



October 2022 SARCC Newsletter

[RWGPS Events calendar](#) ← please link

Consider other club members: If you have COVID or FLU symptoms or might be infectious, please, don't attend SARCC rides or events
Subscriptions to 30 June 2023 are **\$20 Pay to:** SARCC Everyday Account, Westpac, **BSB 035 048 Act 301670**. advise sarccexec@gmail.com
SARCC, recommend you **check the web prior to attending any ride** or event - rides, tours and events are correct at time of Print only
SARCC promote, create a **RideWithGPS** route, then a link to a RideWithGPS route by email to: sarccrwgps@gmail.com

Ride With GPS try it you will not be disappointed!

Sunday Rides:

October 9th 2022 McLaren Vales Romp Meet at [McLaren Vale visitors centre](#) 10am. Ride around the vales to the coast, Aldinga airport to Willunga and McLaren Vale for a coffee. 40km. BYO lunch. *Eric 0402 356 796*

October 23rd 2022 Trams, Planes and Pelicans Meet at [Victoria Square](#) at 10am. Follow tramway, then around airport to Torrens Linear Park and West Beach. BYO or buy lunch. Return to city via minor roads. Flat ride ~40km. *John D 0401 686 675*

Thursday Rural Rides Thursday rides are regularly 20+ riders; in hill topography that creates a challenge. To compensate each ride will have a 2nd leader so we can split into 2 comfortable groups if needed. - [Sharon Moyle Thursday Ride Organiser](#)

Oct 6 th	Kevin	0401 364 019	10 a.m. Lovells Bakery Mt Pleasant	Some unsealed Roads & Tracks	
Oct 13 th	Dan	0427 526 846	10 a.m. Woodside Pool car park	Some unsealed roads	
Oct 20 th	David	0413 390 371	10 a.m. Woodside Pool car park	Some unsealed roads	
Oct 27 th	Dianne	0424 957 532	10 a.m. Woodside Pool car park	Some unsealed roads	

PERFECT Ride Sunday, TBA

SPECIAL Events



① **ADELAIDE SA** Wallis Cinemas Mitcham Wed 26th October 6:30pm. Fantastic Experience if you are in Adelaide don't miss this fantastic, inspiring event [Get the latest news on this event](#) and: **BOOK TICKETS**

P.L.E.B.S. Please link to web site to understand the concept or contact **Peter Harrison 0448 364 138**

TOURS:

Goldfields Bicycle Tour from the 16th of October to the 30th of October 2022 inclusive.

[Rides Program](#) and [Accommodation Recommendations](#) The core routes RideWithGPS [Bendigo](#) [Castlemaine](#) [Colac](#)

High Country Tour 11th to 23rd Nov 2022. Expressions of interest to ride a minibus & trailer tour of High-Country. I need assistance to resolve accommodation, routes, transport Please, call Eric 0402 356 796 or email eric@outlook.com.au. Your recommendations for rides and accommodation will be welcome. Outline needs organisers: [Threadbo to Jindabyne](#) 42km, [Kosciuszko to Jindabyne](#) 50km, [Deadhorse Gap to Colac Colac](#) 105km, via [High Country Trail to Wodonga](#) 70km, [up to Beechworth](#) 51km, [to Bright](#) 66km, Bright [to Buffalo](#) or [Harrietville](#) 64km, to [Mansfield](#) 107km, to Mt Buller & down [Delatite Trail](#) 50km, Mansfield & Great Victorian [Rail Trail to Tallarook](#) 120km, [O'Keefe Trail](#) through Bendigo 50km - 11 rides 775km, 12nights

A cycling and canoeing week at Barmera Sunday Dec 4 to Friday 9 December

Local bike rides AM some dirt about 30+ km different rides each day Canoe trips PM. One trip with cars to top of lake, canoe 8k back to camp and cycling back to pick up cars. Alan & Mary are going to Barmera soon where will sort out a nice area for us to camp and speak to the managers about the dates. There are also plenty of cabins there. Please, contact Alan Capell 0418 855 568 with a text message with name and contact details if interested.



