

TANDEM TALK

W.A.T.C.A.C. NEWSLETTER

ISSUE 17 - May 2005

Autumn is upon us and the sun is rising later and setting earlier, The leaves are falling from the trees. Thankfully though, the temperature has not fallen too much and we have been having some beautiful riding weather. There has been a lot of exciting things happening since our last issue, so read on...

I would like to thank those of you who have sent in articles for this issue, it's great to have member's input. Remember, this is your newsletter and any contributions are most welcome, so please send in any articles to, tandemtalk@watcac.org.

COME AND TRY DAY BY HAB COLLIER

Mix 12 vision impaired teenagers, 12 elite junior cyclists, lots of enthusiasm, a sausage sizzle and what do you get? Well, thanks to some great organisation, and a group of outstanding kids, the result was beyond our expectations.

April 14, saw our first joint project with the Association for the Blind Come and Try school holiday program as a way to encourage juniors into cycling. We linked up with Rick Lee, Cyclewest Coach, who organised for approximately 12 of his juniors to come and help out.

We all met at the Speed Dome and as the Come and Try kids entered, the first comment was that there was no way they were going up on the banks of the track, especially once they knew the track bikes have no brakes. Little did they know that with encouragement and the program, by days end, they were comparing notes of how far up the banks they went!!

The Cyclewest junior squad kids were so generous, and we think learnt a bit about vision impairment along the way as well. After an introduction, which included some basics on safety and communication, the kids were partnered and got underway on the road circuit to get the feel of tandem cycling. The Cyclewest juniors soon learnt that not only was it different, starting, cornering and stopping but also balance and communication are all important. The vision impaired kids soon got some confidence and the thought of the track then became a challenge.

After a break for lunch, Lyn talked to all the kids about her experiences at Paralympic competition. That really inspired everyone and set the scene for a great afternoon. Getting on the track was marked by screams of delight for all first timers and a few of the junior squad as well. Soon, however, it was a case of wanting to go faster and higher. Rick Lee, the coach kept everyone in check very well, and finished the day with a race with 4 of his squad on 2 of the tandems and us all cheering madly away.

The result was a great success on lots of levels.

- The vision impaired kids got a taste of cycling. A couple have expressed interest in continuing, which we can now follow up with.

The Cyclewest junior squad kids had the opportunity to be exposed to the potential of tandems cycling and also to work with vision impaired kids.

- The partnership between WATCAC, the Association for the Blind and the Squad was really positive and something that can be built upon.
- And, it was just a great, fun day.

FREEWAY BIKE HIKE, 20 MARCH 2005 BY LYN LEPORE

Dawn was breaking, it was another beautiful day in paradise. At 6.45am the car park at the Association for the Blind was abuzz with WATCAC members chatting and getting their tandems ready for the Freeway Bike Hike. We had a record number of tandems participate which made it so special. The people who participated were:

Adriana & Hab (tandem); Greg & Trevor (tandem); Janet & Beau (tandem); Ian & Aaron (tandem); Keith & Jessie (tandem); Jonno & Allan (tandem); Lindy & Peter (tandem); Leon & Michael (tandem); Chris & Kurt (tandem); Truda & Darren (tandem); Petula & John (tandem); Lyn & Paul (tandem); Rina & Michael (tandem); James (single bike); Janelle (single bike); D (single bike). This made a grand total of 13 tandems and 29 participants, to add to that, we had 3 generations in the one family, that is, young Chris, his mum, Truda and his grandmother, Petula. This is a first for WATCAC, how fantastic is that!

We left the car park as a united force and made our way to the starting point, Belmont Park, for the start of the 30km bike ride to Joondalup. A few of our members started from Greenwood and did the 9km ride to Joondalup. Once at Belmont Park, we found ourselves in amongst a sea of people and bikes of all shapes and sizes. It was said that there were approximately 6,200 people, yet our group of tandems stood out in the ground.

We were off at 7.30am and our group of tandems were together until the end of the Poly Pipe tunnel. Then it was on for young and old. Some of the tandems rode a very fast pace whilst others enjoyed the ride at their own pace.

We all gathered in Joondalup for well earned refuelling. Everyone finished the ride and should be congratulated as it was a great effort from everyone, well done! We all enjoyed the day and, yes, we will be doing this ride again next year. Money raised from this ride will help Asthma Research. Thanks to all those who supported us and helped out on the day, it was very much appreciated.

CALANDER OF EVENTS

Put these dates in your diary now...!!

Club Rides:

Saturday, 4 June - From Victoria Park

Saturday, 18 June - From Guildford
Saturday, 2 July - From Victoria park
Saturday, 16 July - From Guildford
Saturday, 6 August - From Victoria park
Saturday, 20 August - From Guildford
Saturday, 3 September - From Victoria Park
Saturday, 17 September - From Guildford
Saturday, 1 October - From Victoria park
Saturday, 15 October - From Guildford
Saturday, 5 November - From Victoria Park
Saturday, 19 November - From Guildford
Saturday, 3 December - From Victoria park
Saturday, 17 December - From Guildford

Recreation rides

Sunday, 12 June - Recreation Ride
Sunday, 10 July - Recreation Ride
Sunday, 14 August - Recreation Ride
Sunday, 11 September - Recreation Ride
Sunday, 9 October - Recreation ride
Sunday, 13 November - Recreation ride

Other dates to remember:

Kalgoorlie Tour Mon - Fri 10 - 14 October
Rottneest Weekend Sat-Sunday 12 - 13 November
WATCAC Club Championships to be held on Sunday, 27 November
AGM and Christmas function Sunday 11 December

Details of the routes for the above club rides are available on our website at, www.watcac.org. Plus, details of each Recreation ride will be sent out to members prior to the ride.

