



January 2012

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SPECIAL GENERAL MEETING

When: **Wednesday, 22nd February 2012 at 8:00 PM**
Where: **Sportsmen's Club Hotel, Kincaid Street, Wagga Wagga**

Meet for dinner from 6:30 PM. The Club Night's speaker will be Mick Dunn. Mick will entertain all with a presentation about the Dunn's recent trip to Europe. All members and any prospective members are invited to attend.

Contact **Ray Stenhouse** on **0418 400 455**

President's Ponderings

How quickly does time fly? 2011 is done and dusted and we now have 2012 ahead of us. We had better not blink or it will be gone before we know it too. Before it does end I'm sure there's plenty of cycling to done and some fun as well.

With a slow start to summer the warmer weather at the start of January reminds us that we live in a very hot part of the country. May I remind you that in an effort to beat the heat the regular weekend rides now start earlier during the summer months. The B4 Breakfast Ride on Saturday now begins at 7:00 AM. The Regular Sunday Ride now starts at 9:00 AM.

Don't forget to take along adequate supplies of fluid when you're out for a ride. Remember the sunscreen too. If you're out early in the mornings or later in the evenings make sure you be safe, be smart, be seen.

At the top of this page you will find information regarding a Special General Meeting. The reason for this is to adopt a new constitution. Why is it that we need to adopt a new constitution?

The primary reason is that despite passing special resolutions at the AGM last year we have been unable to have the amendments approved by NSW Fair Trading. After several attempts to provide details of the changes to the original Constitution it has been recommended that the simplest thing to do would be to adopt a new Constitution that incorporates the amendments.

We will also take advantage of the Special General Meeting to remove the Application for Membership and Temporary Membership forms. This way the forms can be modified without having to hold another Special General Meeting.

I would like to highlight the work of a new sub-committee.

The Ride Leader Sub-Committee comprises David Neil, Craig Alexander, Glenn Ross and Ray Loiterton.

We all know that rides do not happen without someone volunteering their services as the Ride Leader. The purpose of the sub-committee is to investigate how BWW can support our experienced Ride Leaders.

Another facet of their work is to discover ways and means of encouraging and educating prospective Ride Leaders.

The sub-committee has already met several times last year. The reports coming from these are very positive and variations in topic show they are keen to cover as many bases as possible.

If you have any ideas that you feel the sub-committee should consider please do not hesitate to discuss these with David, Craig, Glenn or Ray.

Speaking of Ride Leaders with the New Year now upon us we need to start filling the 2012 Events Calendar.

David Neil has thrust up his hand and has started to prepare the rosters for the regular rides. David now needs to fill in when we will be having special events.

The Hills Ride has already been marked in for late March. However we need other events throughout the year to provide a smorgasbord of cycling experiences at regular intervals.

If you've an idea for a ride let David know on **02 6971 7778**. If you've never led a ride before don't let that stop you as you will be given plenty of help.

Safe cycling to you all.

- *Ray Stenhouse*

Membership Renewals

Our membership year coincides with the calendar year.

So, if you've not already renewed your membership, then you have until 28th February to do it. If your membership has not been renewed by then you will need to go through the application for membership process once more.

All members on email will have received a Membership Renewal Form. Please complete this and forward it to the Secretary for her records.

Please note that a form is required of every renewing member as 2011 members, be they an ordinary or junior member, are members as individuals. There is no longer a family membership.

Completing a Membership Renewal Form aids the Secretary and the Treasurer to reconcile members with their payments. This is especially true of those members that pay the subscription by Electronic Funds Transmission. So please try to make their jobs all that bit easier by forwarding your forms as soon as possible.

If you have further enquiries please contact **Kerrie Burkett** on **02 6926 2768**

B4 Breakfast Ride Trial

As a result of the survey into what members find good and bad about the Saturday morning B4 Breakfast Ride the Committee has decided to run a trial for the first three months of 2012.

During this trial a Ride Leader will be rostered on to ensure that temporary members are signed up and that more relaxed riders have someone to ride with.

When BWW initiated this ride in 2005 it was designed to be a fixed route where everyone started at the same time and rode the route at a pace they were comfortable with before a staggered arrival back at the Mall for coffee and a chat.

After considering the feedback received, we have decided that it would appropriate to return to the original ride format and encourage riders of all abilities to come along and start the ride from the Koorringal Mall at the same time. For January and February the ride

starts at 7:00 AM and then it reverts back to 7:30 AM in March.