New Zealand Tour **February 2023** hasn't vanished! The tour is full, and communications are direct by organisers to participants. But to be informed [link here for Tour Details](#) and Link to [Ride with GPS detail of the New Zealand Routes](#). For further information or to express a request to be a standby, contact SARCC Tour organisers [<sarccclub@gmail.com>](mailto:sarccclub@gmail.com)



Learn the FIRST AID method of DRS-ABCD

You didn't attend the First Aid Briefing that SARCC organised, maybe you are already a trained first aider. If you are first on scene at an emergency – doing nothing is irresponsible.

You can with no training do the following:

- 1 **Danger:** Ensure your safety, bystanders' safety, and the injured persons safety then,
- 2 **Response:** Ascertain if the seriously injured person is conscious or unconscious then,
- 3 **Send:** Call triple zero (000) use your **Emergency Plus** app it gives accurate location.

Now you will wish you had basic First aid skills they are as easy as ABC – **A**irway, **B**reathing and **C**PR (cardiopulmonary resuscitation). Then in any situation, you could apply the ABCD Action Plan.

DRS stands for:

Danger – always check the danger to you, any bystanders and then the injured or ill person. Ensure you do not put yourself in danger when going to the assistance of another person.

Response – is the person conscious? Do they respond when you talk to them, touch their hands or squeeze their shoulder?

Send for help – call triple zero (000). Answer the questions asked by the operator. Download the FREE **Emergency Plus App** The app that could save your life and the life of a fellow citizen – **Emergency Plus**.



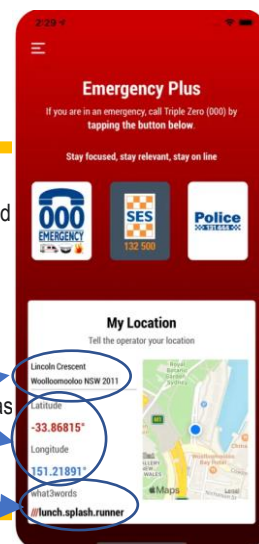
In an emergency, time and location accuracy are critical. The '**Emergency Plus**' app, will equip you with a powerful tool that will help you call Triple Zero (000) quickly, allow you to accurately communicate your location to emergency call-takers. 'Emergency +' is a national app developed by Australia's emergency services and their government industry partners, helping people to call the right number at the right time, anywhere in Australia. Emergency + also includes SES and Police Line numbers options, so non-emergency calls are made to the most appropriate number. When calling Triple Zero (000), remember to stay focused, stay relevant and stay on the line.

Before you call ask yourself:

1 **Is someone seriously injured or in need of urgent medical help?** 2 **Is your life or property being threatened?** 3 **Have you just witnessed a serious accident or crime?** If you answered 'Yes' to any of these three questions, call Triple Zero (000).

The app uses a mobile phone's GPS functionality and what3words, so callers can provide emergency call-takers with their location information as determined by their smart phone. With what3words available within the Emergency+ app, Triple Zero callers can confirm their exact location quickly and accurately. what3words has divided the world into 3m squares and given each one a unique three-word identifier.

Addressing using what3words works offline - ideal when you have no data coverage or are in a remote location.



ABCD stands for:

Airway – Is the person's airway clear? Is the person breathing? If the person is responding, they are conscious and their airway is clear, assess how you can help them with any injury. If the person is not responding and they are unconscious, you need to check their airway by opening their mouth and having a look inside. If their mouth is clear, tilt their head gently back (by lifting their chin) and check for breathing. If the mouth is not clear, place the person on their side, open their mouth and clear the contents, then tilt the head back and check for breathing.

Breathing – check for breathing by looking for chest movements (up and down). Listen by putting your ear near to their mouth and nose. Feel for breathing by putting your hand on the lower part of their chest. If the person is unconscious but breathing, turn them onto their side, carefully ensuring that you keep their head, neck and spine in alignment. Monitor their breathing until you hand over to the ambulance officers.

