

TANDEM TALK

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

ISSUE 20 - Feb 2006

I would like to take this opportunity, on behalf of the Committee, to wish you all the very best for a wonderful 2006. The year has already started off well with 2 road clinics, and our first Recreation ride held on Sunday 12 February. We have been very lucky, in this great State of ours, as we haven't had too many very hot days which has made it great **Weather** for getting outdoors and riding.

MEMBERSHIPS 2006

This is a gentle reminder that memberships are now due and that your membership covers you (under Public Liability Insurance) whilst participating in any WATCAC function or outing. A membership form is attached for your convenience.

Please note, if you wish this Newsletter to be sent to you in large print, contact Lyn (Editor) and I will arrange it for you.

The Annual General Meeting was held in January 2006, and was very well attended. All of The Committee members for 2005 were re elected for 2006. The Committee is as follows:

President - Adriana Lepore
Vice President - Greg Madson
Secretary - Hab Collier
Treasurer - Merrill Williams
Committee Members - Beau Tang & Lyn Lepore

Life Members:

There were no Life Members nominated at the WATCAC AGM.

Development Plan 2006/2007:

WATCAC has formulated its Development Plan for 2006/2007 and is available to members upon request. You can e-mail info@watcac.org for a copy. Don't forget to visit our website at www.watcac.org.

There is also our Business and Financial Plan for 2006 - 2008 available for any member **who** wishes to have a read.

REPORTS ON WATCAC CLINICS

Introductory Clinic - Sunday 8 January 2006
George Burnett Park, Manning Road, Karawara

Our first clinic for 2006 was held at the cycling track located at George Burnett Park from 9.00am to 12 noon. Our Coach Janelle Graham, assisted by Hab Collier, conducted this clinic with the help of the WATCAC Committee and members.

The clinic covered areas such as Pilot and Stoker competencies, communication between tandem riders, stopping and starting and most importantly, having fun riding on a tandem bike. The main goal of this clinic was to allow everyone to have a go and get an idea of what it is like to ride a tandem.

We had a total of 25 people attend the clinic, of the 25, there were 6 new vision impaired riders and 6 new Pilots. The rest of the group were made up of family members who also had a go at tandem cycling.

Road Skills Clinic - Sunday 22 January 2006
Technology Park, Bentley

To follow-on from our Introductory Clinic, a Road Skills clinic was held on Sunday 22 January from 9.00am to 11.30am at Technology Park in Bentley. Once again, Janelle Graham was there to instruct riders, along with the assistance of WATCAC Committee and members.

During this clinic riders were instructed on skills required for riding on the open road in traffic. The main focus was communicating with your stoker, road rules, learning to use different gears, cornering and riding in a bunch. As part of this exercise, riders were taken for a short ride through the back streets of Bentley where we stopped for a short break at the Dux cafe. This was a good opportunity for all riders to practice skills learnt during the morning.

We had 20 riders from the Introductory Clinic also attended our Road Skills clinic. Both clinics were a great success, thanks to Janelle and all her helpers, Greg Madson, Lyn Lepore, Trevor Maslin, Kurt Williman, Kirstie Brown and Tony Brown. Congratulations to Hab Collier on completion of the Coaching Skills Course and his assistance to Janelle.

Report by Adriana Lepore (President)

CALANDER OF EVENTS

Racing Results:

State Championships December 2005 - Josh Yates, one of our junior members, along with his cycling partner, Byron Page, won two Bronze medals in 1000m Track Time Trial and 3000m Track Pursuit.

National Track Championships - Adelaide, February 2006 - Josh Yates and Byron Page won a Silver medal in the 1000m Track Time Trial. Congratulations and well-done boys, it was a great result for these two juniors who have only been training together for a short while. Josh and Byron are aspiring to represent their country at the next Paralympics in 2008, we at WATCAC wish them well as they have made a fantastic start to achieving their goal.

Upcoming event:

Sunday, 19 March 2006 - Freeway Bike Hike - This event is being held to raise money for Asthma research and WATCAC is putting in a team entry. Therefore, we need to know definite names by Friday, 10 March, so that the final entry form can be submitted. The cost is \$15 per person. It is important that riders who are attending this event pay their money to Adriana Lepore (President) by contacting her on 9276 9018 or 0419 928 945, no later than 12 March to make payment arrangements.

Put these dates in your diary now...

Club Rides:

Saturday, 4 March - Commence Vic park
Saturday, 1 April - Commence Vic Park
Saturday, 15 April - Commence Guilford Train Station
Saturday, 6 May - Commence Vic Park
Saturday, 20 May - Commence Guilford Train Station
Saturday, 3 June - Commence Vic Park
Saturday, 17 June - Commence Guilford Train Station
Saturday, 1 July - Commence Vic Park
Saturday, 15 July - Commence Guilford Train Station
Saturday, 5 August - Commence Vic Park
Saturday, 19 August - Commence Guilford Train Station
Saturday, 2 September - Commence Vic Park
Saturday, 16 September - Commence Guilford Train Station
Saturday, 7 October - Commence Vic Park
Saturday, 21 October - Commence Guilford Train Station
Saturday, 4 November - Commence Vic Park
Saturday, 18 November - Commence Guilford Train Station
Saturday, 2 December - Commence Vic Park
Saturday, 16 December - Commence Guilford Train Station

The Club rides are ridden on 2 different circuits, South of the river commence at the car park adjacent to the Association for the Blind, 16 Sunbury Road, Victoria Park and go for a distance of 40 kilometres. North of the river commences from the Guilford Train Station and also covers a distance of 40 kilometres.

Recreation rides

Sunday, 12 March

Sunday, 9 April

Sunday, 7 May

Sunday, 11 June

Sunday, 9 July

Sunday, 13 August

Sunday, 10 September

Sunday, 8 October

Sunday, 12 November

Sunday, 11 December

The Recreation rides usually take us along or around the river during the warmer months but there will be some through and around the Swan Valley in the cooler months. The recreation rides usually go for a distance of 20 kilometers with a coffee stop half way. Details of all recreation rides will be sent out to all members prior to every ride.

Other dates to remember:

Rottneest Weekend Sat-Sunday 14 - 15 October 2006

City of Perth Great Bike Ride - Sunday 19 November 2006

South West Tour Mon - Fri 27 November - 1 December 2006

AGM and Christmas function Sunday 11 December 2006

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. Below are 2 recipes for you to try, happy cooking and eating.

Citrus Seafood Kebabs

Serves 4 Preparation Time -1-2 hours

Cooking Time - less than 10 mins

Ingredients

16 prepared scallops or queens with their corals
16 raw peeled tiger prawns
450g/1lb monkfish fillet, cut into 2.5cm/1in cubes
3 tbsp olive oil
2 tbsp lemon juice
2 tbsp chopped fresh chervil or parsley
Salt and freshly ground black pepper
1 small orange, halved and thinly sliced
1 lemon, thinly sliced
1 lime, thinly sliced

8 x 25cm/10in fine metal skewers

Method

1. Mix the oil, lemon juice, chopped chervil or parsley and some salt and pepper together in a large bowl.
2. Add the scallops, prawns and monkfish and mix together well.
3. Cover and leave to marinate at room temperature for 30 minutes or for up to 2 hours in the fridge.
4. Thread the scallops, prawns and monkfish on to the skewers, alternating them with folded slices of orange, lemon and lime.
5. Barbecue the kebabs over medium-hot coals for 8-10 minutes, turning and basting with the left over marinade now and then.

ORANGE AND POPPYSEED MUFFINS

Ingredients:

$\frac{1}{2}$ cup margarine (90g)

$\frac{1}{2}$ cup sugar

2 eggs

1 cup milk or vanilla yogurt

2 tsp. grated orange rind

$\frac{1}{2}$ cup orange juice

$\frac{1}{4}$ cup poppyseeds

2 cups SR flour

$\frac{1}{4}$ tsp. baking powder

Pre heat oven to 200 c. For muffins grease muffin tray or for cake grease 20cm round tin.

Method:

Blend margarine and sugar until sugar is dissolved, mix in eggs, orange rind, juice and yogurt and mix well.

Fold in, the flour, baking powder and poppy seed into the wet mixture. Either spoon mixture into muffin trays or pour into cake tin.

Baking time for muffins is approximately 25 minutes and for cake approximately 40 minutes.

For a nice alternative, substitute the poppyseed for Choc Chips approximately $\frac{1}{2}$ cups

LOOKING FOR GOOD HOMES

Items for sale:

1 Set of Shimano 16 spoke road wheels - \$200 contact Adriana Lepore on 9276 9018

Apollo Tandem Bike, Sale price \$1000

5 years old, good condition, Shimano gears, 26-inch wheels,

Rear carry rack, Dark green in colour, Spare tubes included

Please contact: Ms. Glenys Campbell

Phone (office hours) 9366 1709 Phone (after hours) 9458 8437

Email genghis@inet.net.au (Resides in Wilson, Shelley)

If you have anything you wish to sell or just give away to a good home, just send it to the Editor.

Editor's' contact details:

Lyn Lepore:

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[E-mail: tandemtalk@watcac.org](mailto:tandemtalk@watcac.org)

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: Josh Yates

Nickname: Yatesy

My best moment in Sport was: Silver medal at 2006 Track Nationals

Favourite person & why: My dog Gypsy

Favourite athlete & why: Justin Langer because he has been a really good mentor and friend to me

My favourite hobby/past time is: Riding my tandem bike

Superstitions: Don't have one

My favourite piece of clothing: Adam Gilchrist's signed warm up shirt

My most embarrassing moment is: Shoes on the wrong feet (a bit hard when you are blind)

I'd hate to be without: My pilot Byron Page

If I have achieved anything in life, it is: Surviving my bone marrow transplant.

Favourite website: Cycling Australia

The best advice my Mum/Dad gave me is: Make a positive out of every negative

The best job I have ever had: The best job is not having one!

The worst job I have ever had: ??

Favourite relaxation: Listening to music

My greatest weakness is: My optic nerve

Any other information you'd care to share: I'm single

"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: