



Hamilton & Burlington Chapter

March 2023 Newsletter



Our 3rd trishaw....the VeloPlus

We recently received a notice that we had been awarded a New Horizons for Seniors' Federal Grant which, along with the funds raised at [Tracie's Place](#) at the 50/50 Karaoke Draws, and some excellent fundraising by family members and staff at Idlewyld Manor, has enabled us to purchase another trishaw. The VeloPlus model (pictured above) allows wheelchair passengers to simply roll onto the ramp, get strapped in and ride in their own wheelchairs. We are expecting delivery in late April and a celebration is planned for the morning of Saturday, May 6. We will unveil and name the new trishaw up at Idlewyld Manor, (449 Sanitorium Road). We are working with Idlewyld and St. Peter's Residence at Chedoke to arrange on site storage. We have also applied for an additional grant so we can transport this trishaw down to some of the other centres throughout the summer.

Ride Locations for 2023

All our Hamilton centres are back, with the same site coordinators.

- Tuesdays - Welcome Inn - Sharon G
- Wednesdays - Various groups - Lorraine C and Rose L
- Thursdays - Shalom Village - Allan F
- Fridays - St Peter's and Idlewyld Manor - Scott D

Burlington Locations – likely four new ones

Val C and I (Nancy) met with residents and staff at 410 John Street in Burlington and showed them pictures and videos of passengers riding around the waterfront. The residents were keen and we are now working with staff to complete the partnership agreement so that regular weekly rides from this 143 unit seniors' building can start in June.

We think we will now have every weekday filled in Burlington with 5 centres all within 3km of the Trishaw Storage Shed at 2285 New Street.

- Mondays - Martha's Landing (Chartwell) Retirement Home - Lakeshore Road and Martha Street - Val C (coordinator)
- Tuesdays - 410 John Street - 143 unit - Halton Seniors' building *
- Wednesdays - Christopher Terrace (Chartwell) Retirement Home - 3131 New Street - Val C
- Thursdays - Maple Villa LTC - (Maple Avenue) *
- Fridays - Wellington Square United Church (Caroline Street) - HUB/Lunch Program *

*We are looking for additional site coordinators who can share the position for our Burlington sites (as Lorraine and Rose do). Ask me more about this role if you think you could help.

Fundraising at Café Domestique.....



Krys, the owner of Domestique has generously donated a brand-new GIANT bike for a spring raffle. Some of the proceeds will be donated to our chapter. Drop by Café Domestique at 102 King Street West in Dundas, or New Hope Community Bikes at 1249 Main Street East to buy a raffle ticket. Tickets are \$50 each. The draw will take place at the end of May.

Now is the time for new pilots to sign up!

26 people have sent emails to indicate they are interested in being a pilot this season. Along with the 30 active pilots from last year and (we hope) some of the inactive pilots from last year, we are close to achieving our goal of 72 pilots. The estimate of 72 pilots assumes 5 weekly rides at 2 locations and that each pilot takes on a ½ day a week. Last year, with five regular weekly sites and 30 pilots, we had a healthy balance. With lots of summer vacations we found that on occasion we were low on enough pilots. We'll try again to find the right balance this summer.

It's not too late to join the Zoom Info sessions on either Thursday March 23 at 730pm or Tuesday March 28 at 930am. Here's the [zoom link](#) and the sessions will be recorded too. Indoor training for new pilots will be scheduled

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at the Perkins Centre in east Hamilton in mid April.

If you have any friends that maybe interested, please have them send an email to cwahamilton@gmail.com.

Giving people a link to [Our Videos](#) is a great way to drum up interest and to let someone know about our program. The videos tell three wonderful short stories about CWA through interviews and testimonials.

Other positions – paid and volunteer

Now that we will have the VeloPlus trishaw we will need help transporting it to various sites. Last year volunteer drivers with small trailers helped us on. **Know anyone?**

We are once again hiring a summer student – job posted on Indeed. See details.

<https://ca.indeed.com/job/recreational-activities-coordinator-cycling-without-age-6e463e555aef769f>

Event Calendar for 2023 - NEW

In addition to the regular weekly rides, we have already been invited to some special events in Hamilton. These are all noted on our new event calendar [here](#). Here are a few to note that will be happening early in the season.

May 6 (am) – Unveiling of Veloplus Trishaw at Idlewyld's Spring Fling

May 30th (midday) – L'Arche – Walk n' Roll at City Hall

June 4 (am) – Bike for Mike (Music in Motion) on Bay Street

June 18– (midday) – Open Streets Hamilton on King Street

We will send more details when we have them, but 'save the date' if you are interested in participating or attending.