MEMBER PROFILE

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the questions at the end of this newsletter and return your form to The Editor.

Come on all you new members! You know who you are! We want to know all about you too!

Nickname:

My best moment in Sport was: Watching Kieran Perkins poolside at Challenge Stadium win the 1500 metre at the 1991 World Swimming Championships

Favourite person & why: My wife. Because I doubt anybody else could put up with me.

Favourite athlete & why: None in particular

My favourite hobby/pass time is: Gardening, Cycling, Home renovations

Superstitions: Bloody rubbish!

My favourite piece of clothing: A girl's Thong

My most embarrassing moment is: Having an accident with a wheelbarrow

I'd hate to be without: My manhood!

If I have achieved anything in life, it is: Always remaining positive and sustaining a sense of humour.

Favourite website: www.xxxxxxxxxxx.com.

The best advice my Mum/Dad gave me is: Shake well after use.

The best job I have ever had: Assistant Depot Manager, Metrobus

The worst job I have ever had: Machine Operator

Favourite relaxation: cycling, walking, Internet, gardening, being active.

My greatest weakness is: Maybe not recognising any self weaknesses

Any other information you'd care to share:

FOOD FOR THOUGHT

This is a new section where we can all share some great moments that surround food and share great recipes with everyone.

Thanks to Greg Madson for supplying this one.

Lentil Moussaka

SERVES 6

PREPARATION Time: 1 HR

BAKING Time: 20-25 MINS

INGREDIENTS

1 large eggplant; 375 g brown lentils;

4 medium tomatoes, peeled and coarsely chopped;

1 large onion, finely chopped; 1 clove garlic;

125 ml (1/2 cup) dry red wine; 1 tsp oregano

1 tsp thyme; 1/2 tsp freshly ground black pepper

1/2 tsp freshly grated nutmeg; 3 tbsp olive oil

WHITE SAUCE

90 g butter; 1/2 cup plain flour

1 tsp freshly ground nutmeg; 500 ml milk

1 large egg

Crust topping

30g finely grated parmesan cheese; 60g grated cheddar cheese

1/2 cup bread crumbs

RINSE LENTILS (NO NEED TO SOAK).

INSTRUCTIONS

Lentil mixture: Heat oil in large pot and fry onion and garlic until onion begins to clear.

Add tomatoes, red wine, pepper, oregano, thyme, nutmeg and lentils. Bring to the boil then reduce heat and simmer until lentils are tender and liquid has evaporated (about 1 hour).

Eggplant: Cut eggplant into thick slices and saute in olive oil

until golden brown on both sides. Drain well on paper

towels and arrange to cover the base of a deep, greased, roof dish.

White sauce: Melt butter or margarine in a saucepan, remove from heat and stir in flour and nutmeg. Stir over low heat for 1 minute. Add 500 ml of milk, stir until sauce boils and thickens. Reduce heat and cook one minute. Remove from heat and add lightly beaten egg with vigorous stirring.

Cover eggplant with lentil mixture and spread white sauce over surface. Sprinkle with breadcrumbs and grated cheese.

Bake in hot oven (200°C) 20-25 minutes or until

Topping is golden brown. Cut into squares to serve.

Recipe source: Margaret Collins CLIMA Research Officer

Thanks very much to Trevor for this special kind of recipe.

This is a special recipe for Tandem riders, especially for couples.

TERRIFIC TANDEM BAKE

Recipe:

1 couple

1 tandem bicycle (custom Litespeed optional)

Equal parts trust and communication

Equal parts humility and humour

Blend regularly. Expose to extreme temperatures, altitude, weather and distance.

Yield: One very talented team and one strong relationship. (Your results may vary.)

JUST FOR LAUGHS

Thanks very much to Trevor for these funny tandem jokes.

A tandem rider is stopped by a police car. "What've I done, officer?" asks the rider.

"Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ."

"Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

Two Nuns were riding a tandem along an old roadway. The Nun on the back seat (the stoker) remarked "I've never come this way before", the reply "Must be the cobble stones"

Two loonies are riding along on a tandem.

Suddenly, the one on the front slams on the brakes, gets off and lets the tyres down.

The one on the back says: "Why did you do that?"

The one on the front replies: "My saddle's too high"

The one on the back gets off, loosens his saddle with a spanner and turns it round.

The one on the front says: "What are you doing?"

The one on the back replies: "Look mate, if you're going to muck about, I'm going home!!"

LOOKING FOR GOOD HOMES

Items for sale:

WATCAC cycling clothing: (contact Adriana Lepore on 9276 9018

Sigma Cycling Jersey (made in Italy) - (Large) \$10

"Look" Short sleeve cycling top, size XL \$10

Cycling Top red and yellow, size L \$10

If you have anything you wish to sell or just give away to a good home, e-mail it to, tandemtalk@watcac.org.

Editor's' contact details:

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"Tandem Talk" - Member Profile

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the following questions and return your form to The Editor (Lyn Lepore)

Name:

Nickname:

My best moment in Sport was:

Favourite person & why:

Favourite athlete & why:

My favourite hobby/pass time is:

Superstitions:

My favourite piece of clothing:

My most embarrassing moment is:

I'd hate to be without:

If I have achieved anything in life, it is:

Favourite website:

The best advice my Mum/Dad gave me is:

The best job I have ever had:

The worst job I have ever had:

Favourite relaxation:

My greatest weakness is:

Any other information you'd care to share: