BY PATRICK MCKOWEN

The 22nd annual Toronto International Bike Show showcases all kinds of bikes and related stuff. It’s one of the largest of its kind in North America. For me, the show was basically just that — a show. Mostly, the show is about selling stuff, bike stuff of course. Everything from socks to helmets could be found there.

I was at the show to support the Human Powered Transportation Association (web site: http://www.hptabrant.ca) who also invited me this year to show off my still in-progress Kyoto Cruiser trike (web site: http://www.atomiczombie.com) which allowed me to put some good words in for AtomicZombie. HPTA booth was sponsored by Ray Mickevicius of Bluevelo.com (web site: http://www.bluevelo.com).

Had I not been asked to display the Kyoto, I would still have shown up and supported Bob Beachy and Joe Metorvic for the HPTA. However, displaying the Kyoto made it a much more interesting thing for me. I am not much for public exhibitions.

I far more enjoy a more informal setting, talking to folks already into the building aspect, instead of public recruiting. But I do see the need to bite the bullet and help support those preaching the good word, the bitter with the sweet makes life far more interesting.

I gave out at least 2/3 of the stickers that AZ sent me to support them. One of the more interesting inquires I had about the Kyoto was from a principal of a public school in Scarborough looking for projects for his Grade 8 students. Another was a gentleman looking to build something along the lines of a train for exercising the blind. I passed that one to Joe, as he has already built a train.

I talked to one guy for 30 minutes as he was interested in building a push trolley for cargo. He liked the way the bearings were set up on the Kyoto. When the Kyoto did attract attention, the steering got the most amazement.

Most could not believe that it’s easy to re-direct steering around a 90 degree cornering.

I noticed that the younger generations showed more interest towards the Kyoto than the older crowd.

To me, getting the attention and interest of the younger generations is important because they are the future, and, hopefully, the future will be better for all.

Thanks to Patrick for submitting this review and pictures. To contribute, ask KoolKat: koolkat(at)atomiczombie.com.
New Atomic Zombie HPV and Electric Bike Projects Slated for 2009

Here are some of the projects we plan to build this year:

**Electric Street Motorcycle** - This plan will show the complete conversion of a mid-sized motorcycle from gas to electric. The plan will focus on getting the bike to legally pass a safety and will offer a longer range city only commuter version, as well as a faster highway version with shorter range.

**Terminator Cycle Chopper** - A follow-up to **OverKill Chopper**, this progressive style chopper will include a specific rear wheel with bicycle spokes and an "organic" frame style created from scratch. This show quality chopper will take garage hacking to all new limits.

**Arcturus Tandem Quadcycle** - This inline tandem quadcycle will have a sturdy cargo carrying frame like the **LodeRunner Cargo Trike**. Fully adjustable with independent shifting transmissions, Arcturus will be a perfect tandem for city driving, or on paths where width is important. Later, this trike will be converted to a powerful electric assist and become a fully faired "truck" vehicle to pull the long awaited Arcturus Camper (free plan).

**Tri-Warrior Racing Tadpole Trike** - The ultimate tadpole trike will feature dual front disc brakes, under seat steering, a low slung mesh seat and a 26-inch rear wheel for speed and performance. This plan will merge the best features of the most popular commercial trikes all in one plan.

**Pocket Hog Mini Electric Chopper** - This electric chopper will be a cross between **Sparky** and **OverKill**, with several variations using many inexpensive electric motors available on sites such as eBay. This electric scooter will be fun for all ages and offer decent speed and performance without annoying the neighbors.

**Bike-E2** - A clone of the popular Bike-E Recumbent. Those who were lucky to own an original Bike-E have always given it high marks, so this plan will be a close replica of the great MWB recumbent from the now defunct company.

**Flying Dutchman Cargo Bike** - Another take of the popular Dutch style cargo carrying two wheeled bicycle. This version will be a human powered recumbent design capable of supporting heavy loads, and include load suspension, as well as parking outriggers.

**Electric Mule** - A general purpose electric people mover. Using a small rear car differential and any electric motor, this slow speed electric mover is a cross between a golf cart and small all-terrain vehicle. Great for moving guests around your neighborhood, pulling your garden cart around, and safe enough for the kids to use with proper adult supervision, of course.

**Boneshaker Replica** - This plan will detail an authentic 1800’s boneshaker velocipede. The final bike will be completely ridable and authentic looking. The plan will detail the high speed rusting process and method to make the wood trimmings look properly aged.

**Snowroller Winter Tadpole Trike** - This **Hammerhead** style recumbent trike is perfect for winter riding. Due to the dual front end design, it won’t slip or tip, and the higher seating position is better for winter when motorized vehicle drivers are not as mindful of cyclists. Options will include front wind break and lighting system.

Web site: [http://www.atomiczombie.com](http://www.atomiczombie.com)

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"Think of bicycles as rideable art that can just about save the world."

~Grant Petersen

UK Bike Group Looking for Builders

**Crank It Up Cycling for All** in Bradford, West Yorkshire, wants to hear from anyone who may be interested in holding a bike builders section on June 13, 2009, during Bradford’s BikeFest week event.

Contact Chris at: crank-it-up@hotmail.com
Web site: [http://www.crank-it-up.org.uk](http://www.crank-it-up.org.uk)
Phone: 07835 840989

**Crank It Up Cycling for All** promotes, encourages and provides cycling and recreational activities for all ages, abilities and interests.
Hang ‘em High - Anti-theft Device

Dominic Hargreaves, 23, a design student at the Royal College of Art has had three bikes stolen since he moved to the capital.

And Dominic's not alone: on average 52 bikes are stolen in London every day. Looking at this modern urban problem as a design challenge, the young student realised that the only way to overcome the problem was to lock the bike somewhere out of the reach of thieves.

His solution? A bike lock located 8 feet above the ground.

How does it work? The bike cradle can be fitted to any wall and is attached to an electronic hoist which lowers to the ground when triggered by the owner's remote control. The mechanism can also be programmed to read an oyster card if located at a tube station, or indeed any public location. Once the bike is placed into the cradle and locked in position, the user then activates the hoist to pull the bike up onto the wall. The bike is then safely out of the reach of thieves and their bolt cutters.

Dominic believes the idea would work on domestic dwellings such as houses or blocks of flats as well as public spaces like railway or tube stations.

The design is one of three winners in the £15,000 iQ Design Challenge set by Toyota to Royal College of Art students and alumni to create products that respond to modern urban life.

Source: www.rca.ac.uk

$11.4M Bike and Pedestrian Bridge Planned in Oregon

Portland transportation planners held an open house on last month to discuss the latest plans and designs for a new pedestrian bridge that will cross over Interstate 5 underneath the Portland Aerial Tram.

Neighborhood activists in the Lair Hill area west of I-5 have long sought the Gibbs Street Pedestrian Bridge Project, which will connect that area to the emerging South Waterfront area and the Willamette River.

The $11.4 million bridge will be funded by a $9.7 million federal grant and by $1.7 million in Portland urban renewal and development charges. Construction is expected to begin this fall and be complete in late 2010.

Source: The Oregonian

Bike Builders Tips

“The blue/black scale that builds up on mild steel from welding and heating can easily be removed by pickling in vinegar for a couple of hours (overnight if particularly thick).

Rub the scale off with a cloth, then dip in a solution of water and sodium bicarbonate to neutralize the acid. Wash in clean water dry, and use a wire brush to polish and paint.

It's very, very humid where I live, so once steel has been cleaned with abrasives it will rust by next day. If the parts are small enough to sit in the vinegar, it only takes 30 minutes, and the rust can be wiped off. Neutralize as above.

The steel is so clean after this that it must be painted straight away to stop it from rusting again.”

Thanks to AZ Krew forum member, Savarin, for this great tip! More tips and advice: http://forum.atomiczombie.com

CAUTION Welding Health Hazards

All welding processes produce fumes and gases to a greater or lesser extent. Galvanized steels produce added fumes from the vaporized zinc coating. Fumes from welding galvanized steel can contain zinc, iron and lead.

Use precautions, including high-velocity circulating fans with filters, good ventilation, air respirators and fume-extraction systems.
Builders Wanted
Explore Under the Sea with New Google Ocean Technology

Google has launched Google Ocean, together with the 5.0 version of its mapping software.

Users who download the latest version of Google Earth will be able to dive deep into the ocean, as Google offers all kind of information from photographs and videos of sea life to models of shipwrecks to water temperature data collected from buoys.

The new addition to Google Earth is the result of the collaboration between the search company and several partners, including the National Geographic Society and the National Oceano-graphic and Atmospheric Administration.

Also the software offers almost 20 "layers" of information provided by, among others, the British Broadcasting Corporation, National Geographic and legendary French ocean researcher Jacques-Yves Cousteau.

Other novelties included in the latest release of Google Earth include sea temperatures, a three-dimensional Image of Mars and a "virtual time travel" feature allowing users to track the progress of major building sites or the melting of glaciers.

Launched in 2005, Google Earth was constantly updated and improved by Google. For example last year in September, Google has signed an exclusive deal with GeoEye to have the exclusive access to the satellite photos for its online mapping services, Google Earth and Google Maps.

The GeoEye-1 satellite takes images from 423 miles (681 kilometers) in space, and it moves at a speed of four-and-a-half miles (7 kilometers) per second, making 15 orbits a day. The satellite’s ITT-built imaging system is capable of distinguishing objects on Earth’s surface as small as 0.41 meters (16 inches) in black.

Ocean in Google Earth – http://earth.google.com/ocean
Source: eFlux Media

Active Minds, Low Stress Important Factors in Alzheimer’s Disease Research

People who are socially engaged and can easily brush off stress may be at a reduced risk for Alzheimer’s, a new study reports. The study adds to a growing body of research linking lifestyle and personality traits to a lower chance of developing dementia in old age.

The research, from doctors at the Karolinska Institute in Sweden, found that older men and women who were easygoing and had active social lives were less likely to develop Alzheimer’s disease than those who were shy and anxious. Earlier studies have linked long-term stress to poor memory, possibly because stress hormones can negatively affect the brain.

"In the past, studies have shown that chronic stress can affect parts of the brain, such as the hippocampus, possibly leading to dementia," said study author Hui-Xin Wang, Ph.D.

"But our findings suggest that having a calm and outgoing personality in combination with a socially active lifestyle may decrease the risk of developing dementia even further."

The findings appeared in Neurology, the medical journal of the American Academy of Neurology. The study involved 506 seniors whose average age was 83. None had Alzheimer’s when first examined. After six years, 144 of the study participants had developed Alzheimer’s or another form of dementia.

Those who were socially active but who tended to remain calm and relaxed under pressure were 50 percent less likely to develop dementia than individuals who were isolated and easily stressed. Protection against Alzheimer’s was particularly strong among those who were socially outgoing and able to handle stress well. Extroverts who were calm and self-satisfied tended to have an optimistic outlook on life, the study found, and also had a 50 percent lower risk of developing Alzheimer’s than outgoing people who were nervous and prone to worry.

"The good news is, lifestyle factors can be modified, as opposed to genetic factors, which cannot be controlled," Dr. Wang said. "But these are early results, so how exactly mental attitude influences risk for dementia is not clear."

Earlier studies have shown that people who remain active and socially engaged into old age have a lower Alzheimer’s risk. Regular physical activity and keeping mentally alert through word games and other mental challenges can likewise help keep the mind sharp, research suggests.

Source: http://www.alzinfo.org
Chicken Almond Khorma

3 Tbsp olive oil
3 Tbsp butter
1 large onion, chopped.
6 Tbsp plain yogurt (avoid the low-fat stuff for creamier texture)
2 Tbsp mango chutney
2 cloves garlic, minced
2 1/2 tsp curry powder
1 tsp chili powder
2 tsp garam masala (this can be hard to find, try upscale supermarkets)
1/2 tsp salt
1/3 cups sliced almonds, toasted (350F for 5-7 minutes or until brown).
4 boneless skinless chicken breasts. You can use some thigh meat too, but be sure and trim the excess fat. I wouldn’t add more than 1/2 the volume of breast meat in thigh meat or it might be too greasy.

Preheat oven to 350F (toasting the nuts is ideal for this step). Put the oil and butter into a skillet and cook onions until soft and translucent.

Add the onions, yogurt, mango chutney, garlic, turmeric, chili powder, garam masala and curry powder to blender or food processor. Puree until you have a thick sauce.

Cube the chicken and spread it evenly over the bottom of a baking dish and pour the sauce over it.

Bake for 35-40 minutes. Serve over freshly cooked Basmati rice and sprinkle the almonds on top. Enjoy!

Thanks to AZ Krew forum member, TheVictim, for posting this recipe on the forum.

http://forum.atomiczombie.com