



TRISHAW TIMES

November 2022

GRATITUDE

can transform common days into

THANKSGIVINGS,

turn routine jobs into

JOY,

and change ordinary opportunities into

BLESSINGS.

~William Aruthur Ward



FALL/WINTER APPEAL

GOAL \$20,000

The above quote by William Ward describes, how Spinclusion feels as the holidays approach and we reflect on our first year. We are full of gratitude for our donors, volunteers, community partners and passengers. You have all brought us so much joy this year. Our volunteer-led organization exists to make biking accessible to anyone who cannot ride on their own. *Free of charge!* We are pedaling for those who can't, and your donation secures our path forward. 100% of donations will go towards the purchase of a new bicycle for those with severe mobility issues, transportation costs to reach more members of the community, and general expenses to run the program.

Donations keep the joy rolling!



Happy riding on the ERT!



Some quotes from our riders~

"Some things in life just make you feel special and this is one of them!" ~ Nancy

"This is so beautiful even though I can't really see. And I still can't believe it is free!"

~CeCe

"This is such a great way to connect with nature while riding through the City!" ~ David

"I loved going through my old neighborhood and seeing the house I used to live in and reminiscing about our trips to the park" ~ Lee

"This is wonderful! I'm using my legs and everything and getting a free new hairdo!"

~Ruth

HAPPY THANKSGIVING FROM SPINCLUSION

We are grateful for you and your commitment to our mission. Your support, dedication and investment in our work has helped us serve more members of the Hampton Roads Community. A special thank you to Rosie Randolph for her ongoing help in expanding the program, Kindra Greene for making us feel so welcome on the ERT, Toni Moser for welcoming us at The Hermitage, Deb Sommer for storage space, The Torch Bistro and Jessica Ritter from Vessel Craft Coffee for being our home base for rides and the countless volunteers that help keep the program running. Last but not least, a big thank you to Bike Norfolk for their ongoing partnership and support!

When we give cheerfully and
accept gratefully, everyone is
blessed

~ Maya Angelou

