

**CYCLISTS WITH COMPASSION!**Visit us : www.cyclistswithcompassion.comEmail us: contact4cwc@gmail.com

CWC NEWS

Cycling - Life Saving And Life Changing!

Dear friends,

A life without cycling would be a very different life for me. It is hard for me to imagine, what it would be like! I would be missing a lot: the challenges (oh yes, it is just a social ride..., but I still want to beat you up that hill...!), the friendly banter at the obligatory coffee stop, the satisfaction of completing a particularly hard ride, the so important anti-ageing property of social engagement and the many, many health benefits of cycling. Now, well in my seventh decade, the times of long-distance running or high impact sports such as squash, Tae Kwon Do etc are over, but cycling provides me with the ideal alternative and I hope that I will still be able to push the pedals (and to beat you up the hill) for many years to come. Exercise, but cycling in particular has proven to be a life saver and life extender, with positive results for weight control, in lowering blood pressure and cholesterol, preventing some forms of cancer, improving overall well being and more!

Cycling is life changing - directly and indirectly! In the 10 years I have been involved with charity bike rides I have seen schools and libraries being build, nurses trained, medical equipment provided, education funds established, new hope in the eyes of children and more. I have seen a new confidence in riders that never thought they could go the distance, new and everlasting friendships formed and bonds created. Cycling did and does indeed change the lives of many - every day!!

Cycling changes lives in many forms; as it did for Leo, whose inspirational story we will share with you in this newsletter!

With only four months to go before the start of CWC 2019, we are looking forward to your support.

For now, best wishes, GOD Bless and safe cycling, always...

Usually Leo is at the criterion cycling track near our home before us and he is usually still doing his laps after we have already left. He is there rain or shine - us, we are more likely there only at shine! If not for the leg brace, the slightly lopsided riding position and the fact that he cycles in the company of a personal carer, one would not know that Leo is severely handicapped. I have been seeing Leo for the past years, we always exchanged a friendly hello and wave, but only recently did we get a chance to talk to Leo. And we learned an amazing story; a story of sadness and despair, but more so of love, care, determination, perseverance, strength and the power of hope! Here is



Leo's Story!

When Leo started his day on this fateful day in January 2008 it was a day like any other. He was thinking about the business he runs at the popular Australian Fair Shopping Center in the Gold Coast. He was hoping to find time to pursue his passion of flying his remote aeroplane at the local Flying Club and was already looking forward to spending the evening with his wife Debbie. Before the day ended, Leo was in a coma with a shattered skull!



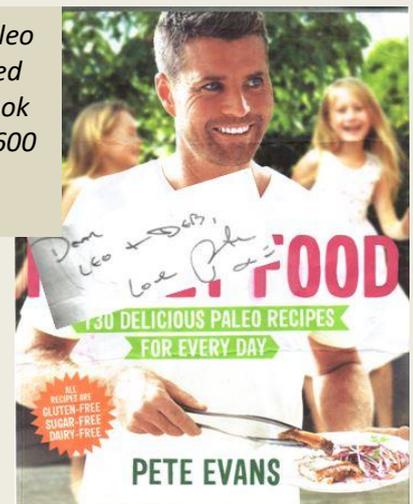
Leo and Debbie in the hospital shortly after the accident!

Leo was involved in a tree lopping accident, where a large branch was accidentally pulled down on his head fracturing his skull. He underwent a six hour surgery, a titanium plate was inserted in his skull and he was placed in a coma with only a 50% chance of survival and the prospect of a year in hospital and possibly a nursing home. He woke up from the coma after 10 days; nothing was the same anymore. Leo came home from the hospital eight months later in a wheelchair, with paralysis down his right side, poor cognitive function and the speech impairment Dysphasia, a condition when the brain signals the right word to the mouth, but it can't be processed correctly. He was told, he may never walk again.

For the first year, Leo was confined to a wheelchair, unable to read, write or speak and his weight went up to 104 kg. In the second year, he was able to perform limited activities, but was still confined to the bed and wheelchair. In the third year he was able to speak 15 words, which increased to 50 words in the fourth year and his mobility improved as well.

Now Leo started on an intense physio and exercise schedule at home. Over the next years Leo was able to say goodbye to the wheelchair, walker, walking stick and slowly improved overall. By December 2014 Leo was down to 85kg and in January 2015 he gradually changed over to a different way of eating. Leo is now on a Paleo/clean eating diet and weighs 68.5 kg. While he is still speech impaired, he can now participate in conversations. Leo cycles at the track almost every day in two sessions of two hours in the morning and two hours in the afternoon and in between he works out in his home

TV Celebrity Chef and Paleo Guru Pete Evans published Leo's story on his Facebook page. It received over 1,600 Likes!





Leo and his personal carer Jason at the cycling track, where Leo cycles almost every day - twice a day!

gym on his rower, treadmill, weights etc. His personal goals are to fly his remote control plane unassisted and strengthen his right side so that he can cycle stronger, longer and further. Knowing Leo's will power, he will be there soon!

To us, Leo's story so very much reflects the message of hope, believe-in-yourself and perseverance that CWC wants to give to those suffering despair and sadness. Leo's courage, determination, will power and attitude is such an inspiration to all of us and we are privileged to know him. CWC sends Leo and Debbie their best wishes for a continued journey of recovery.

See you at the track, Leo!



CWC's Selina and Reiner present Leo with a CWC team jersey! He is now an honorary CWC Cyclist and CWC will be honoured to see Leo riding in our jersey!

Ride on, Leo!



Thank You!

Our Corporate Sponsors for CWC 2019!



Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime!

Lao Tzu

The Tamar Restaurant and Cafe



publish the recipe for one dish always popular Fried Chicken with Aroi Mah!

Just minutes away from the infamous Walking Street in Pattaya one can find the Tamar Restaurant and Cafe. Serving Pizza's, Hamburgers, Sandwiches, Bagels, Salads, Taco's, Breakfast sets and many different and delicious Thai dishes, this cosy little restaurant is managed by the Tamar Center and is one of Tamar Center's projects to provide girls and women trapped in the sex industry with vocational training to allow them to leave this industry by earning income from alternative sources.

The Tamar Restaurant and Cafe received the [Tripadvisor](#) Certificate of Excellence. All proceeds from the restaurant and cafe will go to the support of the women and the Tamar Center. It is certainly worth a visit when in Pattaya at 124/130-131 M. 10 Third Road in Pattaya 20260. However, for those wanting to try some of their dishes already, we will

publish the recipe for one dish always popular Fried Chicken with Aroi Mah! in every newsletter for the next months, starting with the Cashew Nuts. Certainly one of my all-time favourites!



Fried Cashew Nuts with Chicken

Ingredients:

- | | | | |
|----------------|---------|----------------|----------|
| • Oil | 1 Tbsp. | • Scallions | 1 |
| • Cut Chicken | 100 g. | • Soy Sauce | 1 tsp. |
| • Cashews | 50 g. | • Oyster Sauce | 1 tsp. |
| • Garlic | 1 Clove | • Sugar | 1/2 tsp. |
| • Bell Peppers | 75 g. | • Water | 40 ml. |
| • Onion | 25 g. | • Black Pepper | |

Put oil into a hot pan on medium heat. When the oil is Hot, add cashews and chicken and cook until chicken is no longer pink.

Then add garlic, bell peppers, and onion. Continue to cook and mix together until chicken is fully cooked.

Then add soy sauce, oyster sauce, and sugar. Mix together for about 20 seconds. Then add water and cook for another 30 seconds to minute.

Add cracked black pepper and serve otop or beside rice. Add scallion on top, chopped or whole for garnish and flavor.

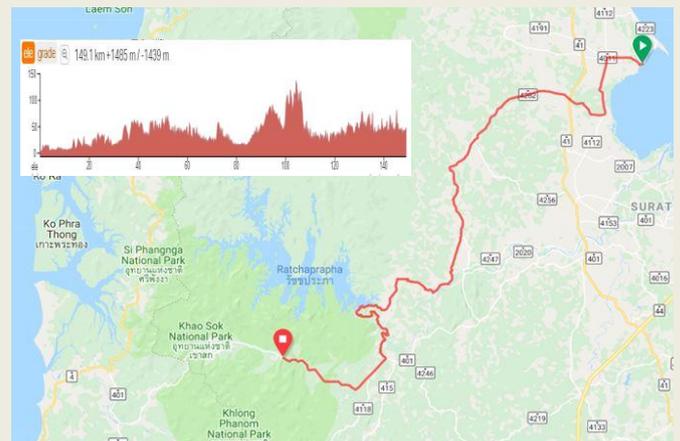
The above ingredients are measured for a single meal. Please adjust accordingly for larger groups!

The route and sights of CWC 2019

DAY 7 (18 OCT 2019)

LAEM SAI BEACH – CHEOW LARN LAKE/KHAO SOK

Today is CWC 2019's longest and hardest ride with a total distance of nearly 150 km and over 1,400 climbing meters. The riders will head inland and trade the beach for lush green jungle, where they will pass rubber and coconut plantations and countless villages as they ride through the rural landscape. There will be a short, but steep climb to the top of Rajjaprabha Dam and to the refreshing waters of the Cheow Larn Lake. The Rajjaprabha Dam or Cheow Larn reservoir was constructed in 1982 under the supervision of the Khao Sok National Park and the Provincial Electricity Authority to generate hydro-electricity to Surat Thani city and other nearby towns. When water filled the dam over 150 islands formed; many of them are stunning pillars rising upright against the bright blue sky, forming a mysterious and charming scenery.



From the dam the riders will descent to the town of Phanom and towards the beautiful Khao Sok National Park. The Khao Sok National Park is home to rare species such as the giant parasitic Rafflesia flower (see photo on left), hornbill birds, gibbons, elephants and...tigers! At the Khao Sok National Park the ride ends for the day and the riders transfer the remaining 80 km to Khao Lak by van.

In Khao Lak, riders and participants of the non-rider tour will stay at The Waters Resort, where they will enjoy well deserved luxury and one of Thailand's largest swimming pools, featuring over 3,000 sqm of water area! In the evening the CWC 2019 participants will be given an interesting presentation on the work of For

Freedom International (FFI) by FFI's Operations Director Mattias Bjorkqvist. Mattias will travel especially from Phuket to Khao Lak to meet the CWC team.

**Slots for CWC 2019 are still available! Interested?
Contact us for booking details!**



Our appeal for help from you!



Dear Friend!

Cyclists With Compassion (CWC) is a group of like-minded cycling enthusiasts and was started in 2015 with the goal to make a difference to underprivileged children and young people in Asia by raising money to better their education and life circumstances, which in turn will bring them hope and the foundation for a brighter future.

CWC plans and organises long-distance cycling tours to parts of Asia, raising awareness about the needs of children and young people in these areas. By raising money from corporate sponsors as well as donations from friends and family donated in recognition of our mental and physical efforts, we hope to contribute our little part of making their world a little better, a little brighter!

In October 2019 cyclists from around the world will be cycling over 750 km, starting near Bangkok and finishing in Phuket, where two of this year's three charities are based.



For Freedom International aims to see the marginalized, vulnerable, and exploited set free from the injustice of oppression by combating human trafficking and sexual exploitation. FFI has begun their work in the province of Phuket, where they work to change conditions that allow exploitation to exist. FFI believes in a holistic approach so that their projects can give women and children the opportunity to be free from oppression before and after it occurs through prevention, intervention, and restoration programs. In partnership with the Royal Thai Police, the Thai Internet Crimes Against Children, the FBI, and the U.S. Homeland Security, FFI also runs the Child Advocacy Center Phuket, a safe and child-friendly place for young victims of trafficking and sexual exploitation.

