



Hamilton & Burlington Chapter, a program of  
New Hope Community Bikes

## September 2023 Newsletter

Welcome volunteers and crew to our Fall newsletter.

We have had a busy and productive summer, along with some fantastic rides and some unusual challenges. A big thank you to the directors, summer staff and community coordinators who juggled several challenges. Who amongst us thought we would be planning for 'smoke' days in June/July, unruly pet owners and their aggressive dogs, dredging machines blocking the Bayfront trail and 41-degree heat in September? All handled with great aplomb by our volunteers, well done.

### Summer Events

Along with our regular schedule of rides we attended a few community events to showcase the trishaw and the organization. The Dundas Cactus Parade was a successful event and we managed to outrun the thunderstorms and received a \$250 donation for our efforts. Thanks to volunteers Karen M and Mike M for piloting and to Allan Feldman for organizing and riding the trishaw from Shalom. Thanks to Domestique for keeping the trishaw safe overnight, and to Janice for bike buddying Nancy back to Leander the next day. Special thanks to Joe Axisa for trailering Burlie back and forth from Burlington that evening.

We also did a joint event with the Mississauga CWA Chapter to support the Bronte Village BIA Block Party. Amica hosted us and donated \$250. Lots of interest in an Oakville CWA chapter. The "trail rides" at Heart's Content Organic Farms in Jerseyville showed us we can ride on trails and through mud (thank you clean up team – Meredith and Rose.)



## Everesting 2023

**On Saturday Oct 21<sup>st</sup>**, New Hope Community Bike hosts the largest one-day Everesting Fundraiser in Canada. Tammy (Executive Director) says *'Money raised in this event goes towards reducing barriers to providing equitable access to cycling related resources! Supporting this event is an opportunity to empower others in cycling while giving yourself a unique challenge.'* While we won't be riding the trishaw up Fifty Road, CWA volunteers and friends could support New Hope by volunteering, donating and/or signing up to test your skills.

### 2023 Statistics

Despite the heat throughout the month of July, we prospered, and the numbers are looking great (woohoo!). In July we gave 118 rides to 193 passengers. Year to date totals (April till July: 285 rides for 432 passengers).

## Staff Coordinator of the Month

This month we wanted to feature a coordinator from one of our sites. The coordinators play a key role in the success of the program. Sharon Gibbons interviewed Ruth from the Welcome Inn.



Sharon (who is our CWA volunteer site coordinator for the Welcome Inn) writes:

Welcome Inn is a grass roots community centre located on Wood St. in north Hamilton, about 2 city blocks from the Pier 8 facilities. The community centre is a very welcoming place to spend time with our senior passengers and get to know them. The seniors attend a Diner's Club every Tuesday and enjoy a home cooked meal as well as a variety of programmes such as live music, guest speakers, picnics under the beautiful old trees on the property, cooking demonstrations and of course rides on the trishaw! There is also a community visitation programme where isolated seniors are matched 1:1 with volunteers to receive regular visits. The centre also serves the north end with after-school and teen wellness programs, summer camps, a food bank (which has seen a three-fold increase in use over the past year. Newcomers to Canada are helped with settlement services, peer to peer assistance and ESL classes.

Ruth Kaulback is the Senior's Program & Volunteer Coordinator and our CWA coordinator at Welcome Inn. Welcome Inn arranges the schedule of riders and obtains the waivers for the CWA Tuesday rides. Ruth says she loves

being part of a diverse and resilient community which she describes as "a little bit quirky sometimes". Ruth lives in the community with her family, not far from Welcome Inn and says being part of the community is both exciting and meaningful to her. One of the things she loves is the mix of people and the beauty that happens when people are welcomed unconditionally. She says that "as people live life together and look out for each other, there is a connection that is sparked that I think enriches all our lives, I know it enriches mine. We love the creative, diverse vibe in our neighbourhood." Sharon concludes her note by saying 'I know the group of CWA volunteers at Welcome Inn appreciates all the hard work Ruth and her team do for us and the community. We too enjoy the company of the seniors and plan to continue providing rides at Welcome Inn for many cycling seasons to come.'

Stay tuned to see who our next volunteer/staff coordinator of the month will be.

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## Wednesdays at Williams – a big success

Thanks to everyone who volunteered and to coordinator Lorraine for all the different groups who received rides on Wednesdays from Williams. These included several Good Shepherd programs, folks from the Indwell residence on James Street, L'Arche community members, City Housing Hamilton residents, the Cancer Assistance Program (CAP) members and several rides for community passengers. After September 20, the demand has slowed and there are only group bookings for Oct 4, and October 20. We are encouraging our wonderful volunteers to fill other openings in Burlington, Hamilton (waterfront), and Hamilton (mountain). Last day of rides for 2023 October 31.

## What has the CWA Advisory Team been working on?

There are ten volunteers from 2022 who meet monthly with Tammy and Nancy to keep things organized and planned. Summer meetings have dealt with issues of:

- Safety procedures: we have developed procedures for pilots and bike buddies in dealing

with any accidents/incidents while on the trials, and training of the coordinators to help their volunteers with this.

- Bike maintenance: guidelines and timeframes for keeping our 3 bikes in top shape.
- Transportation: a working group has been formed to look at ways of providing different methods of transporting the trishaws to different organizations and events.
- Funding and financial sustainability, grant applications and various fundraising plans
- A telephone survey of people who trained as pilots but were not able to attend any sessions, we will try to find out why and how we can better serve the volunteers.

If you are interested in being a part of this group next year, let Nancy or Sharon know.

## Transportation of our Trishaws

Big thanks to our friends at [Simore](#) Transportation who brought Hammie (our original two-seater trishaw) up to Idlewyld last week, so residents were able to 'choose' their ride. Those who could transfer were able to ride in Hammie, and those who needed to ride in their own wheelchairs rode in Wheelie Jill. (See pic)



## The Last Stitch – Documentary Film – Fundraiser for York Region Chapter

Most of you will recall that last year, our friends from Markham created three short videos for us and made a generous donation to our chapter. This year our friend Alfred Sung, and his colleagues have made another film to fundraise to support their chapter. Here is the link if you wish to buy tickets, (\$15 each) and please write to [cwahamilton@gmail.com](mailto:cwahamilton@gmail.com) if you wish to join the carpool.



Here is the link to buy tickets.

[https://flatomarkhamtheatre.ca/Online/default.asp?doWork%3A%3AWScontent%3A%3AloadArticle=Load&BOParam%3A%3AWScontent%3A%3AloadArticle%3A%3Aarticle\\_id=C04139F8-EFAB-4F81-ABBF-8AEC8F0B105D&fbclid=IwAR2qZp5bC\\_6EMEvTg5Wlsgmc8YY-yrfWXeaXmnn6M\\_Dp7RhNoHSV23vFZ3M](https://flatomarkhamtheatre.ca/Online/default.asp?doWork%3A%3AWScontent%3A%3AloadArticle=Load&BOParam%3A%3AWScontent%3A%3AloadArticle%3A%3Aarticle_id=C04139F8-EFAB-4F81-ABBF-8AEC8F0B105D&fbclid=IwAR2qZp5bC_6EMEvTg5Wlsgmc8YY-yrfWXeaXmnn6M_Dp7RhNoHSV23vFZ3M)