



Hamilton & Burlington Chapter

April 2022 Newsletter



Leander Boat Club

Storage for one Trishaw

Special thanks to the Board of the Leander Boat Club for generously offering free space for us to store one trishaw for the summer season.

The Boat Club is on the waterfront path which is an excellent location for us. Volunteers will be given the door code and able to access the trishaw. The storage room location has a nearby power outlet and instructions regarding locking and charging the batteries will be posted.

Agency Update

We are working with several seniors' homes to finalize partnership agreements and a ride

schedule. On Tuesdays will be at the Welcome Inn. On Wednesdays we serve Good Shepherd clients who will come to William's on their bus. Shalom Village clients will ride on Thursdays. St Peter's Residence and Idlewyld Manor on the West Mountain are set for Friday morning and afternoons respectively. We are still working City Housing Hamilton to finalize their arrangements.

Things are moving along with two Burlington Chartwell Homes, however neither have space to store the trishaw. Recent meetings with the supervisor of Recreation (Mandy Kerr) and City Councillor (Lisa Kearns) have resulted in the offer of storage at Aldershot Arena which we are still reviewing given its distance from downtown.

For both Hamilton and Burlington, we are still working to plan 'community /open rides' where seniors not affiliated with centres can sign up for a ride. These will likely be Mondays, weekends or perhaps evenings.

Events – you might like to attend



Join us on Sunday May 1 at the Collective Arts Brewery for the 2022 Bike for Mike Event. We'll have both trishaws there in the 'Bike Petting Zoo', and we hope to have time to sit down and have a beer with any of you who stop by or sign up for the ride. There are lots of options for distance from 5km to 75km. <http://bikeformike.org/mikeride2022/>



Institute for
Research on Aging

The McMaster Institute for Research on Aging is collaborating with Birmingham University and

the Commonwealth Games organizing committee to host a public event to complement the arrival of the Queen's Baton in Hamilton, as it makes its way to Birmingham for the 2022 Commonwealth Games. The Queen's Baton is due to be in Hamilton on May 26 & 27, 2022, and MIRA will be hosting an interactive event on the evening of May 26th; and Cycling Without Age will participate. Details are as follows:

Date: May 26, 2022

Time: Research and community fair: 5 - 6 p.m.;
Public panel: 6 - 7:30 p.m.

Location: David Braley Health Sciences Centre,
100 Main St W, Hamilton

The topic is **age friendly cities and places, inclusive built environments, and enabling healthy active aging**. Immediately following the research fair, a public panel will bring together speakers from academia, health care, public policy, and other spheres. Speakers will give a short (5-10 minute) TED-talk type presentations, followed by a moderated panel discussion. Our chapter has been asked to participate in the panel and the community fair.

Donations!



We extend our thanks to Alan and Donna Lambshead for a generous donation (Alan, pictured here, is one of our new 2022 pilots.)

The donation will be used for operating costs this summer.

We also extend our thanks to Patricia Hickey, for her recent generous donation and for spearheading our submission to the RTO/ERO (Retired Teachers of Ontario) Association. We are applying for a \$4000 grant, and we will find out if we are successful in September. We have 7 retired educators who are in our volunteer pool now and we will be asking them to submit letters of support to bolster our application.



Broker Team Insurance has chosen our chapter as their 2022 community project. Project SPOTLIGHT will invite a team of young filmmakers to 'produce a mini documentary to spotlight the humble but important roles we play in our community'.

The film will be screened and promoted across media platforms, with the goal of spreading the word on the needs of the chapter and to connect us with a wider audience through the power of storytelling.

To learn more about this project and see last year's films. Click <https://theprojectspotlight.ca/what-we-do/>

Training

Five of our six indoor training sessions are complete, with 26 attendees, and 8 more scheduled for this Tuesday April 26. Pilots are now signing for one of seven outdoor training sessions all scheduled in May at the Leander Boat Club. We'll be ready to start taking passengers in June.