The **Asia Center Foundation**'s mission since 2002 is to help disadvantaged children and children-at-risk by providing care, training and education. Creating both educational and sports programs, ACF helps children to focus on their education and overall development. Despite the difficult and impoverished situations of the students, ACF aims to give them hope to believe in themselves for a brighter future.

Our third charity for CWC 2019 is based in Pattaya: Founded in 1999 as a ministry of Project L.I.F.E. Foundation, **Tamar Center** is a part of Youth With A Mission Thailand (YWAM). Their mission is helping those trapped and working in the sex industry to find a new life, education and new jobs by reaching out, building relationships, offering shelter and housing, offering vocational training, counseling and providing Bible teaching. Tamar Center also runs a dedicated program for the children of sex workers. <https://www.globalgiving.org/projects/helping-children-from-ex-sex-workers-in-thailand>.

Our ambitious plans can only become reality with the help and support from private and corporate sponsors and I would like to ask your kind support by becoming a sponsor of the CWC ride 2019. No matter how big or small, your contribution matters and will be very much appreciated. Full details about the private sponsorship and the various options for Corporate Sponsorship can be found at the [Sponsorship page](#) on CWC's website www.cyclistswithcompassion.com.

You can donate using the "[Donate](#)" feature on <https://www.cyclistswithcompassion.com/donate>. On the payment page you will also have the possibility to name the cyclist, in whose honour you donate. All donations will be in USD. For other payment methods, please contact [us](#). In order to streamline the donations raised by the participants of the ride, the donations will be collected through the donation portal of FFI and distributed between the three charities. The cyclists pay all expenses for the tour themselves and the proceeds from private sponsors will go fully to the selected charity!

Thank you on behalf of all cyclists and organisers of the CWC 2019 ride and the many, many children and young people benefitting from your generosity!

God Bless!

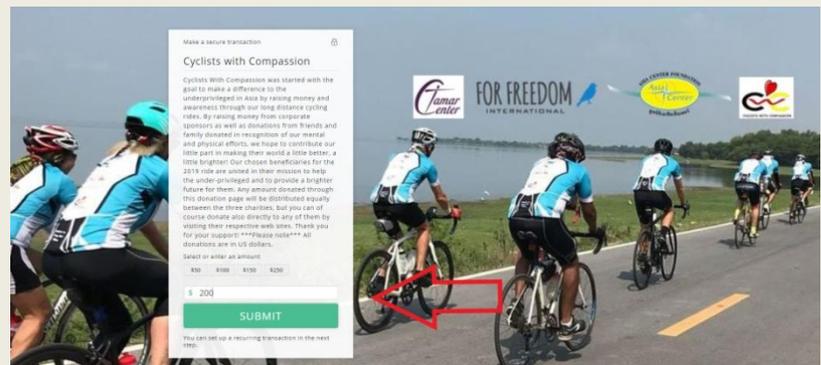
How to donate?

We collect the donations through a CWC-specific donation portal on the web site for For Freedom International in order to streamline and simplify the donation process. All donations will be equally distributed between our three chosen charities after FFI deducts a small admin fee. Please note that all donations for now must be in USD, but we are hoping to have an option for other currencies in place at some time in the future. Donating to our cause is easy! Simply follow these three steps!

1. Go to <https://www.cyclistswithcompassion.com/donate> and press the "Donate" button!



2. Now select any of the pre-set amounts or other any amount in you want to donate and press "Submit". Remember, any amount - no matter how small - will make a difference and will be greatly appreciated!



3. Now put in the name of the cyclists in whose honour you donate, fill in your credit card details and your donation will be processed through FFI's secure payment portal. FFI will send you almost immediately an email acknowledging your donation and attaching a tax receipt. You can set up your own account to manage your donations by clicking on the "sign up here" link on the donation receipt.

