

## TANDEM TALK

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

ISSUE 19 - November 2005

**Wow! What a busy 3 months WATCAC has had. There is lots to read about in this issue, so settle down on the couch with a lovely cuppa and enjoy, either reading it yourself or getting someone to read it to you. Winding up the year is always a very busy time, so make sure you plan ahead so you don't miss out on our end of year get together.**

### **CALANDER OF EVENTS**

Sunday, 11 December - Annual General meeting & Christmas wind up, Matilda Bay, Hackett Drive, Crawley, between the 2 jetties. Commencing 2.30pm. Nibblies and drinks provided.

### **30<sup>th</sup> Anniversary Ride (WATCAC)**

Monday, 3<sup>rd</sup> October 2005, saw 11 blind and vision impaired tandem cyclists commemorate the 30<sup>th</sup> anniversary of the first recorded group tandem ride in WA. The ride re-enacted the same course from the Association for the Blind offices in Victoria Park, to the Perth City Council. The riders represented each stage in the development of tandem cycling in WA, and were welcomed at Perth City Council by the Lord Mayor.

In 1975, the Association for the Blind organised the first organised tandem ride as part of the WA week celebrations. This ride was the start of what is now a rich history of blind and vision impaired cycling in WA.

WATCAC is now the service that supports and develops tandem cycling for the blind. Over the past 3 decades, some of the achievements have been to facilitate and support elite cyclists to 4 Paralympic Games; conducting rural tandem tours; involvement in community bike rides and the establishment of a regular recreation tandem cycle program.

Of the 11 cyclists joining the 30<sup>th</sup> Anniversary ride, 3 of the original riders rode again, as well as riders from 1970's, 80's, 90's and a number who are riding actively now. Of particular note were the 3 junior riders representing the future of blind and vision impaired cycling in WA.

More information on WATCAC and its calendar of events can be gained by phoning Adriana Lepore on 9276-9018, by e-mail; [info@watcac.org](mailto:info@watcac.org), or visiting our Website at [www.watcac.org](http://www.watcac.org).

Written by Hab Collier

## **COUNTRY SCHOOL VISIT - GOLDFIELDS, 10 - 14 OCTOBER 2005**

Chugga! Chugga! Choo! Choo! Monday, 7.15am and the Prospector pulls out of the East Perth Station bound for Kalgoorlie. All are on board except Paul who drove the Van with all the bikes and some gear in it. All was well along the journey, when... An alarm went off in the toilet. The staff on board went running to see what was wrong. Adriana, emerged saying, so, I take it that wasn't the flush button then! Everyone had a chuckle and all was back to normal again. We arrived in Kalgoorlie, to be greeted by Janet Moore with lots of hugs and kisses. Our host, Lizzie, from the Gold Dust Backpackers, had arranged for her daughter to greet us and had arranged a bus to cart us 5 minutes down the road to our accommodation.

And so, what was to become the Tandem Circus had arrived in town... At this point it's a good idea to introduce you to the team. Adriana Lepore (stoker), President of WA Tandem Cycling Advisory Council (WATCAC), partnered on the tandem with Hab Collier (Pilot); Chris Smith (stoker), partnered with Kurt Williman (Pilot); Jonno Mills (stoker), partnered with Trevor Maslen (Pilot); Lyn Lepore (stoker), partnered with Paul Lamond (Pilot); D, who rode his single bike and was our very helpful domestique; Merrill Williams, drove the support vehicle and was a great support in so many other ways.

Down to business... The following is the schedule of all the schools we visited in Kalgoorlie and surrounding districts:-

Tuesday, 11 October at 9am we visited St Joseph's Primary School. Assistant Principal, Natalie Wallis was there to greet us. They had a total of 250 children assembled for our presentation.

Tuesday, 11 October at 1pm we visited Coolgardie Primary School. Assistant Principal, Mandy Stacey greeted us. There were 60 children assembled for our presentation. (and that was a good day)

Wednesday 12 October, at 9.00am we visited O'Connor Primary School. Principal, Karen McLeay greeted us. There were 180 year 6 and year 7 young people assembled for our presentation.

