

# INGEAR

THE NEWSLETTER OF PEDALS FOR PROGRESS

# INSTITCH

THE NEWSLETTER OF SEWING PEACE



# SPRING 2022

To empower sustainable economic development by recycling bicycles and sewing machines from the U.S. and shipping them to motivated people in the developing world.



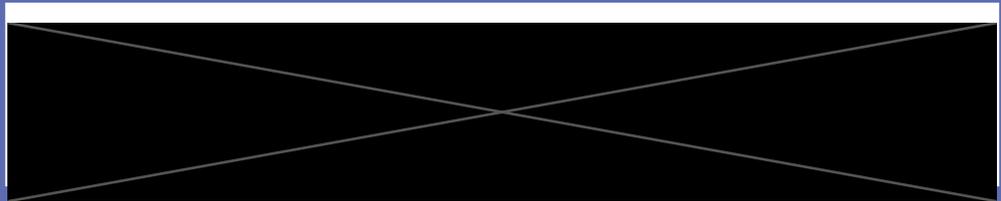
pedals for progress™

Putting used bikes to good use





# CONTENTS

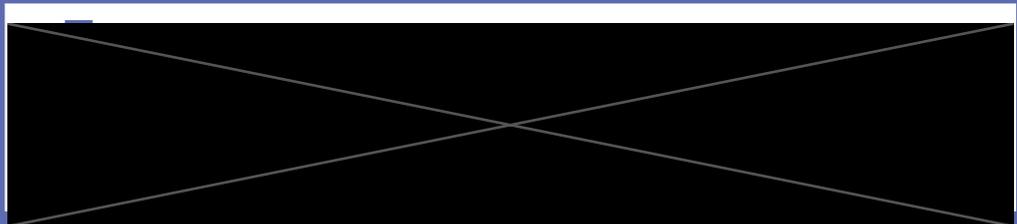


- 2 Incoming President's Message: Alan Schultz introduces himself and speaks about the state of the organization.
- 3 Togo Success Stories: Read testimonies from Catherine, Ania, and Essenam, recipients of Sewing Peace Sewing Machines.
- 5 Habitat for Humanity, Warren County: We give thanks and praise to our dedicated volunteers and partners at the WCHFH
- 6 P4P Trip to Tanzania: Alan Schultz writes about meeting P4P partners, Norbert and Friends Missions, in Arusha, Tanzania.



# CONTENTS

- 10 Report from Guatemala: Updates from our partner, FIDESMA



- 12 Report from Uganda: Updates from Mathew Yawe and the Mityana Open Troop Foundation

- 13 P4P Belize: Pedals for Progress introduces our newest partner. Read Derrick Pitts' project proposal.

- 16 Ending notes, Donors, Partners, Staff, other Acknowledgments

# INCOMING PRESIDENT'S MESSAGE



In our fall 2021 newsletter [REDACTED] founder and president of Pedals for Progress, graciously introduced me as his successor and outlined the steps the organization will be making upon his retirement. I would like to personally introduce myself.

I grew up in High Bridge, New Jersey, [REDACTED] [REDACTED] If you don't know High Bridge, it's a small factory town in the heart of our very rural Hunterdon County. I grew up riding my bike with my friends up and down every street, alleyway, and trail of the two-square-mile borough, enjoying the safety, comfort, and tranquility of my hometown.

My very first job was working as a loader for Pedals for Progress. I would listen to [REDACTED] hundreds of stories about the countries where we were sending bikes and the way they transform people's lives. My worldview began to expand as I started to hear about countries I've never heard of, unrealized challenges people face, and all the change that can come from a bicycle.

I continued to work for [REDACTED] for Progress off and on, working other jobs through high school and college, none resonating with me nearly as much as Pedals for Progress. I graduated from Montclair State University with my master's degree and started looking for work while working as a warehouse manager at Pedals. [REDACTED] P4P gave me a call one day to tell me about [REDACTED]'s planned retirement and to ask if I was interested in continuing our cause. A small side job suddenly became a career.