CPR (cardiopulmonary resuscitation) – if an adult is unconscious and not breathing, make sure they are flat on their back and then place the heel of one hand in the centre of their chest and your other hand on top. Press down firmly and smoothly (compressing to one third of their chest depth) 30 times. Give two breaths. To get the breath in, tilt their head back gently by lifting their chin. Pinch their nostrils closed, place your open mouth firmly over their open mouth and blow firmly into their mouth. Keep going with the **30 compressions and two breaths at the speed of approximately five repeats in two minutes** until you hand over to the ambulance officers or another trained person, or until the person you are resuscitating responds. The method for CPR for children under eight and babies is very similar, and you can learn these skills in a CPR course.

Defibrillator – for unconscious adults who are not breathing, apply an automated external defibrillator (AED) if one is available.

They are available in many public places, clubs and organisations. An AED is a machine that delivers an electrical shock to cancel any irregular heartbeat (arrhythmia), in an effort get the normal heart beating to re-establish itself. The devices are very simple to operate. **Just follow the instructions and pictures on the machine**, and on the package of the pads, as well as the voice prompts. If the person responds to defibrillation, turn them onto their side and tilt their head to maintain their airway. Some AEDs may not be suitable for children.

The August Meeting **First Aid** presentation covered much more than DRS-ABCD, we were guided on what to do in the many types of injuries. **Injuries requiring First Aid +** Most of which requires a first aid kit to be available & knowledge of what to do with it. A guide/reminder: [St John](#), or [Red Cross](#) or book a [First Aid Training Surf Life Saving SA](#)

After a fall from a bicycle the injured is mobile and remounting their bicycle; examine their helmet for even a minor crack or external damage. That is evidence their head was impacted. Be wary of Concussion - Common symptoms include headache, amnesia. (loss of memory), confusion, blurred vision, dizziness, nausea, balance, and fatigue. Please strongly recommend the damaged helmet be replaced ASAP.

INJURIES ALL OVER THE BODY

- Wounds and bleeding
- Burns
- Poisons
- Bites and stings
- Heat and cold exposure
- Head, neck and spinal injuries,
- Fractures, strains, sprains, dislocations



In the push to decarbonise Australia's economy, much has been made of the need to transition to electric cars. But advocates say there is a much cheaper and greener EV to consider — the electric bike. While you will likely have to go on a 12-month waiting list and come up with \$40,990 for a [MG ZS EV](#) or a [Tesla Model Y](#) \$72,300 to buy a new electric car in Australia at the moment, you could get a two-wheeled vehicle with a battery that costs less than 10 cents to charge, quite easily. Dr Chris Jones, president of Australian Electric Vehicle Association, says many of us have forgotten that bikes are a form of transport, and often see them as simply for fitness and recreation. Chris Jones says EVs on two wheels seem forgotten by policy makers. "It's a bit sad that this humble, very efficient, highly affordable electric vehicle is often overlooked," Dr Jones said.

But that is rapidly changing: "E-bikes are the most abundant EV on the market right now. E-bikes are outselling electric cars 10 to one," he said. They range from about \$1,200 to convert an existing bike to an electric motor and from \$2,000 to \$9,000 for a factory-built e-bike, and the running costs are "negligible". "The battery on my e-bike is about half a kilowatt hour. Based on Synergy [WA's energy retailer] rates, that's anywhere between 3.5 and 7 cents to fully charge the battery," Dr Jones said.

Removing barriers to riding: Planners say encouraging people to ride rather than drive will be crucial. While most e-bikers choose to pedal while assisted by the motor, they do often come across the attitude that having a motor to assist is somehow cheating or failing to give them the full exercise benefit from cycling. "I absolutely reject that," Mr Sheil, bicycle retailer Perth said. "I found that I actually use the bike a lot more, and therefore my aerobic fitness, felt the benefit of that."