Wednesday, 12 October, at 10.30am. We all rode to Kambalda for lunch (long way to go for lunch!) and rode back to Kalgoorlie. Total distance covered was over 120km. It was a huge day on the tandem and everyone should be congratulated for their efforts, well done team!

Thursday, 13 October, at 9.00am we visited Kalgoorlie Primary School. Assistant Principal, Deana Frewen greeted us. There were 280 children assembled for our presentation.

Thursday, 13 October, at 1.00pm we visited St Mary's Primary School. Assistant Principal, Anne-Marie Wade greeted us. There were 450 children assembled for our presentation.

The format for our presentations was as follows:-

Adriana introduced all of us to each School assembly. Gave an explanation of who WATCAC was and why we were doing the presentations. Adriana got the children involved by asking them a series of questions on how a blind or vision impaired person would be able to do various tasks if they can't see. For example, how do they read books; how do they use computers; or how do they play sport. This really got the children involved. We had some braille cards, a cricket ball with a bell in it and goggles that depicted different levels of vision impairment. These were passed around the children by Merrill and Hab. Then Adriana handed over to Lyn.

Lyn had brought along her Gold, Silver & Bronze medals with her from the Sydney 2000 Paralympic Games to put out on display. Lyn spoke about her journey to becoming a Paralympic athlete. The many years of hard work and dedication, the ups and the downs, the many hours of training and the special feeling you have when you have achieved your dream. The health and well-being aspect of exercising, especially cycling. The message Lyn got across to the children was, "I believe anyone can achieve their goals or dreams, whatever they may be, so long as it's in your heart to do so." Then there was question time, which was open to all the children.

Paul gave a brief explanation of the differences and similarities between a road tandem and a track tandem, as well as comparing tandems to a single bike. Then Chris & Kurt, Jonno & Trevor gave a demo on the tandems in front of the assembly.

Samples of some of the questions asked were:-

Can you go blind if you wear glasses? Why do you go to the movies? Can you do wheelies on the tandem? Have any of us stacked it on the tandem? What if you put a hole in the bottom of the van and put the tandem in it and pedal along? How do you get dressed? How fast have we gone on the tandem? How do we watch TV? And the classic one was:- Q. Do you clean your bike? A. Yes I do. Q. So, why is there cob webs on the bike?...

Lots of photos were taken at each School with some of the teachers and children. These can be viewed by visiting our website at, [www.watcac.org](http://www.watcac.org) and go to the Photo Gallery Link.

Other highlights:-

While waiting for Paul to arrive, we checked out the scenery. There were some interesting

"Sheds" in all different colours, maybe they've got matching coloured tracktots, inside them...

We were walking along taking in all the sights when, a voice came out from the group saying, "so, where did you say that bike shop was again"??? And that's all we heard from D for the rest of the trip.

On our sight seeing walk, we came across, not one Pub, but a Pub on every corner and were told that there are 52 pubs when they are all in full swing. One thing for sure, you'll never go thirsty in Kal...

Apparently, (so we've been told) most of the guys were up early (5.30am) for their daily brisk walk. (as if riding wasn't enough exercise for them...)

We were lucky to have Trevor along, as he had told us he had memorised all the maps and knew the way to all the schools we had to visit. We were happily riding along a cycle path, on our first school visit. When, all of a sudden there was a fork in the path. A screech of breaks, oh no! which way??? At that point we all got off and looked at Trevor, scratching his head in bewilderment. We saw a lady walking her dog, so asked her for directions (lucky for us there was someone about). Trevor's never going to read another map again... Just stick to telling those great stories of yours, Trevor, tall or true, they are always great for a laugh.

The same day, we rode off, hoping to get to the school in time. There was a yell to stop. Yep! It was a puncture, the first and last one we had in the group. We eventually got to St Joseph's Primary School, which was only 5km down the road, but took us a long time to get there.

The Sweets Shop in Boulder where we spent about 2 hours deciding on what to buy. The Owner was very kind to us and explained most of the different sweets available. All you could have here was, remember these! Or They don't make them like these ones any more! This made Hab very happy, not to mention the rest of us...

Lyn and Paul riding through a Willy Willy going to Coolgardie Primary School and Lyn saying, "Oh! Is that what it was? Gee, and I thought it was Paul sweeping me off my feet."

D swapping his bike helmet with a miner's helmet (you mean D took his helmet off!).

Merrill providing the pancake mix and Kurt cooking them up for us, Yummy!

Lizzie, our host from Gold Dust Back packers, was very helpful and hospitable. Our accommodation was quite comfortable although, we were all looking forward to our own beds.

The way the blind and vision impaired members of our group adapted so quickly to their new surroundings. Especially Jonno, who has a really good pick up line for the ladies.

Our own crash-test dummies, Kurt and Chris, who not only fell over by themselves, but on their second fall, they came down on Adriana and Hab...

The Moore family, Janet, John & Anthony. A huge thanks for a great barby at their home, on the Thursday night. It was a great meal and we all had heaps of fun. Anthony played the flute for us while we sipped on our coffees.

Chugga! Chugga! Choo! Choo! Friday, 7.05am and the Prospector pulls out of Kalgoorlie station bound for Perth. Everyone is less talkative this morning... They must all be tired from the big week we just had. Paul was still in Kalgoorlie getting himself ready to drive back to Perth. The train journey was quite quick with no real delays. Before we knew it, we were all saying our good byes on the platform of East Perth Station.

A very successful Country School Visit once again. Many thanks to you all, the team, who participated and contributed to this article. It is planned to visit schools in the South West next year, so, Margaret River sounds good ha!

#### **ROTTNEST TRIP - 12 & 13 NOVEMBER 2005**

Shh! I think I saw a Quokka.

The sun was up, and the skies were blue as riders gathered at pier 3 Barrack Street jetty to embark on this years ride around Rottneest Island. New to this weekend were Trevor Maslen his wife Shirley, daughter Sarah with her fiancée Aaron. Kurt and Marianne Williman. Mandy Maywood, and the Brown family, Kirstie & Tony and their 3-year-old Ella proudly riding her trailer bike. Regulars were Adriana Lepore, Hab Collier, Beau Tang and Dee.

There was a good buzz as participants gathered at the back of the boat to chat about previous trips, and what was to come, the coffee the cake and of course the riding. The trip to the Island seemed to be over in a flash, as we milled with the throng to retrieve the tandems from the cargo area, a quick stop in at the visitors centre to get our keys arrange amenities and then all aboard and down to the barracks. Trevor and Aaron keen to check out the mini-bar and the flat screen tv waiting in their room.

It turned out to be a quick drop off of our gear and back to town to get topped up with fuel from the bakery, after a quick lunch we were off. The Brown's opting to ride on their own, The rest of the group heading off towards West End, a few stops on the way to take in the scenery, which included a couple of close encounters with snakes, and bobtails. Hence a couple of hours later the groups arrived back at the Dome cafe, for a well earned coffee, and a good chat about their respective rides. It was then time to mount up again, and head on back for a bit more of the mini-bar and flat screen tv. Well a shower and refresh.

Saturday evening the group split for dinner and then met up again at the Quokka Arms, for drinks, and a relaxing evening, surrounded by Quokka's in the bar and restaurant.

Sunday- Breakfast at the barracks, Egg and Bacon and the full works. Making up for the fact someone pinched the mini-bar and the flat screen tv, while we slept. We said goodbye to the barracks and our luggage and headed out for the day, first to town to drop off our keys and report the theft of the mini-bar and tv, which they didn't believe anyway. Then off we went again on the bikes. This morning was more of a free for all with small groups heading off on their own trails. Plus it didn't matter which direction you set off into, the wind was in all directions but mainly into the face. Hence we arrived back at the Dome café, late morning for more well earned coffee and refreshments. (We wish we had shares in Dome).

In the afternoon some members opted to take the Bayseeker bus, for an hours drive round the Island just to see how far they had peddled over the weekend, others sought out the tourist attractions including the lighthouse and the guns, Beau even took a dip. But before we knew it time had run out & we headed to the ferry to take us back to the mainland, it was a good ride home on the ocean, lot of waves crashing over the boat, then we hit calmer waters in Freo, we said our goodbyes to some of the group here then we headed at a slow rate of knots up the swan back to Perth.

We all had a great time & look forward to next year.....tour de Rottnest 06.

I'm sure someone will find the mini bar by then.

