



Peninsula Pedallers Inc Newsletter

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WANG WETNESS

BY SALLY

The dog cuddling up to Trish was a regular escapee from a nearby farm, we were told, and who just loves to visit the caravan park. Trish discovered she had brought the wrong tent; this tiny one is her backpacking high country one! Ron and Mick between them put up the blue shelter for her. Despite the downpours, mainly on Sunday we had a great time as usual. The Grierson boys and Ron and Brenda, oh and Julie Trish and Penny were accommodated in Cabins late Sunday by the helpful park manager.



Libby gratefully accepted a bed in Felix and Joan's campervan. I'm the one running barefoot to check on Trish and Julie's tents surrounded by

water. Meanwhile Trish was comfortably ensconced in a coffee shop in Beechworth, blissfully unaware of the sea lapping round her tent back home, Julie, Penny, Libby and Ian Grierson were



riding back from Beechworth in the rain and arrived back like drowned rats. No doubt you will receive further reports from the others.

RESTAURANT NIGHT - SATURDAY 8 MAY. Kirks on the Esplanade Mornington



Address: 774 The Esplanade, Mornington

Time: 7.00pm RSVP to Derick/Pearl 59810163 / 0408134454

Licensed

FAMILY RIDES

It would be great if members can support these rides.



Please take your kids/grandkids and introduce them to riding. Thanks to Darryn and Suzie for making the effort organising these rides.

Please contact Darryn (0417 303 353) & Suzie (0419 346 387) if you have any ride ideas or suggestions.

OFF MY BIKE WITH A BROKEN NECK

BY IAN

On the morning of the 1st of November I felt uneasy about doing the club ride. A straightforward ride passing through St. Kilda Beach and back. No problems! When we got back to the St. Kilda foreshore, I chose to join some riders on the boardwalk where the pedestrian traffic was low. When my front wheel went over the edge I knew I was in for it!

Amongst the expected bystanders there was a nurse who called an ambulance.

As I knew I was in trouble, I did not try to move. When the ambulance arrived I had a hard neck collar put on me which locked my neck in place and taken to the Alfred to check for anything broken. Having never stayed in a hospital I was not confident that I was not about to!

It was late in the night after laying flat on my back as directed with the uncomfortable collar that I was told that my X Rays would have to be referred to another doctor in the morning and that I would be staying overnight.

My thoughts were on my dog, my bike and my car could be taken care of in due course.

In the morning Geoff Payne visited me and said everything including my dog was being attended to. Soon afterwards I received a phone call from my sister who had been informed of my accident by Rod Tacon, the ride leader. Under the circumstances her voice sounded like an angel from heaven!

At midday I was told that I had a couple of minor neck fractures but soon afterwards told of a more serious fracture that would require a halo.

The three kilo halo was fitted the following day and it would remain on for twelve weeks with fortnightly checkups. My swallowing which had not been perfect was reduced to a trickle with coughing fits. I was told



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that only a few people are affected in this way by halos. For a time I was artificially fed with water by way of a tube down my throat. Apart from two minutes of swabbing twice a day, my mouth was dry!

went over to pureed food but was told after further examinations that I had to choose between having the tube back in my throat or eating pureed food with coughing fits and the high risk of a high fever but living with my sister until the halo came off. No way the tube! I enjoyed many memorable visits from club members, giving their moral support. Peter Quested during a visit told me that when he heard of my broken neck, he was in London! Peter was much relieved that all was going well. The day came for the halo to come off; subject to Doctor's approval! Fortunately all went well. A bit of a sore neck but I felt normal again.

Oh yes, my dog, we picked him up where he had been boarded and I sat in the back of my brother-in-law's car with his head on my arm giving a gentle lick as we headed home.

MESSAGE FROM NSW AMBULANCE SERVICE "ICE" (IN CASE OF EMERGENCY) MOBILE PHONE CONTACT

We all carry our mobile phones with names and numbers stored in its memory but nobody thinks about being involved in an accident or taken ill.

The people attending us would have our mobile phones but wouldn't know who to call. Yes there are hundreds of numbers stored but which one is the contact person in case of an emergency?

Hence the "ICE" (In Case of Emergency) campaign.

It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or person's who should be contacted during emergency under the name "ICE". For more than one contact name simply enter ICE1, ICE2, ICE3 etc. In an emergency situation, Emergency Service personnel and Hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE". The concept of "ICE" is catching on quickly.

It started in the UK about 5 years ago and rapidly spread to Europe. General Practitioners have been promoting it in Australia for the last three years or more. The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with the patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this person,

Please forward this. It won't take too many "forwards" before everybody will know about this. It really could save your life, or put a loved ones mind at rest.

SUPPORT VEHICLES - CAN YOU HELP?

From time to time, rides come up in the calendar that require a support vehicle due to its difficulty and or distance from our "home base".