Reducing car use is crucial to emission reduction: Removing that temptation to just jump in the car is vital if Australia is to achieve a net zero emission target, according to Dr Courtney Babb, senior lecturer in urban and regional planning at Perth's Curtin University. "As part of the move towards net zero, we need to move people out of cars and to reduce car use," Dr Babb said. "There's a focus on electric vehicles as doing that, and reducing our emissions that way, but that's not going to be enough, we actually have to reduce car use." He says there is good evidence that e-bikes did that. "Research shows e-bikes replace 20-80 per cent of trips in different cities around the world, with the cycling-friendly cities having the higher rates," he said. He noted since the start of the COVID pandemic, there had been a growth in sales of both bikes and e-bikes, but there were still barriers, and one of the key ones was cycling infrastructure. "One of the main drivers for people to cycle is having safe cycling environments," Dr Babb said. "We have a very good primary cycling network, although it could also be better." "But what's missing is a lot of the secondary links ... cycling on local streets and roads in general is considered unsafe." "The United Nations recommends that about 20 per cent of transport budgets are dedicated to active transport, and I think about 2 per cent of Australia's is."

Extending EV subsidies to bikes mooted: A number of Australian states and territories now offer subsidies and rebates to buy electric cars. Dr Babb suggested governments could look at extending that financial support to e-bikes as well. "I think if the government was serious about de-carbonising transportation, but also addressing some of the issues associated with a very car-focused, car-dependent transport system, we need to think about solutions other than just electric cars and providing subsidies for people for e-bikes might be one way of doing that," he said. "Even with a subsidy or a rebate for an electric vehicle, they're focused on people who are on the wealthier end of the spectrum. "With e-bikes, you can maybe address people who don't have that much money to spend on an electric car and also substitute a lot of those trips within that 15-kilometre catchment where they live."

There are calls to extend subsidies and rebates to e-bikes. Chris Jones agrees.

"I think the fact that really efficient two-wheeled electric transport has been completely overlooked by the various schemes that are in existence is quite disappointing," he said. "I think governments often forget just how cheap e-bikes are as a transport option."

Editors view: Please put people first! For a century we commuters have been encouraged/persuaded/enticed/wooed by the comfort, convenience, and luxury of the ubiquitous motor car. Most households have 2 cars and we expect to ride one person in these fossil fuelled 1800kg machines. Albeit we are now discouraging the fossil fuel in favour of electrical propulsion. We continue to feel entitled to park our car in a 6.5m X 2.5m valuable real estate space as close to our destination as possible. We have car-centric focus where the basic design of urban environments grants priority to the movement and storage of motor vehicles. Entitled car parking denies a safe transport lane to all environmentally friendly bicycles and sustainable electric personal transport (EPT). Free, metered, or taxpayer funded, on-street car parking should never be at the expense of safe transit lanes for bicycles, EPTs, and pedestrians. Our governments are pushing multimodal transport yet three bike racks on the front of metro buses isn't in their repertoire and eScooters are not permitted on public transport. We intend spending billions of Tax dollars on road projects, yet we still discount truck road user charges. The cost of creating safe permanent lanes for bicycles and ETPs by simply removing some parallel parking is miniscule. Better designed traffic calming, curb extensions, and modified curbing will also assist. A cycleway is 10% of the cost of a road to construct (at worst) and 1% of the cost to maintain but the biased funds allocation by Governments frequently adjusts upwards the cost of cycleways. E.g., The desire to beautify added cycleways with nature strips and aesthetically pleasing structures is often added to the cycleway cost; as are many additions where Authorities attempt to appease for the privileged parking bays being repurposed to safe sustainable bicycle traffic and EPTs. [Studies comparing motorway vs bike lane costs](#)

Examples: [Paris removes 70,000 parking places to make city greener](#)

1. Real cost:- [Lake Dunstan Trail](#) which traverses 42km of some difficult terrain, including big clip-on structures, a big suspension bridge, two years' work, transport of gravel across a lake and truly imaginative engineering. Total cost **\$7million**. Calculates to be \$3 per metre.
2. Gallipoli Underpass allocated **\$7 million** to SA Governments cycling investment out of a total \$118m for two painted lines for suicidal cyclists to ride alongside heavy traffic on South Road under Anzac Highway.



⇐ \$7 Million ⇒



Q&A A Member who remembered the Hydrogen Article and found this:

[Germany inaugurates world's first hydrogen-powered train fleet](#) -why is this important?

THIS IS AN ELECTRIC TRAIN. Billed as a "zero emission" mode of transport, the trains mix hydrogen on board with oxygen present in the ambient air, thanks to a fuel cell installed in the roof. The Hydrogen filled fuel cells are used to produce the electricity needed to pull the train. Maybe we can run eco-friendly electric trains from outer harbour to Mount Barker without expensive poles and overhead wires. The excuse the tunnels aren't tall enough will no longer exist. With a range of 600 kilometres and top speed over **160 kph**, Engineers believe the new train unit could prevent around 330tons of carbon dioxide pollution PA.

The opportunity of these trains reaching South Australia is made more likely by both flavours of SA Government's enthusiasm to invest in Green Hydrogen production. Imagine the potential of average speed 120kph with faster acceleration, quiet, environmentally friendly, safe travel and commuting from North to Clare East to Murray Bridge and South to Encounter Bay while carrying people in comfort. Plus 20 ton of parcels every 30 minutes i.e., 1000 tons of cargo per day to extreme outer Adelaide. Our pioneer founders' brilliant foresight to construct train travel across Australia may have been out of necessity because they didn't have aeroplanes or easily negotiable roads and coal was a ready power source but their legacy may be our saviour yet again. Reserving the rail lines of SA for cycling trails will preserve links for cyclists to share with the trains tomorrow.



Q&A **Ovingham Torrens Road railway overpass**

Travelling by bicycle North or South at Ovingham. (Open now, may be temp closed for line marking or landscaping up to November 2022)

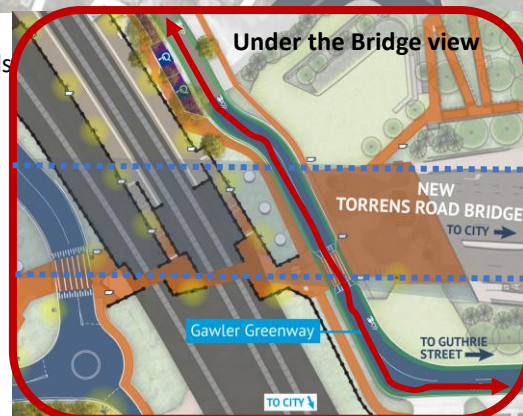


Details ▶ [PTP Alliance • Ovingham Level Crossing Removal](#)

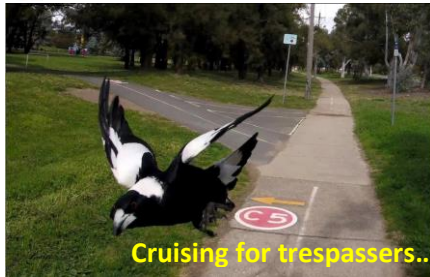
\$196 million Ovingham Level Crossing is almost complete, the construction hazards are significantly reduced travelling North or South. A significant improvement for North/South cycling on Gawler Greenway but not for East/West Torrens Road.

Cyclists can ride West or East over the bridge but that is still a construction zone until early 2023. When finished it will have operation times of the bicycle lanes specified on road signage: • outbound 4.30pm to 6pm Monday to Friday; and • citybound 7.30am to 9am Monday to Friday.

Again, our traffic authorities deem that nobody rides bikes on weekends for recreation or work commuting 😞. So, cycling along Arterial Roads remains hazardous with timed lanes permitting free car parking to have precedence over sustainable transport i.e., cycling. Are our politicians sincere in de-carbonising transportation and creating a cleaner environmentally friendly future, well maybe not yet!

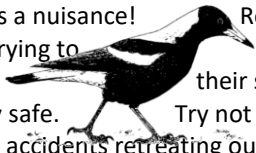


Q&A Thanks to Bernie:



MAGPIE SWOOPING SEASON

Swooping season is a nuisance! Remember, the magpies are only trying to protect their babies. Respect their space, protect your face, and stay safe. Try not to panic, more damage is done by accidents retreating out of control and crashing your bike. Avoid known magpie breeding areas in Spring i.e., August to October.