By Tony Brown

Thanks for the great write up, Tony!

## MEMBER'S 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 Lyn at, tandemtalk@watcac.org . Thanks heaps for yours, Jonno.

**Name:**Jonathan Mills

**Nickname:**millzie

**My best moment in Sport was:**Going to Japan for Baseball when I was 10

**Favourite person & why:**angus Young, because of his skills playing guitar

**Favourite athlete & why:**George Greagon - he is small, strong & a great captain of the australian Rugby Team

**My favourite hobby/pass time is:**Listening to Sixties & Seventies music

**Superstitions:**Mindful of my bike everywhere I go

**My favourite piece of clothing:**AC DC t shirt

**My most embarrassing moment is:**rocking up to a Beattles tribute concert a week earlier than it was scheduled

**I'd hate to be without:**Cup of tea

**If I have achieved anything in life, it is:**Being a happy & healthy person

**Favourite website:**None

**The best advice my Mum/Dad gave me is:**Treat people the way you want to be treated

**The best job I have ever had:**The one I have at the moment

**The worst job I have ever had:**sitting watching the machine go round and round

**Favourite relaxation:**Listening to Sixties & Seventies music

**My greatest weakness is:**myself

**Any other information you'd care to share:**I've got a great mate called russ

## FOOD FOR THOUGHT

### ZUCCHINI CAKE WITH A LIME AND PISTACHIO GLAZE

Preparation time: 25 mins

Cooking time: 50 mins

Makes 1 x 22cm cake

#### INGREDIENTS

Melted butter, for greasing

2 Tbsp self-raising flour for dusting

2 large or 3 medium zucchini

Rind of 2 limes, finely grated

$\frac{3}{4}$  cup vegetable oil

1  $\frac{1}{2}$  cups caster sugar

3 eggs

2 tsp vanilla bean paste

$\frac{1}{2}$  cup pistachio kernels

$\frac{3}{4}$  cup almond meal

2 cups self-raising flour, sifted

2 tsp ground cardamom, sifted

Extra  $\frac{1}{2}$  cup finely chopped pistachios

## LIME AND PISTACHIO GLAZE

60g butter

Juice of 1 lime

1 cup pure icing sugar, sifted

### METHOD

**STEP 1** Preheat the oven to 180°C. Brush a fancy or fluted deep 22cm ring tin with melted butter, then dust with flour. Rinse the zucchini and pat dry with paper towels. Use a large-hole grater to grate the zucchini.

**STEP 2** Put the rind, oil, sugar, eggs and vanilla in a large mixing bowl. Whisk with a balloon whisk until the mixture is well combined and thickens.

**STEP 3** Use a large sharp knife to finely chop the pistachios. Add the pistachios, almond meal, flour, cardamom and zucchini to the mixture. Use a wooden spoon to stir until just combined.

**STEP 4** Spoon mixture into tin and smooth the surface. Bake for 45 minutes or until you can poke a skewer into the centre of the cake and then withdraw it clean. Stand the cake on a wire rack for 10 minutes, then turn it out to cool. Sit the cake right-side up on a cake cooler and a sheet of baking paper. Pour glaze over now or wait until the cake is cold then pour the glaze over it. Sprinkle with pistachios, stand for 30 minutes, then serve.

**STEP 5** To make the lime and pistachio glaze, put the butter and lime juice in a medium pan, stir over a low heat until the butter is melted, then remove from the heat and add the icing sugar. Stir to combine. Return to the heat and stir for 1 minute. Remove and allow to stand for 15 minutes, then pour the glaze over the cake.

### COOK'S TIPS

- Bake this cake in a deep-fluted or fancy-ring tin. There's too much mixture to use a plain-ring tin.
- To prepare the tin, brush it with melted butter, then dust it with flour or desiccated coconut.
- Use a light-flavoured vegetable oil such as lite olive, safflower or canola oil. Avoid virgin olive oil.
- Vanilla bean paste is available in jars from most supermarkets. Vanilla extract can be used instead.
- The cake without its glazing can be frozen for up to three weeks. Thaw in the fridge before glazing.
- Pistachios are available from most supermarkets.



## LOOKING FOR GOOD HOMES

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

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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: