



August 2025 Newsletter

- HAMILTON & BURLINGTON -

THE RIGHT TO WIND IN YOUR HAIR

Hamilton Burlington Chapter

Partnerships – Reaching Out to Other Groups

One of our new pilots, Allison Barrett linked us with Highgate Retirement Home in Ancaster and we organized rides for their residents on July 21 and have a plan for them to come back to Bayfront on October 1. Many of the grants we apply for ask us to ensure we are serving “equity-denied” groups – low income, socially-isolated, Indigenous, minority groups, LGBTQ++ community and persons with a range of disabilities as well as seniors living in congregate settings or on their own.

For several years, Wednesday at Williams has partnered with agencies that bring people with intellectual disabilities or mental health challenges for rides. Several times a year we also serve Mandarin-speaking seniors who live in City Housing Hamilton and they bring a wonderful spread of food to share. This year, we have also reached out to Hamilton Regional Indian Centre seniors, Afro Canadian Caribbean seniors, and the Positive Network (formerly AIDS Network). We are excited to share fun, laughter and “wind in our hair” with these diverse groups.

Lorraine Chapman

New Hope
Community Bikes

Volunteer Profile – Emily Sagor

Emily Sagor is new to Burlington but not new to volunteering. Originally from Nova Scotia, Emily returned to Canada after a 30 year ‘stint’ in U.S. and has always made sure that volunteering at and giving back to whichever community she lives in is part of her life.



Emily with new riders on Burlington Pier

(story continued below)

June was ParticipAction Month

ParticipAction's Community Challenge is a national physical activity program whose goal is "to get Canadians moving with others in their community". We were fortunate to receive a grant of \$750 based on our plan to reach out to more groups in Hamilton and to promote our program in the community.

The grant allowed us to:

- provide transportation to one seniors group to come for rides at Bayfront
- snacks for passengers at some sites and events
- 4 special events – Open Streets, event with Everyone Rides, Positive Network, Hamilton Regional Indian Centre Seniors group
- Buy a table & chairs for CWA displays at events
- Print cards to advertise our program to the community

We documented all of our passenger rides for Hamilton in the month of June and each time a volunteer "got active" as a bike buddy or pilot. Despite 8 cancellations in the month of June, we counted 236 passenger rides and 117 volunteer cycling slots, for a grand total of 353 active participants.

Thanks to ParticipAction and sponsor Novo Nordisk for helping us "get moving"!

Lorraine Chapman

WANTED

Anyone in this network a professional photographer? There's a lot of great photos coming from CWA via people's cell phones, but for us to use them in large print, for example, we're thinking of making larger banners with images from our programs, we need high-quality pictures in vector format. So, we're looking for anybody in our Volunteer pool who is a photographer and willing to go to CWA sites, Ride Smart, Tour de Cafe rides etc to take some photos. Do we have someone in our network for this?

In 2024, Emily saw a CWA tri-shaw ride pass by with smiling guests in the front seat and thought to herself, 'I need to find out more about this great idea', which led to a phone conversation with Nancy Gray and soon after a ride along as an extra bike buddy.

This year Emily is a regular CWA volunteer at Wellington Square United Church, in conjunction with their Community & Lunch program on Fridays, and credits Sue and Rick Beck, the CWA organizers, with a 'kind and gentle' introduction to being both a Bike Buddy and a Pilot.

Emily also credits the excellent training she received before she ventured out in public. "It's important when you just start out to feel confident and prepared," Emily said.

She continued, "I like the fact that the CWA program meets the need for residents to socialize. I also like to converse with the riders, so I guess I prefer to be the pilot, but I also like to take a shift as a bike buddy too."

Past volunteering for Emily mostly dealt with groups of those who are un-sheltered both in North Carolina and more recently at the Hub in Hamilton.

Emily is also thinking about regularly delivering books from the public library to residents at Burlington's Creek Way Village long-term care nursing home.

But fear not, Emily stated, "I look forward to years as a volunteer at Cycling Without Age."

Generous gift (\$9,900) from Burlington Third Age Learning (3ALB)

As a result of a conversation Sharon Gibbons had with a fellow cyclist on a bike tour in Amsterdam last year about CWA, this woman, who was a Board member at 3ALB, remembered our program. As a result, when the Board was winding up and deciding which 3 charities in Burlington could best use the funds, she thought of us along with the Burlington Food Bank and the Carpenter Hospice. Way to always be an ambassador Sharon!

Dundas Cactus Parade Thurs. August 14

For the past 3 years, CWA has had the honour of ferrying the notable citizen marshals as they lead the parade.



The parade is the kick-off to the popular Dundas Cactus Festival on Aug. 15-17.

Once again CWA has been asked to bring the trishaws. Come on out at 6:45pm on King Street West in Dundas to cheer us on and watch the parade.

More generous donations

Pilot Mike Moulden, who has done quite a bit of fundraising work for us sends this note - '*We have had some nice success fundraising from local Rotary clubs. Specifically, in Dundas we met with two clubs and made presentations that resulted in \$1500 which was directed to the new Dundas trishaw.*

In Burlington, we received \$1500 from the Central Rotary Club, and we have now secured an invitation to speak to one of the Hamilton chapters thanks to a Lorraine Chapman connection. If you know someone who belongs to a Rotary club, and you are comfortable to pass on the name and contact information to (mike70moulden@gmail.com)

Thank you Mike and Lorraine!

Everesting Cycling Fest 2025

New Hope Community Bike hosts the largest one day Everesting fundraiser in Canada. 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. They are looking for volunteers.

We're gearing up for New Hope Community Bikes' **Everesting Fundraiser** on **SATURDAY October 4th** and we will need volunteers to help make this incredible event happen!

If you've **already signed up – a HUGE thank you**. It truly takes a village, and we couldn't do this without you.

For those still considering it, we'd love to have your support! This one-day hill climb event raises funds for programs like:

- Teaching kids to ride bikes
- Mentoring women in cycling
- Supporting cycling in Indigenous communities
- Making cycling more accessible for all

Sign up here →

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

You don't need an account and your email stays private.

Volunteers must be 18+ (some exceptions possible – just reach out to me).

Please feel free to share this link with anyone who may want to volunteer. Any questions? Just let me know!

Aleida Dean, New Hope Community Bikes