



## CWA: Hamilton and Burlington Chapter



### Community Events

We attended our first event on 14 FEBRUARY - the YMCA Senior's Fair in Burlington.

Last year, the pilots volunteered to attend community events such as:

- ✦ Bike for Mike
- ✦ Open Streets in Hamilton
- ✦ The Dundas Cactus Festival Parade
- ✦ Bronte Creek Festival

We will be looking for volunteers for these events and many others in the coming months. This is a great chance to show off the programme and the bikes. We have received good feedback and monetary donations for some of this community work.

### FUNDRAISING

We are still working hard on raising funds and are hoping for some community grants, for which applications have been filed to come through. If you have any connections with community groups that offer grants or expertise in the area please let us know!

## Keeping in Touch

It's nice to see that some of our pilots are keeping in touch with the sites that they've volunteered at.



Lorraine, Heather and Jaqueline

Visits were made to Welcome Inn by Lorraine Chapman, Heather Chernets and Sharon Gibbons. Great fun was had sharing lunch with The Welcome Inn Senior's Dinner Club. Lorraine and her friend Jacqueline constructed over 30 small piñatas for the seniors to decorate.

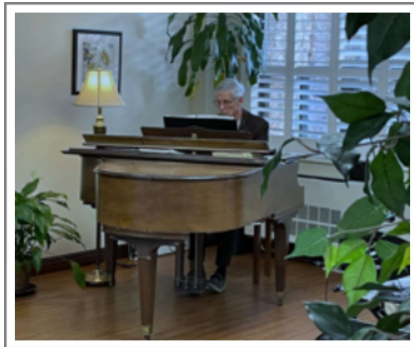
There were some lovely piñatas constructed. Particularly touching was the pleasure one of the gentlemen got from constructing a killer shark piñata for his grandson. It was also great fun to see an entire

table of men teasing each other about doing crafts and artwork.

Thanks so much to Ruth at Welcome Inn for allowing us to take part in your programme; it'll be great when we can get back to riding the bikes.

## What's New

At Shalom Village, Mike Moulden entertained the residents with his piano skills. He received a lovely email from Tracy "I just wanted to say thank you again for performing today! You were fantastic and we are all looking forward to having you back!"



*Mike at the Piano: I'm not sure who has more fun when we go out, our pilots or the people we visit*

## What has the CWA Advisory Group Been Working On?

The CWA Advisory Committee met on 12 FEB. and reviewed spring training, upcoming community events, fundraising and the logistics of moving the bikes around.

Scott Davidson has checked on the bikes in their storage container and all is well. Aleida (Programme coordinator at New Hope) has arranged for the trishaw's spring tune up. Cora (Hamilton Trike) will visit the containers soon and has put regular monthly maintenance in the NHCB calendar.

### Spring Training

#### New Pilots

Indoor training for new pilots only will be held on THURS 18 APRIL and TUES 23 APRIL at the Perkin's Centre on MainSt E., in Hamilton.

#### Returning Pilots

Those returning pilots will be able to attend their own session for review of best practices and to reacquaint themselves with the bikes at an outdoor refresher session which will be held in MAY at each of the 3 sites. The dates have not been finalized - sign up information will be sent at a later date.

## On an International Note

Allan Feldman has been in Denmark again. Allan has been giving rides to some of these seniors, in Denmark. They cycle all through the winter. Allan says "In my remaining week, I'll be connecting with a new retirement home and be taking out another ride or two. I visited the office today and will be dropping by another time before I leave. It's always so exciting and energizing to meet up with the group that continues to inspire and lead such an amazing and meaningful program. I'm hopeful of bringing back a warm duffel blanket for us to use for our cool weather rides. Check out more of his comments: <https://cyclingwithoutage.ca/hamilton-burlington>