



Hamilton & Burlington Chapter

September 2022 Newsletter



BrokerTeam Day

CWA has been fortunate to have BrokerTeam Insurance choose our organization as their 2022 edition of Project SPOTLIGHT, the company's corporate social responsibility initiative. Tammy and I, along with pilots Bill H, Sharon G, Dawnelle G, Lorraine C, John S, and Sharon S visited Markham to receive the financial donation and to launch the three videos that they prepared for us.

Please click on our webpage to see the fantastic videos. Each of the videos is about 3 minutes long and each one focuses on a different dimension of our program. The three dimensions are our beneficiaries, our pilots, and our donors. We will use these to promote our program to donors, centres and potential pilots. Click here to watch the videos - [Our Videos](#)

Trained pilots still needed this fall

Don't forget to keep signing up for the last few weeks of the season. There are some changes to the schedule based on the centres' needs, however many of our passengers are hoping for a few more rides and a chance to see the leaves.

-Welcome Inn (Tuesdays till end of October, as long as the weather holds).

-Good Shepherd – done until Wednesday October 12 (autumn leaves ride)

-Shalom Village (Thursdays till end of October, as long as the weather holds)

-St. Peter's and Idlewyld (some Fridays, when the truck and trailer is available)

-Burlington's Christopher Terrace – Wednesdays until October 12

-Burlington Senior Centre (Tuesdays till October 11)

-Friends and Family – one more September 30 ride.

Here is the signup link -

<https://signup.com/go/wbrcvEv>

Wheelchair Trishaw Demo and rides

If you have been a pilot or a bike buddy at either of our long-term care facilities (Idlewyld and St. Peter's) you will have seen that some of the residents who wished to ride were unable to because they could not transfer from their wheelchairs to the trishaw. Van Raam makes another kind of trishaw called the Velo Plus, pictured below. The controls are the same as our current trishaws but the platform tilts to allow the passenger's wheelchair to be rolled up onto the bike.



Please sign up as a bike buddy or pilot on September 23 at Idlewyld (am) and St. Peter's

(pm) so you can try the bike and see how the passengers like it. Cora, from Hamilton Trike will be bringing the bike over and showing us how to use it. If the sign-up is full, please come anyway, we'll try to give everyone a turn.

Events – you might like to attend

New Hope's Annual Everesting Event



Everesting is a 1-day gruelling hill climb (8,800m) on Fifty Road. It is an event to raise money for New Hope Community Bike's programming, including teaching children to ride, mentoring youth through skill development and making cycling accessible to vulnerable people groups. You can sign up for a team (our trainer Adam has one), or you can sign up to volunteer. Tammy says they need help for 45 -3 hour shifts. It's a fun day and New Hope has certainly been there for us all summer (trailer our trishaws and tweaking those pesky little plastic levers and screws that are always seeming to be loose). Sign up here to ride or to volunteer.

[Everesting - October 15 2022](#)

Tour de Dundas

Remember George Eastwood, our volunteer of the month back in June? Well, George has been very busy organizing the

[Rotary Tour de Dundas Gran Fondo](#)

September 17, 2022 – Newsletter – Cycling without Age – Hamilton and Burlington – www.cwahamilton.ca

Sunday September 25, 2022

A family-friendly cycling event with supported rides for adults and safety training for children. Route distances are **60km, 100km and 160km**, with elevation gains from less than **500m** to over **1,000m**.

Here's the link : [Tour de Dundas](#)

Donations and Fundraising



We extend our thanks Project Spotlight and BrokerTeam Insurance along with their partners Aviva Canada, CAA Insurance, SGI Canada, Travelers Canada, Borlak Law Office, and Baker Tilly for their very generous donation of \$20,000 which we received on September 8th when we went to take them for rides in Markham.

Thanks also to pilot Irene Peters, we are almost ready to announce our 50/50 Draws at [Tracie's Place](#). Stay tuned.

New Pilots?

Remember back in May when we thought we had too many pilots? This is not the case any more, as you can see we are still seeing many vacancies on the sign-up app for some of our sites, especially Burlington. A few people have approached us to be pilots next year, so we are 'breaking them in' by inviting them to bike buddy this fall. Ray and Ian (friends of Val) have both given it a go and are keen to train for 2023. If you have friends that might be interested, ask them to send an email to cwahamilton@gmail.com