I am honored to be able to work with an amazing organization that continues to expand my mind and the way I look at the world — a world that now seems more interesting and nuanced than it did before my work with Pedals. I am humbled by the generosity I have seen in our partners, sponsors, and donors in their commitment to helping those that need help around the world.

Pedals for Progress is simultaneously a small-town organization and an international shipping company. We are facing the challenges of the times with grace and stability. Despite increased costs that are hitting businesses world-wide, the state of our organization is strong. We are excited to begin partnering with more collection groups now that people are starting to feel more comfortable attending public events. My journey with Pedals for Progress is merely beginning and I am incredibly excited to take on the development of our organization and to continue our mission of sending used bicycles and sewing machines to motivated individuals in the developing world. I would like to invite you to accompany me on this journey. Thank you for your support.

-Alan

# TOGO SUCCESS STORIES



## Catherine

I am Catherine. My two colleagues in the photos are Akouwavi and Améyo (visit P4P.org for photos). We are apprentice seamstresses and we are part of a program that our promoter calls Youth Socioeconomic Empowerment, a program that pays the costs of the training contracts and then, at the end of our apprenticeship, provides us with sewing machines to allow us to open our own workshops. A few weeks ago, we received our machines and are already working. It is a great joy to see these photos of ourselves.

With these sewing machines, we will work and save money, take care of ourselves, take care of our families and send our children to school. We have finally reached the end of our training and here we are with our sewing machines as promised. These machines are essential tools for our small businesses. All this is possible thanks to the support of the DRVR-TOGO and its partner Pedals for Progress / Sewing Peace. It is because of you, the donors, that our dreams have become realities.



We are appealing to all P4P loyal partners and donors: Used sewing machines, bikes, and other tools as far as the eye can see are left in your garages, basements, stores, and offices. Donating them to P4P will help people and save lives in communities thousands of miles away from you on the other side of the world. Many thanks to you, David, and all your tireless P4P team for your dedication to social causes.



Catherine

## Ania

My name is Ania and I am a widow with two children: Afiwa is ten years old and Komlan is six. I sell boiled meat on the side of the road in my neighborhood to feed and take care of my children and especially to send them to school. Every morning I have to leave my activity and bring my children to school and pick them up in the evening at sunset.

Some time ago a client told me about a DRVR-TOGO bicycle program and a child who had already benefited. I went to inquire about the program, and to my great surprise my two children got their own bikes. Now they leave the house every morning and came back in the evening after class without difficulty.

My two children and I say thank you to you the donors, to P4P, its president, David, and all his staff. We also offer a big thank-you to DRVR-TOGO here with us in our community.

## Essenam

I am Essenam. I am an apprentice seamstress. I would like through this little note to express my gratitude to DRVR-TOGO, Pedals for Progress, and all their partners and donors who contribute from near and far to help support vulnerable populations all over the world and as well as our communities here in Togo. I have not been to school like many young girls of my age have, so I decided to learn a trade, and the choice fell on sewing, a trade of my dreams since childhood.

Before the DRVR-TOGO bicycle program, I had to leave the house very early in the morning. I would arrive at the workshop late and tired, and then come back late at night, when travel is risky.

With this nice bike in the photo, I now arrive on time at the workshop to continue my learning with a lot of determination. Words fail me and all my family to thank the American donors to the P4P organization. Once again thank you for everything. Through my voice, I appeal to P4P and its partners to continue this program again and again to help other people in different areas of need.

We are appealing to all P4P loyal partners and donors: Used sewing machines, bikes, and other tools as far as the eye can see are left in your garages, basements, stores, and offices. Donating them to P4P will help people and save lives in communities thousands of miles away from you on the other side of the world. Many thanks to you, David, and all your tireless P4P team for your dedication to social causes.



Essenam



# HABITAT FOR HUMANITY, WARREN COUNTY

Pedals for Progress would like to congratulate Warren County Habitat for Humanity (WCHFH) for celebrating 10 years of service and operation of their HFH ReStore. Habitat for Humanity is dedicated to the pursuit of building homes, advocating for fair housing policy, and providing resources for home repair for local families in need. One of their programs is their Habitat for Humanity ReStore where they recycle and resell donated furniture and appliances to residents at affordable rates that would otherwise be destined for landfills. This location has been serving the area for ten years and has been a fantastic resource for the community since its inception.

We are fortunate to have a close relationship with Warren County Habitat for Humanity; they have been a collection partner since 2018. Our relationship is due to the dedication of Daryl Detrick, a volunteer with the WCHFH and a faculty member of the Warren Hills Regional High School who also serves on our board of directors. Thanks to Daryl, we have been able to use the ReStore as a site to collect a percentage of bikes donated by Warren County residents. Daryl graciously uses his own barn to store the bikes to help kick off his yearly collection with students from the Warren Hills Regional High School Computer Science Club. This collaboration has allowed Daryl and his volunteers to collect a substantial number of bikes prior to the main collection. This year on Sunday, May 15th they collected 153 bikes and 53 sewing machines!

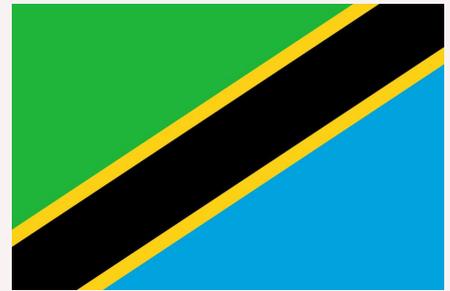
In pursuit of continuing service to their community, the WCHFH recently had the grand opening of their new community center where residents, clubs, and groups can rent the space for meetings or events. It has been a successful year for them as they hope to use this space to connect the community and broaden the scope of their mission of giving back to residents. The new space has a rich history and has been fully rebuilt and repurposed to serve the community.

The Warren County Habitat for Humanity does amazing work helping families and individuals in need, not merely in the square mile of Washington, New Jersey, but across distant corners of the globe. We'd like to encourage you to check out their cause, the commitment and generosity displayed by their program and volunteers is infectious. Cheers to another great 10 years!



# P4P TRIP TO TANZANIA

By Alan Schultz



In November 2022, I went on a trip to Arusha, Tanzania, to make a visit to our partners at the Norbert and Friends Missions. While Pedals for Progress has made shipments to Tanzania in the past, our relationship with Norbert and Friends is still fresh, starting in the fall of 2019. We took the opportunity to meet Norbert and his dedicated team, give advice, and to learn from them on both a professional and cultural level.



Arusha was busy. Fast moving taxis, buses, trucks, and motorcycles dominate the roads. The biggest takeaway was the sheer number of people who walked among these fast-moving vehicles. Everyone walks. You'd often see small children, five or six years old, walking with their much younger siblings in large groups. Mothers walk with babies on their backs. Marching squads of school children in matching clothes rush to and from school. Even along desolate, secluded roads you would pass people every mile, wondering how they got there. While the number of bicycles was high, it's clear why bicycles are important there – the pace of living is fast, and you need to keep up to make a living.

There is so much activity, so much movement, that you need a smart way to keep up. The bicycle fills this need. It shrinks the massive size of the country and makes distance more manageable. You instantly see the benefits when passing school children miles away from their schools. You see how the further you get from the main city, the more life gets stretched out. The doctor is further, schools are further, markets are further, everything is further away, yet the need to reach these destinations remains.

Moving along the roads you notice that nearly every home is transformed into a storefront during the day. Tin roofs cover the cement buildings, many open to the street, so you can get a glimpse of what's inside. Hairdressers, art sellers, convenience stores, grocers, food vendors, clothing stores, carpenters, masons. It seemed that all business was done inside or at the doorstep of someone's home. This began to excite me; I wanted the chance to meet some of these people who ran these shops, especially those associated with Norbert and Friends Missions.

## P4P Trip to Tanzania

We met with Norbert and his team several times during our trip. We were able to talk about our organizations and exchange expectations, problems, and plans moving forward. Seeing their bicycle operation was an incredible experience. Their bike shop was like many of the shops along the main roads. It was modest, bare, but getting the job done. They had a handful of bikes on display with another 20 or so in storage as they were getting down to the last of their shipment. This was good to see, as it means the 444 bikes shipped earlier in the year have been successfully distributed.



What blew me away most was recognizing some of the bicycles that I had a direct hand in loading. There was even a small motor we shipped that was donated by an individual at Faith Lutheran Church in New Providence, New Jersey! After making the long journey, standing there in the middle of their shop in Tanzania was an impressive reminder of how far our goods travel.

As we started to meet people, the significance of what we do continued to bloom. One of the groups associated with Norbert and Friends Missions is Master's Men Africa, a religious men's group focused on bringing awareness to mental health among men in Tanzania and Kenya. They advocate for removing the stigma of talking about mental health among men and they bring awareness to the high suicide rate of men throughout Africa.

I spoke with a new graduate of the group named Abura Markson from Uganda. We shared stories and spoke about our organizations. He was very interested in hearing about Pedals for Progress and happy to know that we were working so closely with Norbert. Talking with him made me realize a nuanced and overlooked aspect of the P4P mission. Poverty is a tremendous weight that people bear and deal with, in a multitude of ways. The emotions associated with poverty, such as shame, helplessness, and depression, can well and bubble within a person and across a community. Africa has the highest suicide rate in the world. Whatever the reasons may be, there is no doubt that extreme poverty has something to do with it. It was in that moment talking to Abura that I realized what we are doing could be saving people from taking their own lives, through the simple act of donating a bicycle.

Joel, our main point of contact with Norbert and Friends, and Sanai, an employee of Norbert's, graciously took us around the city of Arusha and the surrounding areas, to introduce us to some of the recipients of our sewing machines.

## P4P Trip to Tanzania

One of the first people we met who received a Sewing Peace machine was a woman named Sarah. Her small sewing studio is in the center of Arusha several levels up inside a multi-use apartment building. The small, dimly lit room, six by twelve feet, overflowing with fabric, was a sure signal of a hard-working individual. Sanai translated for us and retold bits of her story. She has been sewing for six years and since then has been able to put her children through school. Her four children are either now enrolled, or graduated university. She stays busy by making custom dresses, producing two or three elaborate dresses per day.

Access to electricity is the main challenge brought up by everyone we visited, Sarah being the first to mention it. The machines that are donated to us are mostly electric machines, and access to reliable electricity is simply something that the infrastructure of Tanzania cannot maintain. There is access but it's sparse, as it will frequently shut off without warning with no telling when it will return. Manual treadle machines are great but older women like Sarah, who work long hours behind the machine, feel tremendous strain on their knees. Sarah mentioned how she likes to alternate to utilize the moments of electricity and to give her joints a rest.

Sarah also told us about the challenge of finding specific and specialized machines and attachments. At our collections we often say, "if we get it, they get it." Sewing Peace simply does not have the capacity to seek out specific machines like overlock machines, which are highly sought after by independent seamstresses. These machines are highly desirable but relatively rare at our collections. At our most efficient we try to send at least two of these machines with every pallet of Sewing Peace sewing machines. However, that only accounts for two out of seventy-two, and even that we cannot guarantee.

We moved a little further outside of Arusha, passing a road-side bike stand where we took a moment to stretch our legs and talk bikes. This shop at the crossroads of two main roads was relatively large, with a good range of quality bikes. We took the moment to explain to Joel and Sanai about bicycle quality differences so they could price P4P bikes accordingly. Our partners must be able to provide a fair range of prices, while also maximizing their profits by selling quality bikes to those that can afford them.



Rachel

About 45 minutes outside of Arusha, we met a second sewing machine recipient, named Rachel, who has been running her shop within a busy market area for five years. She commented on how she loves the quality of her Sewing Peace machine but still runs into the same problem operating an electric machine on an unpredictable power grid. She works from the center of her small shop that has a counter with various sewing notions enclosed in a glass case. The back three walls have shelves filled with hygienic products, larger spools of thread, and a large assortment of fabric for sale.

