrakis. VicRoads have now raised difficulties about the option of running the bike path alongside the freeway. Jim H is preparing to undertake further technical work with a view to refuting their objections. It was agreed that political support is needed. The census statistics due out in October may be useful and examples are needed of existing sections of paths close to freeways.
6. **Darebin – Yarra Link:** This will be on the BAC agenda and we should find out if the planning permits have been extended. The Darebin Creek Path has been extended under Heidelberg Rd to Sparks Reserve but this new section is not yet open for use. Julia B pointed out that the Community Forum being run by Kooyong MHR Josh Frydenberg on 27/9 would be a good opportunity to push this, as well as the Belford Rd underpass and Dights Falls Trail. Kew MLA Andrew McIntosh and Mayor Heinz Kreutz will also be present at this forum.
7. **Anniversary Trail/Outer Circle Audit:** Glennys J reported that major improvements have been made to the junction of the Ferndale and Anniversary Trails at Prosper Pde as per the audit recommendations. More paint has been applied on the OCT near Harp Junction.
8. **Dights Falls Commuter Trail:** David F, Alister H and John P met with Council staff about this. Jim Hondrakis is interested in an incremental approach, possibly beginning by moving the Yarra Trail to the south side of the Guide Dogs. Hywell Rowlands queried the choice of route along the north side of the Eastern Fwy. There was agreement that the trail could be constructed in conjunction with either the proposed Doncaster Rail Line or the road tunnel. David F said that we need to get the trail into the new Victorian Cycling Strategy. There was discussion of how and at what stage to involve BNV. It was agreed that Graeme Stone should be asked for advice on this issue. It was also agreed that two meetings would be needed with VicRoads, the first to present the general concept and the second to go into more detail and get feedback. Tony Barton is the person to contact. The Yarra Council meeting on 18/9 at which the Wellington St bike lanes are to be discussed will be worth attending as this plan complements the DFCT. Other people to contact include Edward O'Donohue, Parliamentary Secretary, DOT; Christy Howard? And Fiona Colbert?

9. **Stonnington Matters:** John P reported that despite having commissioned consultants who have produced a report nothing is happening.
10. **Proposed Changes to Local Laws re Riding through Parks:** Julia B reported that a BUG submission had been sent to all Councillors and to Jim Hondrakis (Traffic) and Mark Dornau (Parks), opposing the proposed changes. This will be an item on the BAC agenda. This issue was raised at the Victorian BUGs meeting and it appears that it is not currently on the agenda in other municipalities. The question of changing our law to permit cycling on footpaths was raised at the meeting and Jason den Hollander said that BNV had plans to push for the age limit for riding on footpaths to be raised from 12. There was general support for this proposal.
11. **Incorporation:** Alan T reported that other BUGs use the Model Rules and he saw no reason why we shouldn't do so too. He does not think our method of collecting the annual fee of \$5 for three years in one go should be a problem. It was agreed that the vote on incorporation should be deferred to the November meeting. Mal F agreed to seek a venue that is more certain than the Elgin Inn function room as 21 days' notice needs to be given to all members of this meeting. If the vote is in favour of incorporation we will need a Public Officer.
12. **Dogs Off Leads Near Shared Paths:** It was agreed that signage currently in place in Boroondara appears to put the responsibility on cyclists to avoid dogs off leads, whereas dog owners should have an equal responsibility to ensure that their dogs do not endanger cyclists on shared paths. It was also agreed that it is desirable to have a rule that dogs must be on leads on shared paths and within 5m of shared paths. Alan T agreed to prepare a submission to be sent to those reviewing the Domestic Animals Management Plan. This can be sent to the CEO and/or Greg Talbert? Public consultation is supposed to occur but has not yet been announced. We need to have a BUG presence at the Council meeting where the new plan is presented and voted on as the dog walkers are sure to be there in droves.
13. **Treasurer's Report:** Malcolm F reported that we have \$967 in our bank account as well as \$3,000 in a term deposit which matures on 9/1. We have 32 financial members.

New Business

1. **Victorian BUGs meeting 5/9:** Julia B reported that the meeting had been well-attended and that there had been some positive feedback from attendees. She agreed to send the corrected minutes to Peter C to go on the Victorian Cycling Network website that he has created for the group.
2. **BAC meeting 21/9:** Julia B reported that she had not received any agenda items from BUG members but had sent a list of items to Julia Smith, including the standard 10 items plus several newer ones. There was some discussion of Council's bike budget and it was agreed that we should ask for a doubling of this from \$600,000 to \$1.2 M so that the completion of projects listed in the Bike Strategy can be accelerated. Hank V offered to draft a submission along these lines. It was agreed that for the present Julia B, Glennys J and John P should remain as the BUG representatives at these meetings, but that other members can attend as observers.
3. **Use of Rumble Strips in On-road Bike Lanes and on Bike Paths:** Alan T said that rumble strips have recently been installed in a number of locations both on and off-road where he believes that they are a danger to cyclists, especially those with narrow, slick tyres. They are especially dangerous when installed at the bottoms of hills where cyclists will be travelling fast and may lose traction. It was agreed that we should check the BNV *Good Design Guide* for information on this. It will also be an agenda item at the next BAC meeting.

