



July 2009

Inside this Issue

**2 Annual Meeting
Easter Rides
Great Escapade
Young and Surrounds**

**3 MaintenanceW'shop
June Ride
Rutherglen Ride
Pleasant Hills Ride
Regular Rides**

4 Vale Carol Raadgever

**5 USA Connection
Spring clean your diet**

6 Seeing Red

**Bicycle Wagga Wagga
PO Box 5789
Wagga Wagga 2650
www.bww.org.au**

Next Club Night – A G M and Social Night

**Where Sportsman's Club Hotel
Time Dinner 6.15 Meeting 8.00pm
When Wednesday 8 July 2009**

All members and any prospective Members are invited to attend
Any questions or further information required?
Contact **Graeme Buchan on 6922 6806**

President's Ponderings...

The Bicycle Wagga Wagga Journey as seen by Parting President Graeme Buchan. 11.06.09

In the beginning (1996) Wagga Wagga City Council employed a cycling consultant to advise on future cycling in our city, a very progressive move at the time. This was the beginning of not only a cycle plan for Wagga Wagga, but also Bicycle Wagga Wagga which was established in July 1997.

I am proud to have been on the BWW committee since its inception in 1997. There have been many meetings with Wagga Wagga City Council, RTA, Bicycle NSW, Rail Trails etc, in the past 12 years (far too many to list). However I feel the cycling infrastructure in Wagga Wagga has improved enormously in this time.

Our rides have moved from a simple Sunday afternoon social saunter for all the family to the 3 listed regular weekly rides (Sunday, Coffee Grinders, B4Breakfast) plus a few unofficial semi-regular weekly rides, plus our 4 or 5 weekends away each year, plus Audax regular rides, such as the Oppy 24hr, Canola Canter, Round the Bay etc.

Bicycle Wagga Wagga has also been at the forefront of cycling in country NSW with innovative programs such as the Ride Leader's workshops, Ride to Work, Bike Week activities, the Cruiser's beginner rider training, Bicycle NSW training workshops, Premier's Department Cycle planning workshop, to mention just a few.

Bicycle Wagga Wagga can be very proud of its contribution to cycling in the region, it has always been there to assist other towns establish their BUG, towns such as Cootamundra, Gundagai, Leeton, Junee, Albury, Narrandera etc. Members have been very willing to step up and take responsibility for organising rides - too many to list over the dozen

years. However there is one stand out who has led many rides and he is our longstanding member Geoff Marks. My personal thanks for a great job, Marksy.

My personal thanks also go to all the committee of 2008/9 with a very special thanks to Lyn Wilson for her incredible achievements as secretary in this past year.

Our wonderful cycling adventure has not always been without tragedy. We have all had our scrapes, bumps and busters. However these are insignificant compared to the tragic loss of our good cycling friend Carol Raadgever on May 5th this year. Carol had been a BWW member for 10 years; she had also been a BWW committee member. Carol really enjoyed her cycling, as we all enjoyed cycling with the chirpy little "pocket rocket". Carol will be missed but never forgotten.

Exciting days are ahead for BWW and the new committee. A new era in cycling for Wagga Wagga City Council has just begun. A reappraisal of the cycling needs for our fine city, with the establishment of the Bikeway Plan Management Team, also the Riverina Rail Trail looks ready for a spectacular launch in the very near future.

How do I see the future???
As always with a very, very positive outlook of course, as those of you who know me would expect nothing less.

Cycling in Wagga Wagga has a fantastic future with a fantastic group of dedicated people driving Bicycle Wagga Wagga forward. This group is part of a substantial cycling movement within a vibrant city and when joined with all of the cycling groups within Wagga Wagga, will be a very powerful lobby group.

So where to now???

The Bikeway Plan Management Team is just the beginning for this fine city. To advance cycling in Wagga Wagga.

BWW along with all other local cycling groups, must embrace this opportunity with great enthusiasm, to thrust the alternative transport, environmental and healthy cycling concepts into our community, which will in turn influence the shape of cycling infrastructure in this city for future generations.