## P4P Trip to Tanzania

Later, we met Danielle, Norbert's wife, who has been running a small shop in their neighborhood for the past two years. Hers is very similar to Rachel's, as she sells various goods surrounding her sewing machine in the middle of her shop. She mostly uses her shop as a convenience store for the neighborhood, selling soap, candy, cooking oil, and other goods. She uses her sewing machine to supplement shop income. She specializes in embroidered cloth used as dining mats or decoration. It is incredibly impressive as she uses a basic sewing machine to embroider flowers and other designs on colorful fabric. She takes custom orders for dresses and other commissioned design work.

It's incredible to see firsthand how these women have created a life around one single machine. Hours upon hours of dedication have allowed them to build sturdy businesses around a specialized skill. It's inspiring to see how they navigate problems beyond their control, all while continuing their enterprises. They either switch machines or find other ways to make money in the off time. Our machines donated by individuals in the United States end up in the hands of truly powerful businesswomen.

We left Tanzania feeling extremely satisfied. We have confidence in the Norbert and Friends Missions as they showed a high level of motivation and sense of urgency to supply their community with bicycles and sewing machines. We are excited to continue our relationship with them and to continue to supply them with the used bicycles and sewing machines donated by our generous donors throughout the tri-state area. The support we receive from our donors, volunteers, and organizations in the United States lifts the lives of others by helping build business, improve mental health, provide reliable transportation, and give hope and ambition to those who eagerly need a helping hand.



Danielle



## Editors note:

Our longest-running partnership is with FIDESMA, in Guatemala, where we've shipped more than 12,000 bikes since 1999. Their most recent container arrived in December 2021: Guatemala #22. Below is an update on their ongoing projects.

---

## FIDESMA

### Social Projects, 2019 to 2022

**Support for the Disabled:** wheelchairs, crutches, walkers, and orthopedic beds.

**Job Training:** courses in baking, textiles, crafts, Guatemalan and international cuisine.

**Women's Support Groups:** citizen participation workshops, rights of women, and care of the family and children.

**Education and Schools:** donation of computers, improvement of preschool and primary-school classrooms.

**Environmental Education:** Community and school programs on garbage management, pollution, and drinking water.

**Bicycle Project: Ecolobici-FIDESMA:** We are hoping to move our bicycle project to a new location that is larger than our current space and more accessible to our customers who come from other regions of Guatemala. We are looking for a place near the main Inter-American highway, a plot of land larger than our current location. The new complex would house our bicycle shop, repair shop, and storage for spare parts and accessories. It would include a parking lot. And it would include a store that sells groceries and other everyday necessities.

---

## Conclusion:

All these projects are due to the support of national and international institutions such as Pedals for Progress, and to the profits we earn in the FIDESMA bicycle project, Ecolobici.



# REPORT FROM UGANDA, MAY 2022

By Mathew Yawe



Mityana Open Troop Foundation is a registered Community Based Organization, with a Vocational Skills Training Centre, which recruits and trains vulnerable youths, mostly young girls formerly selling sex for survival and girls expelled from schools due to teenage pregnancies. We teach our students sustainable vocational skills. Since the inception of vocational skills training at our centre in 2007, a total of over 915 have graduated. Some got employed while others set up their own workshops. Every graduate of our program is given a sewing machine from Sewing Peace, USA. Without equipment, the graduation certificate is no help, as 90% of graduates can't afford tools. Students are trained for 2 years in Sewing & Fashion Design, Hair Dressing & Weaving, Motor Vehicle & Cycle Mechanics, Carpentry & Joinery, Metal Fabrication, or Agriculture & Animal Husbandry. Every year, there are 3 training terms of 3 months each; for each term the centre recruits whoever wishes to join.

## Achievements:

- The Vocational Skills Training Centre resumed training after a 2-year Covid-19 lockdown! We have re-mobilized 92 Trainees.
- We received and cleared 72 sewing machines (including a small embroidery machine) from Pedals for Progress project USA, all in good condition. Some machines are used in our training workshops, and some are sold to help pay for shipping and customs costs, and project costs such as paying teachers.
- We acquired a new Janome embroidery machine, which makes school badges and student name tags. The funds were donated by Rotarian Chris Young of Australia.

