

**P1 / HAPPY TRAILS**

New programming ...  
thank you to the Calgary  
Foundation!

**P2 / MADELEINE**

The newest member of  
out Two Wheel View team.  
Welcome!

**P3 / ARGENTINA BY BIKE**

Over the Andes and  
through the forest ...

**P4 / NOW RECRUITING!**

Maple syrup, poutine,  
tourtiere and no camping!  
Join us!



# twowheel VIEWS

NEWSLETTER 14

2016

FEBRUARY EDITION

*More First Nations youth will explore their province by bike thanks to The Calgary Foundation.*



## Calgary Foundation Partnership 'Where the trail begins'

In December, we received word that TWV was the recipient of a significant grant from The Calgary Foundation. Our new program, **'Where the trail begins'**, will give us the opportunity to expand our current work at the Morley First Nations and provide new programming for the Eden Valley First Nations community. This combination of in-classroom sessions, Bike Club's, community events and trips is intended for youth to participate in leadership roles; make healthy, positive lifestyle choices; gain employability skills; feel respected; have a sense of belonging; stay in school; be involved in positive opportunities for engagement including volunteering, school, and recreation. Support from The Calgary Foundation will allow us to provide very intentional and long-term commitment to youth development in the Morley and Eden Valley communities. Direct program support from TWV with the help of local community

leaders will establish a framework for young people to be put into leadership roles that will create long-term sustainability and success for the program.

TWV has worked on a few one-off projects in Morley over the past years. We have watched the leadership and confidence in students continue to develop, as many of the students are keen for an opportunity to participate in future programs as mentors. Teachers have seen different skills and strengths emerge from students when they were placed in a different environment during TWV programs. These include; strong connection to their culture (story-telling and prayer); challenging themselves physically; being open to new experiences and activities; problem solving and initiative.

Youth in these communities face many challenges. Building resiliency skills in First Nations young people is critical to helping them cope with these challenges and overcome them to become happy, healthy and productive adults who can in turn support their communities. We are excited to be able to continue working with the youth in these communities and to expand to reach more. Thanks to The Calgary Foundation for believing in our work!

## Welcome to Madeleine Hardy, our new Program Coordinator!

Madeleine is a born and raised Calgarian who is a passionate cyclist. She's joining TWV from The University of Calgary where she's worked offering leadership and community-service-learning programs for students. She's excited to join the TWV team and engage with the younger youth of Calgary. If she's not on her bike you'll likely see her engaging with the local LGBTQ community, running a marathon or frolicking in the mountains. Welcome to TWV!



*Madeleine joins the Two Wheel View team!*

## Bike Science at Connect Charter School

It's back to class for our Bike Science program this spring! We've been fortunate to once again facilitate this program at Connect Charter School. More than 100 Grade 4 students will roll up their sleeves and gear up for a fun-filled week of chains, wheels and brakes. This curriculum-connected program is a great way for students to learn their science material in a hands-on way. We look forward to working with more schools in the future!



*Our Bike Scientists learn the science behind patching bike tires.*

## Participant story – Meiting Lai

We are thrilled to have past trip participant Meiting Lai as our SCiP communications and marketing intern this year. She'll be helping Laura with content for our social media channels, collecting TWV stories and helping out at events. Her first contribution is a reflection on her bike trip to Argentina last summer for the newsletter. Welcome to the team Meiting!



*Meiting (1st row, second from left) and her fellow Argentina Tripmates.*

# THANK YOU!

supporters, believers, friends, funders, difference makers

**Two Wheel View has been lucky to receive support from the following groups and individuals:**

The Calgary Foundation, Jason Bates, Meiting Lai, Tom Percy, Jacqui and Kim Vincent, Emily Parkin, Calgary Cycle, Dean Bernard, Bev Swalwell, Out of House Solutions, FCSS, Michelle Pauze, ATB Financial



## Living in the (Argentine) moment – Meiting Lai

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Last summer, I had the pleasure of exploring more than 500km of Northern Argentina's beautiful landscape all from the seat of my bike. Alongside new friends I made from both North and South America, we went through the diverse lands including beautiful vineyards, over Andes Mountains and through a rainforest that looked like it was a snippet of a car commercial.