Road Safety is of course one of the primary concerns; BWW needs to be involved in educating all road users, including our own cyclists, as well as drivers. Most importantly our younger children need to feel safe whilst cycling, so we need to support any activities involving the education of our children in cycling & road rules.

Wagga Wagga is a great city. Support your city and with your support, cycling will continue to progress.

Thanks for the Journey.
-Graeme Buchan

Annual Meeting 8 July 2009

The Annual General Meeting will be held at the Sportsman's Club Hotel, Kincaid St Wagga Wagga, on Wednesday 8 July 2009. Pre-dinner nibbles start at 6.15pm. If you arrive before 6.45pm. you may be lucky enough to win a \$50 voucher for dinner and drinks. The AGM will commence about 8.00pm. President Graeme will give a report on the year's activities and a report on the club's financial position will also be presented.

An election of office bearers will be conducted, with some committee members being available for re-election. It is hoped that there will be a good attendance at this meeting to demonstrate our appreciation of and support for the club's leadership.

The Annual Meeting will also afford an opportunity to say *au revoir* to our friends the Buchans. Graeme and Jane have sold their home and their business in Wagga and will shortly be moving to a new phase of their lives on the beautiful Lake Macquarie. Graeme and Jane have been stalwart members of BWW since its inception in 1997. Graeme has served two terms as President, and has been able to successfully combine his business and cycling interests, with trips to Grenfell and Canberra being particularly memorable.

Graeme has also made an important contribution to Wagga Rotary, and to the

religious and golfing communities. We will be sad to see them go, but we wish Graeme and Jane well in their new adventure.

Ride Reports Easter Rides 10-13 April 2009

The 2009 Easter Rides were blessed with ideal cycling weather, with cooler days and only a slight north easterly breeze. Friday's ride saw a big turn-out of riders leaving the beach at 7.30 for a ride to Currawarna and return to town for morning tea.

On Saturday a small group of riders enjoyed a jaunt around the Ladysmith Loop for Coffee and Cake at the Ladysmith Store, while on Sunday twelve riders, including new rider Ashleigh Neal and Bathurst visitor Samantha Hill, attacked the Shepherd's Siding Loop. The riders struck some traffic on the return via the Olympic Way and North Wagga, and were forced to split into groups of three, but all returned safely after what was agreed to have been an enjoyable ride.

On Monday the ride was the Uranquinty Loop, via the Mangoplah and Oxley Bridge Roads. The riders struck some traffic on the Olympic Way but again the ride was completed without incident.

A big Thank You is due to Lyn and Garry, Phil, Bruce and Geoff for their organization and leadership of these outings.

Great Escapade 28 Mar -5 Apr 2009 Junee John Has a Great Time on the W.A. Ride

Despite the inconvenience of getting a plane from Canberra, leaving a car with friends in Canberra, and putting one's bike on the plane, this year's West Australian Great Escapade was a great success. The total number of riders was 1827, enough to test the organization of any ride, but all went well with excellent meals, top camping sites and great facilities.

Starting on 28 March from Margaret River, each day was less than 100kms, with a total of 556kms. Every day brought us new surprises, almost entirely of sealed roads, through beautiful forests of Karri Trees and National Parks. This area of Australia receives 1.5 metres of rain each year, so riding past beautiful apple orchards, vineyards and irrigated vegetable crops,

and stopping each night in very pretty small towns made it all happen.



Junee John on Margaret River Ride

A highlight for John was our rest day in Pemberton and watching our riders climb the Gloucester Tree, standing 61 metres tall. Used for many years as a fire lookout, it has steel rungs to climb you all the way to the platform at the top. The scary bit seemed to be when one climber was ascending and met another climber descending, but they got past each other somehow!

Another highlight for John was Cape Leeuwin and to stand at the lighthouse with the Southern Ocean on one side and the Indian Ocean on the other. Truly the "corner" of Australia!

