

CITY OF VINCENT STAFF – ACTIVE TRANSPORT BREAKFAST RUMBLE! 1 June 2018

Today's Breakfast Rumble acknowledges the heinous period when WA became a Penal Colony (June 1, 1849-68). 169 years later, the intrepid staff pictured below celebrated their freedom in choosing active transport to get to work! Riding their bikes, catching the train, walking, carpooling or skating to work, these staffers saved carbon emissions, reduced traffic and are healthier all around for it (zucchini, corn and feta fritters recipe below) !

A great chance to meet new staff members, today's breakfast table topics covered camping in the South West, planting out an inner city courtyard, latest news on the City's Transport and Public Open Space strategies and Vietnamese weddings! Of course, everyone wanted to know how you can bribe your way to getting a coveted Vincent Active Transport trophy – but there are no shortcuts – check out the 2017/18 winners below. Cycling – Meluka; Skating – Tim; Public Transport – Anita; Carpooling – Rob; Walking - Mia. Great work teamsters!



Zucchini, corn & feta fritters. Grate 2 medium zucchinis (squeeze out excess water). Mix a 400gm can of drained sweet corn kernels, the zucchini, 1 cup of finely chopped spring onions, 3 minced garlic cloves, 1.25 cup of flour, 2tsp cumin, 1 tsp oregano, 1 tsp thyme and S&P (add 200gm of feta if desired). Allow to sit for 5 minutes. Scoop one dessert spoon of mixture onto a hot oiled pan and cook for about 3mins per side, until golden brown. Serve with eggs, bacon and a slice of avocado!



The next rumble will happen **Friday 6th July 2018** – join us for an award winning breakfast with some excellent staffers!! If you need help to work out the best walking/cycling/ public transport options, contact the TravelSmart Officer on e. 6558 or travelsmart@vincent.wa.gov.au

ACTIVE TRANSPORT AWARD TROPHY WINNERS 2017/18 (and this quarters voucher winners)



Star performers

VINCENT STAFF » » » TRAVELSMART MONTHLY CHALLENGE