

# 2018/2019 Annual Report



20 Years of the Bike Rally



# Message from the Board Chair and Executive Director

In 2018-19 we celebrated an incredible milestone, the 20th anniversary of the Friends for Life Bike Rally, PWA's sustaining fundraiser. Remarkably, despite being 20 years old, the 20th Bike Rally was the most successful yet – raising over \$1.7 million and providing one of the best crew and rider experiences in recent history.

20 years prior, Danny Nashman and David Linton, the Bike Rally's founders, were trying to solve a problem. The year was 1999. Anti-retroviral medications or “cocktails”, available since 1995, had miraculously saved lives and halted the genocide of AIDS. But for the people living with HIV/AIDS (PHAs) who made it to this point, a new and quieter crisis emerged – how to live with HIV.

Back in 1999, living with HIV meant managing the medications' toxic side effects, learning to adhere to a massive daily pill regime, coping with the trauma of facing death themselves and/or of those they loved, experiencing immense stigma and social isolation, and dealing with massive uncertainty about the future. What if the meds stop working? What if I can't afford the meds? What if I get sick? What should I do now?

The fight against AIDS, once a crisis, now transformed into living with HIV for the long haul, and with it emerged the problem that Danny and David set out to solve - how to

sustainably fund PWA to support PHAs over the long-term. Their answer? The outlandish idea of riding their bikes to Montreal and asking people to sponsor them. That first year, 29 people joined them and off they went cycling to Montreal raising over \$40,000.

20 years later, the event has cumulatively raised over \$19 million dollars and engaged over 2,000 crew and riders, making it possible for PWA to become one of the most reputable HIV organizations in Canada. Reputable because PWA offers practical services that provide immediate benefit to people living with HIV – such as a food bank, financial assistance for out-of-pocket medical expenses, vitamins, among others. The Bike Rally makes it possible for PWA to give out \$200,000 each year in financial assistance for medical and wellness expenses. What other agency has that capacity?

But the Bike Rally impacts more than financial assistance, the funds raised by the Bike Rally touch every aspect of PWA's programs and services. The Bike Rally makes it possible for PWA to offer the critical services that make it so responsive to the needs of PHAs - practical services, connection to critical services, a healing and welcoming space in the face of stigma and greater and meaningful engagement of PHAs in all aspects of the agency. The Bike Rally is the bedrock of PWA.





But ask anyone who has done the ‘Ride’, whether crew or rider, and they will tell you – the Bike Rally is more than a fundraiser. The unexpected outcome of creating this sustainable fundraiser for PWA was that the fundraiser itself became an experience and a volunteer community that people passionately devoted themselves to – living into its name the, ‘Friends for Life Bike Rally’. People love the Bike Rally for the way it challenges us, the way it creates an enormous bond with a community of people equally challenging themselves, the healing and welcoming space it creates to be your authentic self, to be openly HIV+. As Danny Nashman has put it, “the Bike Rally brings out the best in people”.

20 years of the Bike Rally is an unbelievable accomplishment. Who would have thought that Danny and David’s outlandish idea would take hold of the hearts of so many and achieve so much all to support people living with

HIV? While so much of living with HIV has radically changed in the 20 years since its founding, the need for the Bike Rally remains ever critical as we continue to support people living with HIV/AIDS for the even longer haul until there is a cure. We now know that an undetectable viral load means you can’t pass HIV on sexually, but real challenges remain. Stigma still devastates, access to medication remains unstable, and crystal meth, unsafe housing, settling in Canada, aging, trauma and the intersections of racism, homophobia and other forms of oppression continue to challenge so many.

As we look to the future, until there is a cure, the Bike Rally will continue to play a vital role in the evolving response to improve the lives of people living with HIV/AIDS. And we heartfully thank every person who has ever been a part of the Bike Rally – all the Co-chairs, crew, donors, riders, sponsors, steering



committee members and team leads. What a powerful positive difference you have and continue to make on people living with HIV/AIDS.

Finally, in addition to the momentous 20th anniversary of the Bike Rally, PWA also experienced several other key milestones. Murray Jose-Boerbridge, PWA's Executive Director since 2005, resigned to take on a new leadership role with the Toronto HIV/AIDS Network. PWA's Board of Directors hired a new Executive Director, Suzanne Paddock, PWA's long-standing Director of Programs and Services. The Board also approved the new strategic plan, for PWA to become the PHA Hub in Toronto.

And lastly, we experienced a significant increase in our office rent during our lease negotiations. While we secured a new 5-year lease, we saw

how vulnerable we are to the rising real estate costs in Toronto and our need to proactively collaborate with our community partners to address our future office location needs.

It was an incredible year, full of great successes and change, and we proved that we continually rise to the challenges and opportunities we face.

Together, we make a positive difference.

**Francisco Remolino**  
Board Chair

**Suzanne Paddock**  
Executive Director

# Origin of the Friends For Life Bike Rally

BY DANNY NASHMAN, CO-FOUNDER



In the fall of 1998, my neighbor and friend, David Linton and I were chatting outside our homes. I was talking about a recent conversation with some friends from the US who had just completed the AIDS Ride in California and my desire to bring something like that to Toronto. David, who was the treasurer

of PWA at the time, was talking about some of their financial challenges and how they needed to find new ways to raise money to support an ever-growing client base. That one conversation got us both thinking – and with that, the seeds of what is now the Bike Rally were sown.

In the early weeks of planning we spent a lot of time exploring route and logistical options and trying to gauge interest from people who might participate. We spent weeks planning possible routes, talking up the possible event with friends and having early meetings with PWA to explore their interest in the event. Lori Edmiston, the ED at the time, did not hesitate for a moment. She decided to take the risk of bringing this to life with us.

Our first year was kind of crazy. We had no idea if we would actually be able to do this while keeping 23 riders safe and raising a significant amount of money. We had an amazingly small but committed crew anchored by Thomas Egdorf who led all the support roles out of one van and one truck. We had no route markings and no cell phones. Needless to say, getting lost was a daily occurrence. Every day was a new adventure and when we arrived in Montreal, it was magical. We had no idea that we could actually reach our goal. Over 600km and \$48,000 later we did it!

That first year was incredibly special. The group that embarked on this crazy adventure bonded in ways we could have never known. When David and I came up with the name “Friends for Life” we thought it was catchy – friends who were supporting the lives of others, perfect! What we did not know was how truly transformative this experience could be, living up to a promise of making friends for life.



Thank you to everyone who has kept the magical spirit of the Bike Rally alive for 20 years. From friends who supported us right from inception, to the intrepid first year riders and crew, the long chain of leaders who have kept the spirit of the Bike Rally alive and growing year after year, and the people who have been attracted to be part of this event through its 20 iterations, it has been an extraordinary ride. Thank you to PWA for believing in us and for being a focal point serving our community for over 30 years, and to David Linton whose spirit is alive and well in the fabric of everything that is Friends for Life.





## Bike Rally Totals 1999 – 2018



Over  
**\$17 million**  
Raised



Over  
**4099**  
Riders



Over  
**1600**  
Crew



**20**  
Co-chairs  
providing  
Leadership



**12,000**  
kilometres  
travelled





# Murray Jose-Boerbridge

PWA ED 2005 – 2018

I've been honoured with the request to contribute to PWA's 2018-2019 Annual Report this year. Last year (April 2018 – March 2019) was filled with change, celebration, and dreaming towards the future. PWA's Friends for Life Bike Rally celebrated its 20th anniversary, PWA finalized a transformative strategic plan and personally, I engaged in some new opportunities, leaving PWA after 13 years.



Our HIV communities have a profound and powerful history filled with passion, loss, anger, experiences of stigma, resilience, mobilization, isolation and connection. These have all been foundational for many of us and certainly in my own personal life, choices and the shaping of who I am – including volunteering and working in the areas of health and HIV and participating in the Bike Rally.

Having lived most of my adult life

as an HIV+ gay man along with volunteering and working in HIV related areas, I have gained insight into social justice issues, HIV stigma, homophobia and discrimination. I've always enjoyed challenging people's perspectives and working at PWA and participating in the Bike Rally offered many such opportunities, often involving personal disclosure of my own HIV status. What I hadn't quite expected, was the level of personal reflection and growth along with the challenging of my own perceptions and assumptions that would be a critical part of these opportunities.

For me personally, the Bike Rally provided me with wonderful friendships, moments of profound peace, memories of outstanding physical beauty, opportunities for deep personal growth, and a sense of great purpose. Particularly following the personal accomplishment of cycling to Montreal in the Bike Rally, I recall a few very specific insights that prompted further exploration and growth.