Although John had seen some of these sights before, he was then travelling by car and on main roads. This time cycling, he felt he saw so much more, could stop wherever he wished for a photo and appreciation. All cyclists would agree – a fantastic ride.

-John Lehmann

Young and Surrounds 9-10 May 2009 Monastery/landra Castle Rides

What a magical weekend! Great company, great weather, and great destinations! Thank you to everyone who attended the rides in an around Young on 9th and 10th May 2009.

The weekend began on the Friday night, with an evening of dining and celebration at the Young S & C Club. Debbie also joined us from Cootamundra for the special occasion, as we congratulated one of our 'forever young' members with a 70th birthday cake. Geoff Marks was quite thrilled and even more so when he tasted the cake! Wilders' Bakery certainly lived up to their reputation, it was scrumptious!

Eleven Riders left the Young Station on Saturday morning and headed along the Moppity Road towards St Clement's Retreat and Conference Centre, also known as the 'Monastery' Galong. A well known local rider Kevin Ford also joined us for part of the trip. Young now has twenty or so regular riders and is looking to start its own BUG; we look forward to participating in future rides with them.

After riding 46kms over 'lumpy' country, as Shane aptly described it, we rolled down the long picturesque driveway of the 'Monastery' to be greeted by our friendly tour guide. He promptly asked how long a tour we would like? We agreed to an hour considering the time needed for our picnic lunch and the ride home. He proceeded to lead us through the front entrance and we began to take in the immensity of the place. An hour and ten minutes later we understood the origin of his question, we had only scratched the surface and that was just the history.

The founder of the land was 'convict' Edward 'Ned' Ryan, who upon gaining his 'ticket of leave' in 1825 became a farmer, 'with out a farm'. He originally squatted on up to 200,000 acres in the area but was known to have a 'heart of gold'. A section of his property remains the historical Irish cemetery. The Monastery was built around Ned's original house after he died in 1871 and now is home to the museum. For more information on the history and many accommodation options go to www.stclement.com.au.

After a pleasant ride through Harden/Murrumburrah and Kingsvale we rolled into Young, as the sun was setting. Jane Buchan declared the ride over, as she flew past me, tallying her P.B of 107kms.

'Mother's Day' saw fourteen riders leave Young station on route to landra Castle. Shane Burkett led the faster group via Henry Lawson Way while I led the remainder on a leisurely but 'lumpy' ride via Monteagle. At the Castle we were joined by members of my family who had driven from Wagga for the tour and of course to wish me happy 'Mothers Day'. Eventually the three 'thirsty' riders who had taken a detour to Greenethorpe Pub finally arrived back and the tour commenced.



The Castle at landra

All participants arrived home safely and commemorated another successful weekend of riding with a well earned beer!

-Kerrie Burkett

A big thank you to Kerrie and Shane for the effort and enthusiasm they have exerted on the organization and conduct of this excursion, which has become a highlight of the BWW Calendar.

Bicycle Maintenance Workshop 26 April 2009

The club celebrated the Bomber's historic Anzac Day win and a number of birthdays with a Bicycle Maintenance Workshop and Sausage Sizzle hosted by Geoff and Jan Marks.

Although it was a cold and blustery day fifteen or so stalwarts came to lean about tube changing, chain and bottom bracket lubrication, brake, bearing and derailleur adjustment and the various types of bikes. The participants were ably instructed by Geoff, and by Rob Houston from Morgan Street Cycles, and afterwards enjoyed barbequed sausages and Jan's cream scones.

We thank Geoff and Jan for making their home available and for their efforts in organizing and conducting this day.

Upcoming Rides June Ride 30 August 2009

The Annual End of Winter Ride will depart from Wagga Beach at 10 am on Sunday 30 August, 2009. There will again be the option of a 66km ride via Wantabadgery and Gundagai Road to Junee, but this ride will be unsupported. The other option is a supported ride, proceeding along Oura Road and Patterson's Road to Junee (48 kms). Lunch will be at Junee's Liquorice Factory before everyone will make the leisurely trek home via Bomen (34kms). A ride not to be missed.