## Challenges/Limitations:

- In Uganda all training institutions were under a lockdown from March 2020 until November 2021.
- The Organization still encounters challenges in raising funds for shipping sewing machines from Pedals For Progress USA and for paying Ugandan custom taxes for the machines.
- Our project lacks a toilet for boys. Currently boys and girls share one pit latrine, which is not recommended by the Ministry of Education.
- The Organization lacks a computer, printer, and photocopier, which we need to print end-of-term exams and other office documents. Currently all computer work is taken to town.
- The Organization requires office furniture and a staff room, as instructors don't have a place to sit and keep their kits.
- The Training Centre lacks clean water. There is a very small (2000-liter) water tank, which lasts 2 days. Then students have to go on foot 1 km in search of water from unprotected water sources.
- We have many cases of malaria among project trainees, as they lack mosquito nets.
- The project lacks an incinerator, where sanitary pads and other wastes can be burnt easily.

## Conclusion

In conclusion, on behalf of the Mityana Open Troop Foundation, I extend our sincere thanks to our great friends / partners, who have been always so supportive to our Ugandan project, even during the Covid-19 pandemic. \*please refer to p4p.org for full list of partners and complete report\*

# P4P BELIZE: NEW PARTNER IN 2022



By Derrick Pitts

Greeting from the Nation of Belize,

For some this might be the very first-time hearing about this nation and for others the nation of Belize is the perfect vacation destination. But for many, the true reality of this nation is unknown and tucked away behind our beautiful beaches, luminous forest, and large barrier reef with great diving.

Here is some information on this small nation in Central/Latin America and the Caribbean. In all of Latin America we are the only nation with English as our primary language; we were once a colony of the British empire. Our country to the west is bordered by Guatemala, to the north by Mexico, to the south by Honduras and to the east by the beautiful Caribbean Sea. Belize is considered a "vegetable salad" because of the diversity of culture. Our cultures include Creole, Mestizo, Garifuna, Mayan, and Hispanic with a little of every other culture mixed in. Even with our diversity we are still just a nation with a population of 400,000 people.

Approximately 50% of Belize's population are children and youth below the age of nineteen. A large percentage of this population is concentrated in the urban ghettos of the south-side of Belize City, specifically in the Port Loyola area. Many of these children live in poverty and are exposed to violence, crime, and civil unrest. This environment has contributed to increases in:

- homicide
- gang related crimes
- dropping out of primary and secondary schools
- teenage pregnancy
- child prostitution
- STIs/STDs

Little emphasis is being made to reach these children and youth. They are considered criminals and uneducated. Because of this social inequity the children and youth on the south-side have limited access to legitimate forms of self-sustainment and employment opportunities.

As Pedals for Progress Belize we exist to transform communities one life at a time. Our aim is to reach out to the "least of these" and provide hope of a better tomorrow. You may ask how we do this? Our strategy is as follows.

## REACH THE KIDS

We reach out to children in these impoverished communities and offer holistic support.

We have a food service. Many of these kids come from single-parent homes where the mother is the sole breadwinner. By providing meals we are not only helping these kids to be nourished but also take some of the burden off the mom.

We offer educational support. With the recent pandemic, international tourism came to a complete halt. This affected our country drastically, causing 50% unemployment in our population. This had a negative effect on the education system as many parents did not have the funds to keep their kids in school. Through our organization we were able to provide scholarships, tutoring and necessary school supplies. We have an ongoing educational program, as we firmly believe that a quality education can break generational poverty.



Medical assistance: In many of these communities there is limited to no medical care being offered to the less fortunate. Our organization has a mobile clinic that goes into these communities and offers medical assistance, especially to the young, providing vitamins and necessary hygiene supplies.

Mentorship: Children and young people need positive guidance to navigate some of the realities they are currently facing. We have peer helpers that teach these youths life-skills and principles to help them succeed.

## CONNECT THE PARENTS

We quickly realized that many of the kids felt loved, accepted, and supported in our programs, but when they got home they went back to what they were trying to escape. We saw that it was crucial for us to engage the parents. One way we were able to do that is through economic empowerment: providing a sustainable platform for single mothers to gain an income. These platforms include sewing, jewelry making, cooking, and craft. This has changed the dynamics in the home.