**I can do anything I set my mind to.  
HIV will not limit me. You cannot  
make assumptions and label me.  
I will shatter my own perceptions  
of what I am capable of.**

Preparing this article highlighted for me the deep connection of purpose, process and impact between

PWA's Friends for Life Bike Rally and PWA as an entire organization. Challenging personal and public perceptions, making a positive difference in the lives of people living with HIV; enhancing health and well-being; inspiring people to live into their dreams; giving voice and opportunities for meaningful engagement; holding community history so that it is never forgotten - these were all incredibly inspiring aspects of both PWA and the Bike Rally that I witnessed repeatedly.

I offer a final congratulations and my personal appreciation on 20 years of an incredible fundraising and community event and watch with excitement as plans and activities unfold for the future for the Bike Rally and PWA as they continue to make a positive difference in the lives of PHAs.

## Murray Jose-Boerbridge Key Accomplishments

- Executive Director for 13 Years and Bike Rally Participant for 6 years
- PWA's development and hosting of the PHA Lounge at the 2006 International AIDS Conference and leveraging that powerful experience to give insight, clarity and action towards the future.
- Moving PWA's offices and creating the physical space that matched and enhanced what clients and volunteers were expressing PWA meant to them - a welcoming and healing space.
- Collaborative, thoughtful, strategic, strengths-based and meaningful planning processes which have been transformational in how the Bike Rally and PWA overall have been responsive and visionary towards addressing the needs of our communities.
- Philosophical and day-to-day recognition and commitment to holistic health and well-being.
- Developing a process of engagement and programming response to requests for support to reconnect and re-engage with dreams and goals.
- Enhancing and embedding meaningful opportunities and processes of engagement at every level of the organization.
- Providing leadership in developing an innovative approach to 'Poz Prevention' placing the health and well-being of a PHA at the centre of the work.
- Developing specific tools, processes and accountability structures to strengthen the stability and sustainability of the Bike Rally and PWA overall.



# PWA 2018/2019 Program Highlights

In 2018/2019, PWA supplied approximately  
**107,170** services to **2,188** individuals



## Agency Services

**357** new clients joined PWA  
**34,109** service navigation provided to  
**908** individuals  
**2,961** referrals given to  
**335** individuals  
**7,401** Individual Advocacy  
sessions provided for  
**526** individual clients



## Practical Support Programs

The Essentials Market Food Bank  
provided **18,440** distinct services to  
**1,029** individuals  
The Food for Life program provided  
**728** meals for **11** Individuals  
**768** family food boxes for **135** clients,  
**2,754** units of pet food for  
**429** individuals, and **784** units of  
Vitamins to **582** individuals

**4,709** Financial Assistance  
reimbursements for **1,623** individual  
clients; **\$192,291** in total funds  
provided, and **6,742** financial  
counselling sessions provided to  
**519** individuals

**771** sessions to **124** individuals related  
to housing and **2,335** sessions to  
**140** individuals related to immigration



## Health and Therapeutic Care

**3,490** service sessions provided to  
**879** individuals



## Dreaming and Engagement

**120** volunteers who delivered  
**1,103** educational and one-on-one  
support sessions to **197** individuals

# Statement of Operations

Year ended March 31, 2019

|  | 2019             | 2018             |
|--|------------------|------------------|
| <b>REVENUE</b>                         |                  |                  |
| Grants                                 | \$ 1,292,506     | \$ 1,325,854     |
| Fundraising and Donations – Bike Rally | 1,772,857        | 897,348          |
| Fundraising and Donations – General    | 332,645          | 269,730          |
| Bequests                               | 10,600           | 784,939          |
| Investment Income                      | 37,568           | 23,773           |
| <b>Total Revenue</b>                   | <b>3,446,176</b> | <b>3,301,644</b> |

## EXPENSES

|                                   |                  |                  |
|-----------------------------------|------------------|------------------|
| <b>Client Services</b>            |                  |                  |
| Practical Support                 | 410,758          | 469,108          |
| Dreaming and Engagement           | 244,379          | 235,055          |
| Community Access                  | 189,130          | 172,600          |
| Health & Therapeutic Care         | 167,013          | 173,054          |
|                                   | <b>1,011,280</b> | <b>1,049,817</b> |
| <b>Financial Assistance</b>       | 192,291          | 150,178          |
| <b>Total PWA Program Expenses</b> | <b>1,203,571</b> | <b>1,199,995</b> |