Target locked-on



STRIKE – Intruder departing area



MINIMISE DAMAGE: If you have to cross into a swooping magpie's territory, it's important to accessorise. Wearing a hat and sunglasses will help to protect your head and face. You can also carry an old umbrella for this same purpose. Helmets adorned with cable ties are a popular choice for cyclists during swooping season, do not modify or compromise the protection your helmet provides in the event of an accident. Escaping in panic by running or cycling away is not a good idea. Most recorded injuries occur when people try to avoid being attacked - especially when cycling. If a magpie tries to swoop you, bend your elbow and bring your forearm close to your head to protect your face.

Now for something unbelievable [Perfect magpie bird call by Adelaide man](#) ^{Link} Happy Birthday sung in Magpie squawks.

Q&A New Zealand Covid-19 update. 12th September 2022. Most New Zealand COVID-19 rules have ended!

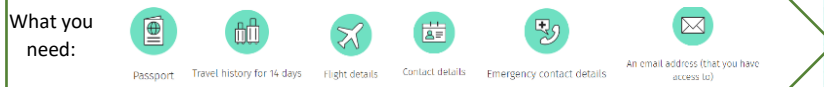
The good news is: if one member of the SARCC NZ tour gets Covid it does not put the whole tour group into isolation!

If you have been exposed to someone with COVID-19 as a household contact, or close contact, **you no longer need to isolate.** From 12 September 2022, no travellers to New Zealand are required to be vaccinated, or to test for Covid-19 after arriving. Travellers also do not need to be free of any Covid symptoms. Travellers are encouraged to complete a Day 0/1 and Day 5/6 RAT. **You must isolate for 7 days if you test positive for COVID-19 while in New Zealand. (This is mandatory)** **You must wear a face mask in all healthcare facilities such as hospitals. (This is mandatory)**

Be aware of your exposure to Covid infection in airport queues and onboard aircraft because social distancing is not easily achieved and eating or drinking on long flights is unavoidable. Please use **quality masks and hand sanitizer** routinely while in transit. On the encouraging side, statistics show the number of infections while onboard aircraft are not more prevalent than other public spaces.

Travellers flying into New Zealand need to apply for and receive a travel pass through the [New Zealand Traveller Declaration website](#), before boarding their aircraft. It is free to complete the New Zealand Traveller Declaration and get a Traveller Pass, and you can do this up to **28 days before your journey begins**, once you have booked your flight.

Q&A How the NZ Traveller Pass works:



Once you have completed the New Zealand Traveller Declaration, and provided you meet the requirements. A Traveller Pass will be emailed to you. Your Traveller Pass will contain a QR code, unique to you, valid for the journey you completed the declaration for. Your Traveller Pass can be printed out or saved to your mobile device. If you are [eligible to use the eGates](#), the details on your Traveller Pass will automatically be checked when your passport is scanned. Before you go through an eGate, **you must still complete a passenger arrival or departure card.**

This Months Video entertainment: in case you missed them ▶ [100+ Best Dad Jokes, Ranked by Cringe/Pun Level](#)

[Cargo transportation projects of the future.](#) The dreams of future logistics handlers

[16 Coolest Bike Gadgets You Can Buy](#) Bicycle gadgets not all are for geeks

[17 Coolest Other Gadgets You Can Buy](#) More gadgets from the same irritating narrator

[Eurobike 2022 - Nimms Rad testet Skarper Nachrüstmotor für die Bremsscheibe](#) A new way to add an electric motor to your favourite bike

[Ligo 10X - What's in store to succeed the original LiGo and LiGo+ Stackable Battery Modules](#) The way forward to flying with your eBike

[MG4: The Bargain Of The Century??](#) A cheaper electric car

[Aptera commutes just on solar.](#) The real way to design our future personal transport

[New 2021 Citroen e-SpaceTourer electric minibus review – DrivingElectric](#) – Electric transporters in all shapes and sizes at last