Contact Eric Armstrong 69262768

Rutherglen Winery Rideabout 12-13 September, 2009

Bicycle Wagga Wagga invites members and their families and friends to join them for a wonderful weekend riding the roads around Rutherglen and visiting a few wineries along the way. On Saturday there will be a leisurely ride along some of our country's most beautiful roads with a lunch stop at Chiltern bakery, while on Sunday the ride will be to the township of Corowa, returning to Rutherglen by mid afternoon.

Contact Glen Grosvenor 0401 361 007

Pleasant Hills Ride Long Weekend 3-5 Oct

This year Geoff Marks will be leading his Annual Pleasant Hills ride to Pleasant Hills during the October Long Weekend. A fully supported ride over the rolling undulations to the town's historic community hotel, the ride will depart from Wagga Beach at 9 am for the 80 km ride via Mangoplah and Cookadina. On Sunday the group will cycle to Henty for some friendly instruction in Lawn Bowls by members of the Henty Bowling Club. The return journey on Monday will be via Tootle and The Rock. Always a great weekend.

Contact Geoff Marks on 69223814

Regular Rides

COFFEE GRINDS

**Every Wednesday; approx 2 hrs:
Moderate Pace/Easy/Some traffic;**
Starts: 9 am from Kooringa Mall.
Interesting and different courses planned, offering different terrain and scenery.

B4 BREAKFAST RIDE.

**Every Saturday: approx. 35 kms;
Moderate Pace/Easy/Some traffic**
Starts: 7.30 am from Kooringa Mall.
Gregadoo Loop then back for Breakfast.
Note ride starts 7.00 am during Summer months and 7.30 am at other times.

SUNDAY RIDES.

Moderate pace/Easy/Some traffic;
Starts: 2 pm; Wagga Beach.

For up-to-date information on all rides see Wednesday's Riverina leader (Sports Section) or www.bww.org.au

Contact Geoff Marks on 69223814

Vale Carol Raadgever 5 May 2009

Carol May Raadgever was born in Penrith on April 10th 1954, the second of eight children to John and Betty Smith. She spent her early childhood on the family farm at Lake Cargelligo, then off to boarding school at Mount Erin in Wagga and completed her schooling at St Scholastica's in Sydney.

Carol was highly intelligent and had a thirst for knowledge. She studied Geography at Sydney University, achieving Second Class Honours in 1975, as well as being awarded the College Medal when she went back to study for an Associate Diploma in Agriculture majoring in Horse Husbandry in 1989, whilst raising three young children.

Carol was a capable clay target shooter and keen bushwalker, always eager to get outside in the sunshine and the fresh air. It was at a Sydney University Bushwalker's Club party that she first met Andrew, her husband of many years and father of her three children, Louise, Mark and Heather. Carol and Andrew married on 11th December 1976.

Having completed her Diploma of Education that year she began working as a teacher. She didn't always enjoy teaching as a profession, but as a mother she never stopped teaching. Above all else, she taught her children to be independent, to think for themselves and to question everything; lessons for which they will be forever grateful. She encouraged her children and challenged them, but never pressured them. Carol loved her children unconditionally, and didn't hesitate to show it.

In 1999 Carol left Leeton to make a new life for herself in Wagga. In early 2002 while working as the office manager for the accountancy firm Bush and Campbell she was re-acquainted with Bruce Golding of Lake Cargelligo. They knew each other as children and teenagers but had not seen each other for 30 years. After their first trip to Cape York in mid-2002 Bruce said to Carol 'I'm going travelling, if you want to come too you had better resign from your job', and she did just that.

In Wagga, Carol was able to spend a lot more time on one of her great loves – cycling. She became involved in Bicycle Wagga Wagga and was a strong

supporter of Club activities including Sunday rides, Wednesday Coffee Grinds, Friday mountain bike rides and weekends away.