Other Business.

1. **Media Issues:** Peter C raised the issue of 40kph speed limits. Those present agreed that it should be BUG policy to promote such limits.
2. **Correspondence re Advertising on our Web Site:** Mal F reported that he had received correspondence on this subject but assumed it was not relevant.
3. **Next meeting:** This is currently scheduled for Thursday 11th October. Due to possible unavailability of the function room this may need to be moved to Wednesday 10th October. Julia B said she would let members know one way or the other as soon as possible.

Notes by Julia Blunden

Contacts for Rides

There are many BUGs, clubs and other organisations, several of them local, which organise rides. Below are some of their contact details. A separate supplement contains details of many of their forthcoming rides.

Ashburton Riders Club

Contacts:

Tony Landsell - email: tony@diacher.com

Justin Murphy - email: murphjj@au1.ibm.com

website: <http://www.ashburtonridersclub.asn.au/>

Banyule BUG

email: banyuleBug@yahoo.com.au

website: <http://home.vicnet.net.au/~banylbug/>

contacts: Richard phone: 9459 8648, or Les phone: 9459 2701

Boroondara Bushwalkers

contact Julia Blunden

phone: 9853 5095

email: jblunden@bigpond.com

website: www.keypoint.com.au/~bbwinc

Kew Neighbourhood Learning Centre Bike Riding Group

Contact: Robin Kendrick, phone: 9853 3126

Council on the Ageing (COTA) Cycling Group

contact Janet Bennett

email: janpeter@bigpond.net.au or COTA,

phone: 9654 4443

website:

http://www.cotavic.org.au/_data/assets/pdf_file/1006/cota_cycling_brochure_jul-dec_2007.pdf

Darebin BUG

Rides and Events Coordinator

Doug Morffew, phone: 9499 7325 (AH)

email: dougmorf@alphalink.com.au

Download the Darebin BUG rides flyer, with details of rides (Word doc)

website: www.darebinbug.org.au

Surrey Hills Neighbourhood Centre

Phone: 9890 2467

Email: info@surreyhillsnc.org.au

Website: www.surreyhillsnc.org.au

Boroondara BUG Contacts

Membership Secretary & Treasurer:

Malcolm Faul

Phone: 9853 1369

Email: malfaul@alphalink.com.au

Address: 38 Grove Rd, Hawthorn, 3122

Media Contact: Peter Campbell

Phone: 0409 417 504

Email: <http://greenlivingpedia.org>

Hawthorn Cycle Tours

contact Hawthorn Aquatic and Leisure Centre

phone: 9815 0988

email: lexbishop@bikerider.com

website: <http://www.geocities.com/perften/Hct.html>

Knox Bicycle Touring Club Incorporated

email: Mikeaatleisure@aol.com

website: home.vicnet.net.au/~knoxbike

Manningham BUG

email: seball@netlink.com.au, H.Edwards@bom.gov.au

website: www.vicnet.net.au/~mannbug

Maroondah Bushwalking Club

To obtain details of how to book on a walk and a copy of the current walks and activities program Contact information officers:

Sandra, phone: 9728 3833, Aileen, phone: 9876 1104

website: home.vicnet.net.au/~mbush/

Melbourne Bicycle Touring Club

email info@mbtc.org.au (Note that this email address doesn't get checked every day - so don't expect an immediate response!) website: mbtc.org.au

Whitehorse Cyclists

email: ejhopper@vicnet.net.au

website: <http://www.whitehorsecyclists.org.au/>

Finbar Neighbourhood House Rides

Contact Deb in the office on 9428 7668 or 0403 028 200

YHA

contacts: Ride Co-Ordinator Kathy

rides@yhacycling.org.au or mobile 0425-792 574

or Secretary Voula on secretary@yhacycling.org.au

website: www.yhacycling.org.au has free registration

Newsletter Editor & Minutes Secretary:

Julia Blunden

phone: 9853 5095

email: jblunden@bigpond.com

Boroondara Bicycle Users Group

Membership Application Form

Name _____

Address & Postcode _____

Phone (H) _____

Phone (M) _____

Phone (W) _____

Email _____

Member of Bicycle Victoria? Please circle: Yes / No

Membership requires a payment of \$15 per household which covers 3 years. Please send cheque (made out to Boroondara Bicycle Users Group) along with this form to:

Malcolm Faul

Phone: 9853 1369

Email: malfaul@alphalink.com.au

Address: 38 Grove Rd, Hawthorn, 3122