|  |                  |                  |
|--|------------------|------------------|
| <b>Community Partners</b>                                    |                  |                  |
| Toronto HIV/AIDS Network                                     | 167,018          | 164,617          |
| Latinos Positivos  | 25,000           | 25,000           |
|  | <b>192,018</b>   | <b>189,617</b>   |
| <b>Total Program Expenses – PWA &amp; Community Partners</b> | <b>1,395,589</b> | <b>1,389,612</b> |

|  |                   |                   |
|--|-------------------|-------------------|
| <b>General</b>                         |                   |                   |
| Fundraising and Communication          | 401,089           | 337,128           |
| Fundraising – Bike Rally               | 395,698           | 293,157           |
| Occupancy                              | 389,763           | 399,268           |
| Administration                         | 318,836           | 253,239           |
| Amortization                           | 74,239            | 84,512            |
|  | <b>1,579,625</b>  | <b>1,367,304</b>  |
| <b>Total Expenses</b>                  | <b>2,975,214</b>  | <b>2,756,916</b>  |
| <b>Excess of Revenue Over Expenses</b> | <b>\$ 470,962</b> | <b>\$ 544,728</b> |

# Thank You!

With heartfelt thanks for the generous support from donors, sponsors, partners, and friends. You have made a positive difference in the lives of thousands of people living with HIV and AIDS.

## GOVERNMENT FUNDERS

AIDS Bureau, Ontario Ministry of Health and Long-Term Care  
City of Toronto, Community Services Partnerships  
Government of Canada  
Public Health Agency of Canada, AIDS Community Action Program  
Toronto Central Local Health Integration Network

## AGENCY PARTNERS

### Visionary (\$50,000+)

Apotex Foundation  
MAC AIDS Fund

### Leader (\$20,000 - \$49,999)

BMO  
Canadian College of Naturopathic Medicine  
TICOT Social Society  
ViiV Healthcare

### Major (\$12,000 - \$19,999)

Air Canada  
Canadian Memorial Chiropractic College  
Starbucks Coffee Canada

## MEDIA

In Magazine

## CORPORATE & FOUNDATION DONORS

### \$5,000+

AMTECH Ltd.  
The Bharti Charitable Foundation  
Canadian AIDS Society  
General Motors Canada  
J.P. Bickell Foundation  
Lashley/Reed LLP  
Mad-Cat Electric Co.  
McGregor Industries Inc.  
Royal Bank  
Scotiabank  
Tippet Foundation  
TD  
TD Securities Underwriting Hope Fund  
The Village Pharmacy  
YMCA

### \$1,000+

Alpema Foundation  
Alterna Savings and Credit Union Limited  
Canderel Commercial Services Inc.  
Chris Edwards Memorial Fundraiser - The Stars Reach out to PWA  
CHUM Charitable Foundation  
EDU Travel  
Eglinton Charity Foundation Rotary  
Enterprise Holdings (ERAC Canada Fndtn)

Federal Express Canada Ltd.  
Fred A Litwin Family Foundation  
The Hive Strategic Marketing  
IDSF Canada  
Indiodragonfly  
J&K Lee Foundation  
Johnson & Johnson Inc.  
KOMACares  
Lululemon Athletica Canada Inc.  
Manulife Financial  
Matson Planning and Development Inc.  
Mazon Canada  
Metro Richelieu Inc.  
Nathan and Lily Family Foundation  
Pegasus on Church  
Pet Value Canada Inc.  
Phamous Characters Inc.  
POZTO  
Rangle.io  
Rick McConnell  
Robert D. Howe Professional Corporation  
Rocket Cycle  
Ryan Edmonds Workplace Counsel  
Senator O'Connor College School  
Slimcut Media Canada  
Spearhead LDSC  
Strong College Student Government

TFI Food Equipment  
The 6ix Cycle  
TJX Canada  
Toronto Compassion Centre  
Toronto Historical Bowling Society  
Ugly City Corporation  
University of Ottawa Health Services  
Wal-Mart Canada Corp  
Weinberg & Gaspirc CPA LLP  
Willis Towers Watson Canada Inc.  
Woody's on Church

## INDIVIDUAL BENEFACTORS

### \$1000+

Donald Ainslie  
Robert Allsopp  
Glenn Ashenhurst  
Salah Bachir  
Joanne Beattie  
Natasha Blair  
Elise Brais  
Darrell Cheung  
Jack Connell  
Steve Cooney  
Donna & David Cooper  
C. A. Cornelius  
In Memory of Giacomo Grisanzio  
Anne & Bob Cumming  
Todd Davies  
James Douglas  
Alex Eaton  
Paul Ellis  
Brian Fior  
Janet & Andrew Gainer-Dewar  
Cory Garlough  
John Goodhew  
Daniel J. Greenglass & Joe Brennan  
Brian H. Greenspan  
Aaron Harlang  
Gebadia Haverkamp  
David & Dan Hayter  
Gareth Henry

