

w'wester

INTRODUCING

NEWS BREAK

A NEW APP FROM THE WINNIPEG FREE PRESS



DOWNLOAD NOW
FREE for subscribers!

Fort Rouge | Fort Garry | Fort Richmond | St. Norbert

Enjoy a ride, no matter your mobility

CRESCENTWOOD
FORT ROUGE
RIVERVIEW

By DANIELLE DA SILVA

STAFF REPORTER

Danielle.DaSilva@canstarnews.com

A couple from Crescentwood is going through the gears to help seniors get out and about in their community.

On May 2, Wendy and Michael Erlanger will introduce Cycling Without Age (CWA) to the community in Winnipeg, launching the city's first chapter.

The CWA Winnipeg chapter launch happens at the Riverview Health Centre (1 Morley Ave.) at 10:30 a.m. CWA founder Ole Kassow will also be on hand to launch the chapter.

Created in Denmark, CWA is an international movement created by Kassow and Dorthe Pedersen that promotes social interaction between generations through cycling.

Using a specialized three-wheel bike, or trishaw, people experiencing barriers to mobility have an opportunity to experience the sensation of cycling from the cab of the trishaw as a volunteer pilot pedals them around. Volunteers will be demonstrating the new trishaws during the chapter launch event.

See CRESCENTWOOD continued on page 3



Supplied photo

Wendy Erlanger (rear) pilots a trioBike, designed to help senior citizens and people with limited mobility to experience cycling, through the streets of Copenhagen last summer. Wendy and her partner Michael Erlanger will launch the Winnipeg chapter of Cycling Without Age and introduce two trioBikes to the community on May 2 at Riverview Health Centre.

ine, your Canine!

IT'S THE LAW! ZERO TOLERANCE IN EFFECT



It's easy! Get a license at winnipeg.ca or call 311

lost more than half of its seats, going from 37 to 14. Two NDP seats have since been vacated as former MLA Kevin Chief resigned and Mohinder Saran was removed from caucus after sexual harassment complaints were brought against the Maples MLA.

"I want to say to those Manitobans that I've heard that message, that we need a new direction. We need to listen better, we need to work hard to re-earn the trust of the people of this great province," Kinew told reporters and supporters. "With that I also want to say the timeout is over."

"While people may have been on different sides of the issues in the past, I recognize that now is the time for a new direction and we owe it to Manitobans to get our act in place," he said.

Mitch Bourbonniere, a local community organizer with the Manna Bear Clan and facilitator of Ogijita Pimatiswin Kinamawin, said he took out a membership with the NDP party for the first time this year. Part of his decision to become a member and throw his support behind Kinew for leader has to do with the Indigenous representation in the

Fort Rouge MLA Wab Kinew announced his candidacy for leader of the Manitoba New Democratic Party on April 10 on the legislative grounds.

party, he said. "I very much want to encourage Indigenous participation and the fact that



Photo by Danielle Da Silva

Crescentwood couple starting local chapter of international initiative Cycling Without Age

Continued from front page

The Erlangers first came across CWA on a trip to Denmark where Michael, a city planner and avid cyclist, was working on his master's thesis. CWA volunteers in that country provided free bike rides to people living in seniors homes, sharing stories and developing relationships along the way. After meeting with the founders, the Erlangers said they were immediately committed to bringing CWA to Winnipeg.

"It spoke to both of us. It spoke to Mike I think from a cycling perspective, it spoke to me from the human interaction and connection perspective," Wendy explained. "We felt it was one of those things that wouldn't be that difficult to make happen."

Back at home in Winnipeg, the Erlangers pitched the idea to the Riverview Health Centre Foundation (Michael is a board member) and the Canadian National Institute for the Blind (CNIB) which both agreed to purchase a motor assisted trishaw bike for client and community use.

The trishaw is built specifically for the purpose of accommodating seniors, Michael explained, and is outfitted with seat belts, cushions, and a canopy. The bikes cost about



Photo by Danielle Da Silva

Wendy Erlanger (left) and Michael Erlanger have started a new chapter of Cycling Without Age in Winnipeg. The Crescentwood couple will launch the initiative on May 2.

\$8,000 after shipping from Denmark but are an investment in the well-being of the community," he said.

"I can't imagine the thrill of being on a

bicycle that's safe and built for that purpose and going out for a 30-minute ride," Michael said. "I know that I'm in my happy place when I'm on my bike. I can't imagine that

experience will be a benefit to his work with at-risk youth, drug addiction, homelessness, and vulnerable and street involved people.

"Wab is very much well-versed in the kinds of issues I'm dealing with," Bourbonniere said. "I can't help but think that will be helpful in my world."

"I know Wab personally and I know him to be a man of integrity and someone that would be excellent for our province," he said.

they wouldn't be either."

The Winnipeg chapter of CWA will be one of 225 worldwide that provide bike rides to seniors in the community and the first chapter to extend the service to people with visual impairment.

In its early stages, Wendy and Michael expect most of the pilots will be volunteers with the CNIB and Riverview Health Centre or family members looking to take their loved ones out for a spin. However, the Erlangers are looking for volunteers to get involved as pilots and more organizations to join Winnipeg's CWA chapter.

"Our hope is that other organizations feel this is worthwhile and we would love to see five or 10 bikes in the city," Wendy said.

"It's all about the connection between pilot and passenger," she added. "It's about talking to them, getting to hear their story... and allowing them to get out and experience some nice fresh air."

For more information go to cyclingwithoutage.org and to get in touch with local organizers email cwawinnipeg@gmail.com