Some people are just made to sit on a bike and Carol was one of those people. She was well known for her little Cecil Walker bike with a rear cluster the size of a dinner plate, and she always rode with a beautiful even cadence, even up the biggest of hills.

She saw cycling not only as an opportunity to keep fit but also, importantly, as a chance to talk with like-minded people. Although she was a strong rider, she would happily ride with anybody at any pace and didn't feel she had to keep up with the fastest bunch.

Carol made a lot of new friends in Wagga through cycling, and she became very close to many of us. She particularly loved cycle touring and Shayno's tours through the Central West, North East Victoria, Victorian high country and most recently winery wandering around Mudgee, became very special memories for her.

Carol loved a challenge and a few years ago took on the Opperman 24 hour event as part of a women's team. This event requires determination, fitness, concentration, mental toughness and the ability to work as part of a team. These are all characteristics that describe Carol to a tee.

Even when a group of us visited her in hospital after her accident and knowing she had a long recovery ahead of her, Carol was looking forward to our next ride. She was in agony from head to toe, but she still wanted to talk about our riding plans and she was determined to regain her strength and mobility to be able to get back on the bike and ride again.

One of Carol's biggest challenges came after she met Bruce. You see Bruce was a farmer. He wasn't really into cycling ... and yet Carol managed not only to get Bruce on a bike, but also to get him to buy a bike. This of course required a great deal of planning and research on Carol's part, as she couldn't afford to choose the wrong one. One wrong purchase and that would be the end of Bruce's cycling career. Luckily, Carol was the ultimate researcher and the purchase was spot on.

Planning and research were two of Carol's great strengths, particularly when applied to travelling. Some of us

were fortunate to do the trip of a lifetime with Carol last year - five girls on a cycle tour of Vietnam.



Carol and Bruce
"Riding into the Sunset" on the Rail Trail
between Everton and Beechworth

The researching and planning of the trip was delegated to Lisa and Carol. Lisa bought the Lonely Planet book but Carol, being the consummate travel planner did most of the work. She was so thorough in organising the bikes, arranging the itinerary, scheduling the flights, checking the maps, doing the costings and even forecasting the weather, that in the end we all stopped reading our tour notes and relied on Carol for our daily briefings.

She taught us many things on that trip. Like how to clean your shoes and cleats with a toothbrush to get them through Customs, how to dry your undies on the light globe without burning them and a trick she learnt from her boarding school days was to wring your washing out with a towel to ensure it dried overnight.

She also became the trip accountant, keeping tabs on the finances and ensuring we always got the half price cocktails at the hotel each evening.

Carol lived her life to the fullest. There is a saying "that life is for living" and that is something that Carol embodied. She was incredibly positive, she loved the outdoors, she loved to keep fit and she loved to travel. If Carol wanted to see or do something, even if it was in some far off exotic or remote location, then she jolly well got on and did it!

China, Japan, Cambodia, South America, the UK, Holland, Belgium and Morocco are just some of the places that she and Bruce enjoyed in the last few years. It is really amazing that on most trips she managed to talk Bruce out of the standard bus tour to major cities and instead got him to ride a mountain bike in Argentina, cycle the canal paths of Belgium and the hills of Cambodia. She even had him ready to

go sea kayaking in Alaska ... and after recent experiences in the Murrumbidgee River together; kayaking is definitely Bruce's least favourite sport!

Carol was especially looking forward to becoming a grandmother as long as she was not known as granny. Nonna was her preference. On the day of Christina's arrival not long ago, she excitedly told everyone the good news, but at the same time asked "Am I supposed to feel old now?"

Carol was a beautiful person and we will all remember her vibrant personality, her positive outlook and her warmth. She has been taken from us too soon, but our shared experiences and our memories of Carol will remain in our hearts forever.

