



# CYCLING WITHOUT AGE NORTH SHORE

September 2025

## Welcome Trishaws Gary and Amy

Thanks to the very generous donations from the West Vancouver Foundation, North Shore Community Foundation's Dave Perfitt, Cathy Harasym and family and other generous donors, we have been able to purchase two additional trishaws this year, bringing our total to seven!

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## Trishaw Gary

We took delivery of our fourth Trio Trishaw at the end of July making it possible for us to equip our Mahon Base with a new trishaw. Now all our four bases are equipped with similar Trio machines. This simplifies both pilot training and trishaw maintenance.

The new trishaw has been named Gary after Cathy's late husband, who was a great champion of Cycling Without Age, especially among his friends at the Parkinson Society of BC.



# Trishaw Amy

We were able to purchase a second Van Raam VeloPlus wheelchair-carrying trishaw in mid-August. As suggested by Dave Perfitt, we have named it Amy.

Since taking delivery of our first VeloPlus named Joy last summer, we have successfully offered trishaw rides to a large number of passengers who are unable to board our regular two-seater trishaws. Our partner organizations have enthusiastically embraced Joy, asking us to bring it with our two-seater trishaws for all their scheduled rides.

However, as Joy is shared between our four bases, passengers only get one ride per month. Moreover, the weekly transit of Joy from one base to the next has been logically challenging for our pilots. The addition of Amy allows our bases to have access to a VeloPlus biweekly, resulting in more rides for our most mobility-challenged passengers!

We would like to thank the management at Lynn Valley Save-On-Foods for the use of their loading dock to receive Amy. Thank you to Cecilia (pictured left) for all your help!



# Happy 100<sup>th</sup> Birthday Mary!



We were thrilled to take Mary for a ride along the Green Necklace at Grand Boulevard on the grand occasion of her 100<sup>th</sup> birthday! She was accompanied by her daughters Wendy (seated with Mary) and Jacqui.

Mary was born in Bournemouth, England. She came to Vancouver in her mid-20s on her way to Australia, but never left! Happy Birthday Mary!

## Come Ride With Us!



Have you wondered what a ride with us looks like? Click [here](#) to check out this video of a ride with the fabulous residents at Sunrise Senior Living in Lynn Valley! Call us at 604.980.2474 to book your ride today!

# West Vancouver Senior's Activity Centre Bus

Thank you to West Vancouver Seniors' Activity Centre for the use of their accessible bus! This 20-seat bus has a lift which allows passengers who use wheelchairs and other mobility aids to access the vehicle. We have been able to offer the bus to several senior's residences across the North Shore to bring their residents to Bridgman Park and Seymour Demonstration Forest for amazing forest trail rides offered on eight days this summer!

We are also very pleased to introduce our newest volunteer pilot, Neil Prissick (pictured) who is also an expert operator and driver of wheelchair accessible buses, having been a certified instructor on these vehicles for many years. Welcome on board, Neil, and thank you for helping us in this important way!



**VeloLifestyle**



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