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David Hughes  
Paul Kako  
Fern Kako  
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Rona Krawzyk  
Beverly Kupper  
Russell D. Laishley  
Zena Langendoen  
Martin Lanigan & Denis Couillard  
Leon & Anita Lapidus

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Tin Leonard  
Simon Lysnes  
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Robert Mcdiarmid  
David McIntosh  
Mizrahi Developments  
Jef P. Muysshondt  
Catherine Nasmith Architect  
Jeff Otto  
Suzanne Paddock  
Eugene Palermo  
The Paulin Family  
Nancy Pencer  
Lisa Rae Philpott  
MarkAaron Polger  
Lyn Posluns  
A.E. Robinson  
Elie Roth  
Rodney Rousseau & Albert J. Haddad  
Leslie Rudes  
Liz Rykert  
Adam Schwartz & Joanna Richler  
Frank Scoleri  
Brian Scott  
Jonathon Sherman  
Robert Sirman  
Metropia  
Ed & Fran Sonshine  
Chris Staruch

Jon Steen  
Bryna & Fred Steiner  
Jeff Stone  
Timothy Thompson  
Nancy Thompson  
Ian Toone  
Mike Twamley  
Joel & Michael  
Fred and Linda Waks  
Robb Walker  
Glen Watson & Jamie Young  
Helen Williams  
Jon Wollaston  
The Wu Family in Memory of Alex Wu  
Anonymous (65)

## COMMUNITY DONORS & PARTNERS

Art Gallery of Ontario  
As Promised Painting  
Browns Dining Solutions  
Canada's Wonderland  
Cycle Solutions  
Jade Elektra / DJ Relentless  
Greenwood Creative Print  
Highlander Brewing Co.  
IceBoy  
Live Nation  
Metro  
Miller Tavern  
Niko Apparel Systems  
The Roy Public House  
Stonemill Bakehouse  
Sweet Pete's  
The Tilted Dog Pub  
Toronto International Film Festival  
TJX Canada – Winners

## MONTHLY DONORS – POSITIVE LIFE CHAMPIONS PROGRAM

Glenn Ashenhurst & John Heffern  
Greg Bodnar  
Paul Breckenridge  
Ray Brillinger



Jack Connell  
Kevin Gillis  
John Goodhew  
Gareth Henry  
Keith J. Holland  
Julie Hunt  
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Patricia Lucas  
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Robert Muir  
Dirk McRobb  
Suzanne Paddock  
David Parkes  
Ross Reid  
Brian Scott  
Paul Smith  
Wayne Smith & Ross Slater  
Diane Thiel  
Maria Thomadakis  
Nicola Townsend  
Mike Twamley  
Robb Walker  
Jon Wollaston  
Anonymous (7)

### **PLANNED GIVING – LEAVE A POSITIVE LEGACY SOCIETY**

Anonymous (2)  
Robb Walker

### **ESTATES**

The Estate of James  
Drewry Stewart

### **TOP FUNDRAISERS – PWA'S FRIENDS FOR LIFE BIKE RALLY**

Each year hundreds of participants dedicate 45,000 plus hours and engage over 15,000 friends, family, and others to raising funds for and awareness about PWA, HIV, and AIDS. We celebrate all participants for their incredible contributions and give special recognition to the Top Fundraisers for their efforts.

### **Riders**

Jean Abou Saab  
Donald Ainslie  
Ken Allen  
Billy Axelrod  
Seamus James Butterly  
Geoff Capelle  
Sally Chown  
Jack Coop  
Billy Curtis  
Perry DeMan  
Ryan Doornbos  
Eli Elsasser  
Jeffrey Graham  
Brandon Hamilton  
Carey Heeney  
Dianne Hind  
Rob Howe  
Matt Hyams  
Russell Lashley  
Gord Lamb  
Matthew Lamb  
Samuel Lapidus  
David LeBlanc  
Natasha Lemire-Blair  
Tim Leonard  
Amit Lumb  
Michael Mahovlich  
David McIntosh  
Cameron McLean  
Marc Montreuil  
Barrett Morrison  
Catherine Nasmith  
Gavin Nevsky  
John Norquay  
Stephanie Pearl-McPhee  
Yannick Picard  
Yves Precourt  
Andrew Quinlan  
Geoff Rawle  
John Rawle  
Ted Robinson  
Pato Rodriguez  
Rodney Rousseau  
Lee Schofield