We were immersed in a completely new culture as well as a new language. What a better way to end off the school year by getting out of the classroom and learning through a firsthand experience. One of my favourite moments from the trip was exploring an old indigenous village and seeing the effects of colonization, which was a topic previously taught in history class. Seeing that connection is truly different than just learning from a textbook. It was also eye opening to see the different values and traditions Argentina holds, especially in comparison to Canada.

Sometimes it can be easy to get caught up in a routine, but the trip taught me to stop, appreciate, and live in the moment. On the days that we were not biking, we explored artesian markets and of course, enjoyed local food.

It was an amazing opportunity to live a healthier and active lifestyle and the whole program was accommodating to students who were new to biking as well. I definitely will remember this unique experience and the lessons I learned from this trip!

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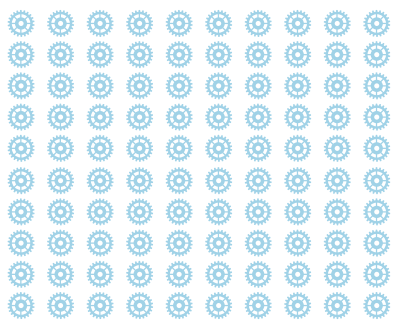
## Session 2 Stats

### Bike Club



40  
bikes earned

### Bike Science



100  
participants



Facilitator Kayla Bonham supports our Bike Club participants in building their own bikes.

## TRIPS! Bike Trips Update

### REGISTRATION FOR TWO WHEEL VIEW 2016 TRIPS NOW OPEN

Argentina (Youth) July 7-26, 2016 – only 3 spots left!

Norway (All ages) July 31-August 12, 2016

Alberta (Youth) July 12-24, 2016

Quebec (Youth) August 19-27, 2016

### Quebec/Vermont- NEW ADULT TRIP!

**DATES SEPTEMBER 17-25, 2016**

Step back in time and experience one of Canada's most unique cultural landscapes. Enjoy the vibrant sights, sounds and smells of Montreal, the picturesque towns and landscapes of the Eastern Townships and northern Vermont. Learn about "La Belle Province". Traveling parts of the world famous Route Verte you will:

- Experience Montreal, one of North America's most bicycle friendly cities
- Practice your French in this historically important centre of trade and commerce
- Enjoy traditional Quebec cuisine like Tourtiere (Meat Pie), Poutine (French fries, gravy and cheese curds), smoked meat and authentic maple syrup

This itinerary brings the group to the eastern township, famous area for nice little villages, nice road and scenery, nice mountains and good wineries! You will be staying in hostels, hotels, and AirBNB... no camping. Participation on this trip supports the charitable mission of TWV.

To reserve your spot visit our website, [www.twowheelview.org](http://www.twowheelview.org)

## Upcoming Events

**Volunteer Mechanic Nights** take place on the first Tuesday of each month, the next ones will be: March 1st & April 5th, 2016 6:00 - 9:00pm at Good Life Community Bike Shop, #2, 2100 - 4th Street SW, Calgary



## TEN WAYS TO SUPPORT US

1. Volunteer to help at an Earn-a-Bike program
2. Pay it forward and donate your old bike at the Good Life Community Bike Shop
3. Train the future by sponsoring an Earn-a-Bike program in your community
4. Host an expedition recruitment presentation at your school or community hall
5. Join our Two Wheel View Facebook Page and Twitter and spread the word
6. Encourage success by volunteering to assist a youth with their fundraising goal
7. Participate in and tell your friends about our annual Vehicle for Change Fundraiser in the spring
8. Sign up for one of our adult rides and raise funds for a youth
9. Empower a youth by donating to Two Wheel View on our website
10. Share our vision of changing more kids' lives by the seat of a bike!