On occasion, we struggle to get a support vehicle on a ride. To date we have managed, but only to the generosity of a member who has forgone their ride to provide support, otherwise we would not have had a support vehicle.

On most rides, the support vehicle has proved its worth and has been required to assist injured, tired riders. I am not sure if it has assisted a rider whose bike has suffered unreparable mechanical failure, but that is the other reason why we need a support vehicle if we are a fair distance from our home base.

Please think seriously if you can help out and advise by Friday 16th April if you can consider helping in making available a support vehicle. Bear in mind it could be a spouse, partner or friend who can do the driving. You may not necessarily give up your opportunity to ride. You may feel the ride is too hard for you, but you could still come along and enjoy the day by providing support. You may have an injury or not bike fit for some reason, but you are well enough to drive and therefore, you might be able to help at short notice. If we have a list of possible support vehicles, it will help take the pressure off the ride leader. A fair way of sharing the load will be devised. I look forward to a positive response. On behalf of the committee.

David

WEEKEND 5-7 (QUEENS BIRTHDAY AT THE GRAMPIANS)

We have a long weekend away scheduled on the calendar at the Grampians. Main ride is proposed for Sunday, approx 66km loop around Sierra Range, with lunch at Dunkeld. The ride can be extended by riding to/from Halls Gap to start, which is another 35km each way. There are lots of sight seeing and walks to do on Sat/Mon. Perhaps a hike to Briggs Buff on Monday if there is enough interest. Accommodation options are still being researched and options will be emailed in due course to members. For more information, please contact Bob on 03 5976 1306 / 0413 657 927.



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PERSONAL 1ST AID KITS

Members are advised to carry a small personal 1st Aid Kit with them. The reason for this is that on some rides riders are quite spread out, so just in case someone unfortunately needs a band-aid or something, it is available.



IF YOU HAVE ANYTHING FOR SALE,
CONTACT THE NEWSLETTER CO-ORDINATOR

BWARE OF THE ELECTRONIC REVOLUTION

Let's face it, we have, by any estimation, had an electronics/communications revolution in the past decade. Mobile phones in particular have changed our lives & drained our purses in recent years. Another electronic intrusion into our lives is the MP3 device. The personal music player can now be seen every where you go. You don't have to look far for reasons why we have embraced these devices, they have improved our lives! However when it comes to cycling safety, there are some down sides.

Have you ever tried to attract the attention of a walker, wearing head phones, ahead of you on a bike track, yep, close to mission impossible. Your best alternative here is just to slow right down.

Also wearing one of these whilst riding is not to smart either, certainly your judgment of hazards around you will be impaired. Additionally to ride as part of a group you need every last bit of information & awareness of those around you.

Returning to mobile phones, they can be a major distraction and a potential hazard on a ride. On roads answering a call when riding is a traffic offence, stopping quickly to take the call can also place you and others in jeopardy. Have a think about the times when you want to have your phone on, what are the alternatives. You may be able to make calls on a break in the ride, or ask that people text you with that vital piece of information. Give it some thought, you will be a safer cyclist with your phone switched off!

FIRE READY ALREADY

Over the past year the PP committee has given some thought to the club's exposure to the risk of bush fire. As expected the current Royal Commission on last years fires has lead to very considerable improvements in the communication of bush fire information.

This will make it very much easier for ride leaders to check if there is any fire activity in their ride area. The first places to check for information are:

www.cfa.vic.gov.au

1800240667 (the bush fire information line)
ABC radio, 774

The CFA website is a mine of information on current threats and general fire preparedness. In particular the information on radiant heat is important for everyone to know.

In considering the small chance that a ride group might find its way into an active fire, we have decided to buy 3 wind-up radios, so that the latest fire information can be obtained. These will be kept in a white bum bag with the first aid kits and carried during the summer season. Take the opportunity to try using the radio on a ride this summer.

LET'S GET COOKING....! YOUR FAVOURITE RECIPES

Here is an easy fruitcake to make, and a good snack to take with you on your rides. Can be frozen if you like.



1 kg mixed dried fruit
2 cups (500 ml) orange juice
2 cups Self Raising flour, sifted
1 tsp mixed spice

Soak fruit in orange juice overnight. Heat oven to 150c. Line 23cm cake tin with paper. Mix all ingredients together. Bake for 1 hour 20 minutes.

Enjoy!

We'd like to hear about your experiences, whether cycle related or otherwise. Please feel free to send any news items you'd like published in the Peninsula Pedallers Newsletter. Remember that no item will be considered too trivial.....
NEWSLETTER CO-ORDINATOR: **DERICK OLIVIER** Phone: 5981 0163 or 0408 134 454 Email: pearl.olivier@connexmelbourne.com.au

SHARE YOUR PHOTOS – IF YOU HAVE ANY PHOTOS YOU'D LIKE TO SHARE WITH MEMBERS, THIS IS YOUR SPACE.....



A couple more 'wet' photos from Wangaratta. That's Sally trying to make her way across the 'river'!