## IMPACT THE COMMUNITY

Our hope is that, as we see transformation in the lives of these individuals, they won't move out of their communities but rather be a part of the transformation of that community. Our goal is to change these communities through our community development program, where we build houses, community centers, community gardens, and parks.



Through the new partnership with Pedals for Progress USA we will be able to do even more in the three areas of our strategy. We will provide part-time jobs for at-risk youths and single moms. We will also develop our sewing program and teach individuals how to sew and make an income. Through our partnership we will be able to provide these individuals with bicycles to help them with transportation to get around and gain an income.

## P4P/SP ACTIVE PARTNERSHIPS

BELIZE, Belize City, P4P Belize, community development

CAMEROON, Limbe, Rising Hope for Change, community development

GUATEMALA, Chimaltenango, Fundacion Integral de Desarrollo Sostenible y Medio Ambiente (FIDESMA), small-business promotion

RWANDA, Kigali, Rwanda Wildlife Conservation Association, community development

SIERRA LEONE, Kenema, Village Care Initiatives, community development

TANZANIA, Arusha, The Norbert and Friends Foundation, community development

TOGO, Vogan, Association Défi et Révolution de la Vie Rurale, economic development

UGANDA, Mityana, Mityana Open Troop Foundation, community development

---

## 2022 MAJOR CONTRIBUTORS

Leo & Helen Hollein, K & E Jones Family Trust, Andrew & Emily Williams, Stacey L. Winter & John Sam Winter Charitable Fund, Susan Bliss Alden, Chad & Cecilia Bardone, Catherine Bell, Biovid, Diane & Jon Claerbout, Equitable Foundation, ExxonMobil Foundation, Donald Fenn, John & Jane Fisher, Howard & Maureen Greenbaum, Jack & Donna Haughn, Sarah Jansch, Mary & Gary Kamplain, Karen & Michael Lesyna Family Fund, David Schweidenback & Geraldine Taiani, Shikiar Family Foundation, Kermit Leslie Young, Jr., Merryll Kim Abrahams, Susan Ahrens, William Alexander, Bank of America Charitable Foundation, Gordon Bear, Betty Bock, Donald Bisenius, Burgdorff Foundation, Michael Burgess, Sarah Claassen, Betty Fidler, Anne Fitzgerald, John Gorton, Barbara A Kelly Charitable Gift Fund, Erick & Sarah Kinsel, Daniel Kopatich, Phil Olson, Horvitz & Levy - Lisa Perrochet, Jamie Russell, Barbara Waters, Terri Watters, Julie Woodhouse, Carol & Robert Zeh

## P4P/SP STAFF

Dave Schweidenback, Founder and CEO: [dschweidenback@gmail.com](mailto:dschweidenback@gmail.com)

Gary Michel, Vice President In-kind Operations: [gary@p4p.org](mailto:gary@p4p.org)

Alan Schultz, Vice President Operations: [alan@p4p.org](mailto:alan@p4p.org)

Lori Smith, Office Manager: [lori@p4p.org](mailto:lori@p4p.org)

Michael Sabrio, Webmaster: [michael.sabrio@gmail.com](mailto:michael.sabrio@gmail.com)

---

## BOARD OF TRUSTEES

Richard Millhiser, Chair

David Schweidenback, President & CEO

Jamie Acosta

Jerry Agasar

John Alexander, Treasurer

Daryl Detrick

Ann Fitzgerald

Sarah Jansch

Casey Walsh

Andrew Williams

Bob Zeh, Secretary



---

**BICYCLE GRAND TOTAL SINCE 1991: 164,721**  
**SEWING MACHINE GRAND TOTAL SINCE 1999: 5,684**

Pedals for Progress / Sewing Peace  
PO Box 312, High Bridge, NJ 08829  
(908) 638- 8893 [dschweidenback@gmail.com](mailto:dschweidenback@gmail.com)  
[www.p4p.org](http://www.p4p.org)

---