When you think of Carol and are sad, look up into the night sky to see her light. Some people call them stars, but I prefer to think of them as little holes in heaven through which Carol's light can twinkle down on us forever.

-Lisa Glastonbury

USA Connection



Thought you'd like to see the famous BWW jersey getting some press. I live in North Little Rock, Arkansas, USA, and got one of your jerseys a couple of years ago. My wife and I were asked to be in a photo shoot last year for Arkansas Department of Parks and Tourism. Our photos have started popping up in media as in the banner ad at this site (<http://bicycling.com/blogs/fit-chick/2009/04/28/the-me-in-team/>), in the video promoting Arkansas cycling and in print in Bicycling Magazine.

John Barton

<<http://jbarcycling.blogspot.com>>

Club Jerseys For Sale

There is a limited number of men's short sleeved jerseys available. Sizes Large (3), XL (2), XXL (1) Cost \$85. **Contact Secretary**

Spring Clean Your Diet

Super Food For Cyclists

By Susie Burrell

At a time of year when much focus is given to cleaning out your diet, for busy cyclists a much more valuable assessment can be made by checking to see how many super foods make it into your daily diet. Super foods go above and beyond the call of nutrition duty, offering exceptionally high levels of key nutrients, including vitamins, minerals and essential fats. Ensuring your diet is packed with as many super foods as possible will help to maximise performance, energy and recovery on a day to day basis which will not only benefit your riding but your long term health as well.

Atlantic salmon, fresh tuna or sardines

The richest natural sources of Omega 3 fats. Deep sea cold fish added into your diet means lower levels of inflammation as well as lower blood pressure and triglycerides. Try fish for dinner a few times each week, tuna or salmon salads or sardines on toast. If you are no fish lover, try supplements instead.

Carrots

An extremely rich source of beta carotene, the pre cursor of Vitamin A. A single carrot added into your day provides almost your entire daily requirement of this powerful antioxidant.

Broccoli

Always the dieticians' choice of a super food. Packed with powerful antioxidants, add this one into your stir fry daily, with a little garlic and sweet chilli.

Walnuts

Walnuts have a particularly high level of long chain polyunsaturated fat, the plant source of Omega 3 fat. Just 30 gms of walnuts a day has been shown to lower blood cholesterol levels.

Linseed

Grain is always best for both bread and crackers and linseeds in particular are another rich source of long chain polyunsaturated fat.

Olive Oil

The best oil for us all. You do not need buckets each day, but a tablespoon or so used for cooking, a salad dressing or to taste up those brightly coloured vegetables tastes superb.

Lean Red Meat

It is true, active people in particular need lean red meat three to four times each week to get all the iron and zinc they need for energy and recovery.

Berries

Berries, blueberries in particular, have one of the highest antioxidant contents of any fruit and with almost no calories you can eat as many as you like. Add to smoothies, yogurt, or low fat ice cream for a daily vitamin C and antioxidant hit.

Oysters

Just a couple gives you almost your daily requirement of zinc as well as iodine, a mineral needed for optimal thyroid functioning and energy regulation. Iodine is a nutrient known to be lacking in many Australian diets.

Eggs

Did you know that eggs are one of the most nutrient rich of all the foods we eat and contrary to popular opinion, do not increase blood cholesterol levels? Enjoy an egg a day for a serious hit of nutrition and high biological value protein that is also important for optimal recovery.

Vegetable Stack

Ingredients

- 1 large eggplant
- 2 medium zucchinis
- 1 red capsicum
- 1 medium sweet potato
- 2 medium tomatoes
- 4 large mushrooms
- 1 clove garlic
- 2 tablespoons olive oil
- 100g Pitas Light Haloumi cheese
- (Serves 4)

Method

Heat oven to 180 degrees C. Slice sweet potato and zucchini into fine strips lengthways, brush with olive oil and place on baking tray in oven. Cook until tender.