The first ride saw a group of riders come along that were happy to let the faster riders go ahead while they rode along at their own pace. Wendy, Sue, Max and friends would be very happy to have some others along with them. So come along.

Bike Week Letters of Appreciation

During Bike Week last year BWW attended the Lutheran Public School. The students were given several sessions of bicycle education and then put a lot of this into practise with a ride from the school around Lake Albert and back.

The BWW members reported that they had a great time with the students and felt that their time was well spent.

Recently BWW received a swag of letters from students that had participated on the day. The students were very thankful for the time and effort put in by the members. Some wrote of the various exercises they did, some that they liked and others that they didn't.

It was very refreshing to read these letters. While these were quite unexpected it is gratifying to know that our members' efforts were appreciated.

Since the successful session at the Lutheran School BWW has conducted another at the Wagga Wagga Public School during the school holidays. There have also been enquiries from other schools regarding getting access to this as well.

-Ray Stenhouse

ICE

The Ride Leader Sub-Committee has already come up with some suggestions as to how riders can make it easier for Ride Leaders in an emergency.

No, the ICE referred to in this article is not the frozen water kind although with summer it's a good thing to bring your temperature down.

The ICE in this article is an acronym for **In Case of Emergency**.

The U.S. Centers for Disease Control and Prevention reported in 2006 that

1,600,000 emergency room patients could not provide contact information because they were incapacitated. Many people leave home each day without any identification or emergency contact information, yet they carry a mobile phone.

A global campaign, started in the UK in 2005, has spread across the world. Now many Australian emergency organisations have thrown their support behind the ICE campaign.

The campaign simply calls for people to add an In Case of Emergency contact (or ICE for short) into their mobile phone's address book and list the name and number of the person you want to be contacted in an emergency. It could be a family member, close friend or even your doctor.

An ICE contact may be helpful not only in major accidents and emergencies, but anytime you get into difficulty, such as if you have a bad tumble or a sudden asthma attack.

The Ride Leader Sub-Committee has recommended that every rider, if they haven't already done so, add this information to their phone.

It is recognised that even including ICE in your phone may not help in all situations it is an easy step that that may help you when you need it most - in times of accidents and emergencies.

Your phone may be damaged at the same time you are injured. Or your phone may require a code to unlock it. To get around this a sticker or note on the phone or in the protective case with the relevant details would be helpful.

These small steps may make it easier for people assisting you to contact someone that needs to know of your situation.

First Aid Kits

The Ride Leader Sub-Committee has also been discussing First Aid Kits

While they are still reviewing the best options for an on-ride Kit for Leaders they have suggested that each rider carry a small First Aid Kit of their own when out and about on the bike.

The Kit doesn't have to be too extensive or big. You carry spares to repair your bike so why not carry a few things to help you repair yourself or someone else if needs be?

Upcoming Ride

The Hills Ride 23-24 March 2012

Lee and Lindsay Wilson are planning a repeat of their ride through Holbrook and Tumarumba to Laurel Hill, returning next day via Batlow, Adelong and Wantabadgery. Riders will stay overnight at the Laurel Hill Mountain retreat.

This is a fully supported ride on which riders will need to take sleeping bags and personal requisites.

This has become a signature event with its popularity growing each year. To try to keep this event manageable the Wilsons have reluctantly come to the conclusion that they have to cap the numbers.

Our rides are generally open to all comers but the Wilsons have decided that BWW members will be given first preference.

So, if you're interested in going, please get in quick.

There will be a flyer out soon.

Contact Lindsay Wilson on 69262333.

Ride Report

Escape to Myrtleford

Participants in last year's end of year weekend at Myrtleford came away once again with their appetites for great riding, gourmet food, invigorating beverages, and scintillating company well and truly sated.

Certainly, judging from the laughter levels, anyone that didn't have a fabulous time must have been somewhere else.

Mind you though, the weekend did not look promising as the eager participants head south to the venue. It rained a lot of the way down only to get heavier as people gathered at the various eateries in Myrtleford. Mmmm, not looking good, better check the second-hand shop for warmer clothing and a book or three before driving to the resort some were thinking.

Despite the rain a few adopted the attitude that they had come to ride and



Rain? What rain?

The Fearless Friday riders photographed before their road trip.

they were going to ride. So they did. Others took opportunities to do a bit of sightseeing by vehicle.