Patric Senson  
Jonathon Sherman  
Tyler Smith  
Harvey St Amant  
Jeff Stevenson  
Terry Sydenham  
Ian Toone  
Gary Van der Meer  
Rob Veinott  
Robb Walker  
Steve Yeates  
Darrel Zehr

### **Crew**

Denny Tai Quoc An  
Thomas Barritt  
Bob Beerman  
Adam Benn  
Phillip Cable  
Michael Cress  
Connie Crosby  
Todd Davies  
Paul Dawson  
Peter Dewar  
David Hughes  
Brent Everett James  
Jeffrey Jones  
Liane Koll  
Mac L  
Michel Lavigne  
Margaret McCormack  
Randy McPhee  
Karen O'Connor  
Trevor Ouellette  
Suzanne Paddock  
Remi Picard  
Rex Shettlewood  
Bill Smith  
Jeremy Smith  
Mike Twamley  
David Wood

# Friends of the Foundation

PWA annually recognizes individuals and organizations that make a positive difference in the lives of people living with HIV/AIDS through Corporate, Community, and Volunteer support. Each recipient embraces the agency's mission and demonstrate Compassion, Kindness, Generosity and Courage.

## Outstanding Volunteer Support



### **Ted Robinson**

Ted rode in his first Bike Rally in 2009 to honour a friend who couldn't do it himself. He has ridden every year since then because in honouring his friend, Ted found a village where he knew immediately he belonged. A rider, team leader and Co-Chair for the 19th and 20th Bike Rallies, Ted is a thoughtful, dedicated and generous supporter of PWA, and the entire Friends for Life Bike Rally community. He has made an impact in ensuring PWA can continue to do its vital, beautiful work and is a true friend to this Foundation. It takes a village to raise a child, for certain; it also takes a village to sustain each of us as we live our lives.



### **Arnold Brodtkin**

Arnold has been a volunteer here for over 5 years and his dedication and steady commitment to the haircut program has been inspiring. He has created not only a place of renewal and refreshment in physical appearance (and we all know the power of a great make-over), he has created a place of warm compassion and understanding. Arnold listens and calmly holds a loving and nurturing space for all of his clients. He spends time and takes his time and it shows on the faces of those who emerge from his chair feeling a little bit pampered, and a little bit special. Arnold is instrumental in creating a warm and welcoming space at PWA, and we can't imagine the Barbershop without him. Thank you so much Arnold for being part of the Therapeutic Care family at PWA.



## Outstanding Corporate Support



### **PHARMACY.ca**

For many years Pharmacy.ca has been assisting PWA's staff and clients in navigating the various and complex medication coverage systems. The team at Pharmacy.ca is always available to offer assistance and expertise by helping PWA staff understand different prescriptions, helping clients to register their ViiV Supports card, contact a client's doctor directly to get a prescription for the client, and help clients navigate around Trillium and Interim Federal Health (IFH). Pharmacy.ca is a valued community partner and make a difference in the lives of people living with HIV/AIDS.



### **ViiV Healthcare**

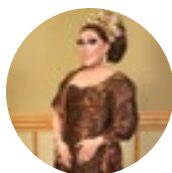
ViiV is a company dedicated 100% to HIV. Their commitment to leaving no patient behind extends beyond treatments and research activities to include partnerships with a wide variety of stakeholders, including more than 50 community-based projects across Canada. ViiV supports the importance of PWA and the Bike Rally in fostering HIV response across the country and strengthening the supports available to people living with HIV. They are proud sponsors of the Bike Rally and have supported PWA's medication access program for many years.

## Outstanding Community Support



### **Pegasus on Church**

A staple in the village and a place you're made to feel welcome, Pegasus is somewhere to connect with the community. For many years Pegasus has been a strong support to PWA through ongoing participation in our annual Food Drive for the Essentials Market food bank, supporting PWA fundraising events, and a proud sponsor of the Friends For Life Bike Rally. A true community partner with a passion to give back and make a difference.



### **Morgan James**

For over 20 years Morgan has been a tireless volunteer, an activist, and supporter of PWA. An advocate for same sex marriage and a strong voice in providing safe and affordable housing for LGBT Youth, Morgan is someone who has made a difference in the community. Morgan's time as Empress 29 and 31 of TICOT helped bring PWA to the forefront of many fundraising activities and someone who always supports PWA initiatives from third party events, client events, and the Friends For Life Bike Rally. We are so fortunate to call Morgan our friend and are so grateful for all that they do.