Cut eggplant, capsicum and tomato into slices. Once sweet potato and zucchini are tender, brush remaining vegetables with olive oil and place on baking tray until all vegetables are chargrilled. Lightly fry Haloumi cheese in pan using spray olive oil.

Remove vegetables and stack together into four stacks. Place head of mushroom on top of stack. Sprinkle garlic on top of mushroom heads.

Place stacks back in oven and bake until mushroom is warm.

-from *Bicycling Australia*.

Seeing Red

By Debra Mayrhofer

Traffic lights allow us to share the road in safety, right? Not according to new thinking which says they diminish road safety, increase congestion and add to environmental pollution.

Cyclists are notorious for running red lights – a study from New City last year found that nearly 60 per cent of cyclists observed failed to stop at red lights – and pedestrians are just as bad. Another study found that even those that do stop tend not to wait for the green signal, with almost half the cyclists starting shortly before the light changed, especially in heavy traffic.

As a result, cyclists have a reputation for being arrogant, too focused on their own deadlines and thinking themselves above the law. In some cases this is true; in many cases, it seems that cyclists are ignoring traffic lights as a safety measure, because they feel that it allows them to distance themselves from following traffic.

While it does little for the motoring public's perception of us, a recent study by Transport for London's road safety unit suggests they may be on to something. It seems that women cyclists are far more likely to be killed by trucks because they tend to obey red lights and find themselves at intersections in the driver's blind spot, just in front of the vehicle. In more than half the fatal crashes, the truck turned left, straight over the cyclist. Women also tended to hug the kerb and be less assertive about claiming their space on the road.

One suggestion might be to get rid of the traffic lights. They diminish road

safety, increase congestion and add to environmental pollution.

Contrary to the trend of 20th century planning, which assumed that efficient traffic flows and road safety depended on separating vehicles from the civic spaces, progressive cities around the world are removing traffic lights and gratuitous signage. Planners are finding that rather than resulting in chaos, "naked" streets create shared spaces which produce lower speeds for motor traffic, shorter trip times, fewer serious crashes and an increase in the number of pedestrians and cyclists out and about.

The logic behind "shared space" theory is that traffic lights make road users bow mindlessly to technology and lull them into a false sense of security, meaning that they pay less attention to pedestrians, cyclists and other such "movable hazardous objects", as traffic engineers like to call us.

On the other hand, if you create uncertainty on the roads they actually become safer because road users compensate for the perceived risk by behaving more cautiously and being more alert. Moreover, road users start to acknowledge each other's existence and make eye contact; to see each other as human beings, not just traffic obstacles.

No one is suggesting doing away with every set of traffic lights. The shared space philosophy distinguishes between the slow network hubs and the fast network which uses traditional traffic engineering to allow traffic to reach outlying destinations quickly. But in a lot of cases we would be better off with nothing, or with a roundabout. As well as the safety and congestion issues, traffic lights are also environmentally unsound because they force vehicles to stop and idle. A 2008 study from Kansas State University found that intersections with roundabouts rather than traffic lights or stop signs, generated between 55 per cent and 61 per cent less carbon dioxide, depending on the time of day. Emissions of hydro carbons dropped by more than two thirds.

Next time you are at lights, notice how much time is spent waiting while an empty stretch of road has priority, and how much traffic could have moved through if logic prevailed. The shared space can be seen in action, whether the cyclist is enjoying the harmony and space sharing of Amsterdam, where the

bicycle is king, or the apparent anarchy of Phnom Penh, where bikes, scooters, tuk-tuks, buses and the odd car manage to swirl together harmlessly without the control of a traffic robot.

If schools of fish and flocks of birds can be trusted to yield and merge co-operatively, surely we can too.

-from *Australian cyclist*

Suggestions and contributions for this newsletter are welcomed and encouraged. Contributions should be around 500 words, ideally typed in Word 97-2003, and emailed to the Secretary. Handwritten contributions will also be accepted. Next deadline 20th Sept.

Remember:

BE SAFE, BE SMART, BE SEEN.