The rain steadily dropped from the sky as the evening passed and things were not looking very positive for riding the next morning. The continuation of the rain didn't dampen the enthusiasm too much as the dinner prepared by the band of volunteers led by Janet Hume was consumed with gusto. Better carbo load just in case the weather turns nice and we get a ride in.

Waking several times during the night to the flickering flashes of lightning, the reverberations of the thunder and the steady, unceasing sounds of rain on the roof left many believing there's no chance of riding the next morning, and perhaps the whole weekend would be a wash out.

As late as 6:30 the rain still fell increasing the depth of the already large puddles in the car park. Yep, a slow old day lazing around looked to be the go.

Breakfast was on so everyone gathered in the dining room to scoff the bacon and eggs, the cereal, toast and whatever else they could find that was edible. Lisa Glastonbury, famous for her motto "There's no such thing as bad weather, only poor clothing choices" announced that she was riding the Top Guns route and anyone that wanted to come was more than welcome.

David, perhaps a little mortified at Lisa's announcement, also suggested that he would ride the Pop Guns route if anyone was interested.

Then the miracle. The precipitation eased and then stopped. There was a mad dash as cyclists scurried from the dining room back to their sleeping quarters to change into their riding clobber and to hastily prepare their mounts.

After the obligatory photographs were recorded both groups headed off. The Cruisers deciding to wait until a bit later to see what happened before embarking on their journey into Bright for morning tea.

The Top Guns headed into Bright then up the Tawonga Gap. They then enjoyed the good downhill into Mount Beauty for lunch. After that they headed north until turning up the Happy Valley road back to the Ovens Hotel where they enjoyed a quick beverage before completing their journey. Yes, they did get wet but it was only water. And yes, the terrain was testing at times with evidence of the riders' exertions being displayed by puffing, perspiration and foaming. All in all though, it was good clean fun.

The Pop Guns headed into Ovens before climbing up the Happy Valley road. A small respite was enjoyed at the top of the gap and this was followed by



Top Guns ready to roll on Saturday.

a decent downhill run to the Kiewa Valley Highway.

After everyone arrived safely at the bottom Glenn Ross advised he and Fiona were going to get going as he didn't want to get caught in the rain. A few kilometres down the road down it came again saturating everyone just before Dederang. It rained all through lunch at The Ranga, the Dederang Hotel.

The rain had reduced to a few spits here and there as the Pop Guns left The Ranga. While the sky looked threatening and ominous at times they remained free of rain for the remainder of the trip which also included a quick beverage at the Ovens Hotel.

Upon return to the Resort the spas were popular and once again the rain returned. Not looking good for the barbecue, not good at all.

Again David or Lisa called in their credits with the weather god and a break in the downfall provided the opportunity to get the barbie fired up and the meat cooked.

Ros Tilden introduced the diners to a new card game during the evening. This involved a lot of movement, just the thing to stop those muscles seizing up. Some felt so good afterwards they started dancing. It was a great game Ros, thanks a lot for the sore ribs caused by laughing so much.

The bleak weather continued overnight but in the morning it was clear. A few headed home, while the lucky ones took

a ride out along the Buckland Valley. Some other lucky ones took a scenic pedal up Mount Buffalo which had an abundance of waterfalls due to the amount of rain during the previous few days.

Back to the Resort, a quick shower and off to lunch at the Ringer Reef Winery. The hostess has a connection with BWW being the cousin of Graeme Buchan, a past President and BWW stalwart.

There was a selection of wines for the tasting together with some cheeses and fruit. It was idyllic, a beautiful setting, mild weather and great company once again.

With lunch consumed there wasn't much else to do other than turn the heads for home. So that was what was done with everyone feeling very satisfied after a fantastic weekend in North Eastern Victoria.

Any ride arranged by David and Lisa is done with a great attention to detail. Just offering our thanks to them both just doesn't seem to be enough but we do it regardless. It shouldn't be surprising to find out that David has already begun the preparations for this year's trip.

Thanks again David and Lisa. Hopefully, by then, you will have racked up enough credits to allay the weather god again.

The photos in this newsletter are credited to Janet Hume who will be putting up these images and others for your viewing pleasure and download in the very near future. The Secretary will forward the link via email to members.

**Remember:
Be Safe, Be Smart, Be Seen.**



The Sunday Lunch Crew.