# The David Linton Spirit of the Bike Rally Award

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## The Danny Nashman Legacy Award

Danny Nashman and the late David Linton are the co-founders of the Friends For Life Bike Rally; both long-time riders, and both strong supporters of PWA.

Their early commitment to improving the lives of people living with HIV/AIDS in our community was inspiring. This commitment to positive change has shaped an event that has endured for 20 years, and which continues to grow.

In honour of both founders, legacy awards have been established in their names.

Each year, the Bike Rally community honours a participant with the David Linton Spirit of the Bike Rally Award. This award is given to a participant who demonstrates, through their actions, a generosity of spirit, caring and compassion, and who has gone above and beyond expectations in

support of others in the Bike Rally. The 2018 recipient was Denny Ahn. His enthusiasm and commitment to community building is inspiring. As we celebrate David's legacy and the 20th Anniversary of the Bike Rally, we celebrate and recognize past recipients of this award – Alex Wu (2017), Walter Dimini (2016), Robb Walker (2015), Todd Davies (2014), Mark Fisher (2013), Victor Scaletchi (2012).

The Bike Rally's 20th year saw the establishment of the first annual Danny Nashman Legacy Award, an award based on a participant's long-term involvement in and advocacy for the Bike Rally. We were thrilled to present this inaugural award to Bruce Mayhew (18 Years), Darrel Zehr (18 Years), and Brent Everett James (17 years).

# Linton and Nashman Recipients



# Bruce Mayhew

## LEGACY PARTICIPANT

19 years ago Bruce Mayhew signed up to ride in his first Friends For Life Bike Rally. Afterward, to further his involvement with the Rally, Bruce volunteered as a Co-Chair of the Steering Committee, then as a PWA Board Member, for which he is celebrating his fifth anniversary this month.



Bruce shared a couple of anecdotes from his time as Co-Chair: At the annual Big Meeting there was a young woman invited as that year's guest speaker. She shared the story of how at 17 she had just graduated high school, anticipating going off to university. At this time she also began dating an older man who she had fallen in love with. This man never disclosed to her that he was HIV positive. She spoke of her lived experience as a HIV-positive young woman, and how PWA helped her get through those tough early days. Bruce also remembers an instance when he crashed on his bicycle during one of his many Bike Rallies. He recalls being instantly swarmed with care – some

people bandaging him up, others fixing his bike, and others alerting those who needed to be notified. He resumed riding, albeit a little slower than before, and when he got to camp, he had found that the care from his peers continued. A group of riders found his tent and set it up for him. Bruce was humbled by this selfless and thoughtful act. These experiences are commonplace in the Bike Rally community, and they are commonplace in the PWA community too.

When you press Bruce to discuss his experiences with the Bike Rally and PWA, he is very forthcoming. "It's about people helping people in the moment – when they need a hug or help changing a flat tire. It is about learning we are all the same, no matter if we are straight, gay, living with HIV/AIDS or not. We all have dreams and fears and need love and support. It's about realizing you can help someone you don't know or have never met and it is as important and as rewarding as if you helped your best friend. PWA brings people together. It gives people a place to be safe when they need it. PWA demonstrates partnership in the community with other ASOs and support agencies. It fights stigma."

Bruce is confident in the positive impact and community building that the Bike Rally fosters, and he is confident in the life changing work that PWA delivers to those who need it everyday.

# Darrel Zehr

## LEGACY PARTICIPANT

Darrel joined the Bike Rally in 2000, making the 2019 Bike Rally his 19th year as a rider. Furthering his involvement with the Bike Rally, as a member of one of the early Steering Committees, Darrel helped to create the Team Leader roles, which are crucial to the team function and participant support required by all riders.



Darrel's first real job after college brought him to Toronto from his home town back in Oxford County. For the past 26 years he's been working for Rubbermaid, now Newell Brands, in both Sales and Marketing roles. Through Darrel's conviction and through the generosity of his company, he brought Rubbermaid on board as official Bike Rally sponsors, securing the donation of participant bins for all Bike Rallies from then on, until the storage tote business was sold off in 2016.

Darrel's most meaningful memories of the Rally include being nominated

for the David Linton Spirit of the Rally Award and being the recipient of the Danny Nashman Legacy Award in 2018. Both of these namesake gentlemen became heroes of Darrel's after his meeting them on an early training ride back in 2000. The thought and hard work that the co-founders built into the event in the early years has become their legacy, and Darrel was honoured to be mentioned alongside them.

What stands out most for Darrel is the community of support which exists within the Bike Rally and within PWA. "Everyone is looking out for one another, and there is a unanimous no-one-left-behind attitude. It is because of this support system that we continue to attract new riders and get them engaged to take leadership roles as we pass the baton on to a new generation. PWA sets a great example of what an agency can do for a community as they prove to them that they can dream again."

Darrel has always been and continues to be a strong advocate for the Bike Rally, tirelessly encouraging people to sign up for what will be a life-changing experience – in every sense of the word. "It is a great week," he says, "spent with great people! If someone says they don't have enough vacation time to give up a week for the rally we encourage them to think otherwise, it will be the best vacation week that they could have ever hope for, it is a vacation for your soul."

# The Red Dress Ball

On Saturday April 14th, the 519 Ballroom was turned into the Red Dress Ball, an amazing party in the spirit of Day Three on the Friends For Life Bike Rally.

The Red Dress Ball is a fundraiser organized by Brandon Hamilton, Barrett Morrison, and Matt Hyams, in support of the Bike Rally and PWA. The efforts and creativity of this talented team helped produce one of the most successful inaugural events in the history of the Bike Rally. The team, with their creativity and endless hours of dedicated planning, created an event we're able to share with others outside of the Bike Rally community.

Friends of the Bike Rally and PWA came out in the hundreds and celebrated with superstar DJ Kitty Glitter and tons of Toronto's best talent. Dress in Red Day on the Bike Rally is a celebration of inclusiveness, awareness, visibility and fun. The Red Dress Ball became an extension of that celebration and for that we are truly thankful. On the Bike Rally, Dress in Red Day has become an annual favourite and one of the most attention-grabbing days, marked on Day 3 from Adolphustown to Kingston. On this day, everyone is encouraged to dress in whatever red clothing they have - some people get

really creative, and a few even get competitive! Each year, Dress in Red Day inspires a ton of red dresses and outfits: from brand-new, to those that have been lovingly sequined, spandexed and stitched together.

Whether you dress in red or wear a red dress, the Red Dress Ball is a celebration of the creativity of Day Three, and a symbol for raising funds and HIV/AIDS awareness! With heartfelt thanks to our sponsors ViiV Healthcare, Air Canada, and Cineplex.

The first annual Red Dress Ball successfully raised over \$60,000 all in support of PWA's Friends For Life Bike Rally, a remarkable achievement and milestone in celebration of the Bike Rally's 20th Year.





# Carol Grandison

## LEGACY PARTICIPANT

Carol Grandison hails from the hills of Jamaica. She didn't own a bicycle until she was twenty eight years old, paid for in two installments. Her passion has only grown and is now the proud owner of four!



It was New Year's Day of 2000 when someone asked her what her resolution was for the New Year. She decided in that moment that it was "to cycle to Montreal". Encouraged by her peers, Carol gathered information and made the connection with PWA. The first encounter with the event was at the bike show where she registered and received a sleeveless t-shirt, which she has to this day! After gathering all the information, and full of resolve, she

made her first donation to herself from a raffle she'd recently won. Carol wasn't able to participate that year due to a change at work but she kept the event front of mind ready for another opportunity. The next year when the weather warmed up, she dusted off her mountain bike and made the commitment to do every training ride.

That first year, Carol learned what PWA is all about. And she was made to feel welcome. She made many friends and completed the arduous journey to Montreal, just like she had aspired to do.

The 20th year of the Bike Rally marked Carol's 18th year as a participant. In that time she has been both a rider and a crew member, a Team leader for two years, and a Board member for three years. What brings her back every year is "the testimonials from participants, the friendships formed, the endless work of volunteers, the remarkable change in peoples' lives, and the community that's been built over the years because of PWA."

Carol remains committed to PWA and will remain so for as long as she is able. "The work we all do for the people living with HIV/ AIDS is essential," she says "is so rewarding and continues to change lives."





## Mission

We engage people living with HIV/AIDS in enhancing their health and well-being through practical and therapeutic support services and broader social change, and we inspire them to live into their dreams and discoveries.

## Vision

We live in affirming, sustaining communities where we find inspiration and support for our dreams, health, wellbeing and meaningful contributions.



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