

# THE UPSIDE

STORIES OF HOPE, IMPACT, AND COMMUNITY  
ACROSS ALABAMA

## EVERY YES HAS A NAME

Meet a young boy, *Asir*, whose joy, determination and community support changed everything.

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## THE POWER OF VOLUNTEERS

Changing lives one hour at a time.

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## BUILDING MOMENTUM TOGETHER

Local partners creating lasting impact across Alabama.

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SUMMER  
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INAUGURAL ISSUE

## MAKING A DIFFERENCE

Companies and organizations making a better tomorrow.

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Iron City Trykes/Birmingham AMBUCS is a nonprofit charitable organization dedicated to inspiring mobility and independence through providing therapeutic tricycles for children and Veterans with adaptive needs.

Learn more at: [www.ironcitytrykes.org](http://www.ironcitytrykes.org)

*Thank you*  
to our supporters, volunteers, and partners who make every YES possible.

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INSPIRING MOBILITY & INDEPENDENCE

BIRMINGHAM AMBUCS



AM12S Platform



AM12 Platform



AM16 Platform



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# THE UPSIDE

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## From the Editor

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### *Welcome to The Upside*

In a world where negativity often dominates the headlines, we wanted to create a place where good news still matters.

The Upside was created to shine a light on the people, organizations, and stories making a difference throughout our communities. These are the volunteers, educators, therapists, nonprofits, businesses, and everyday individuals who choose to show up, serve others, and create positive change.

This publication is proudly produced by Iron City Trykes, a Birmingham-based nonprofit dedicated to providing adaptive tricycles to children and adults with disabilities and mobility challenges. Through our work, we've witnessed countless moments of hope, perseverance, generosity, and joy—and we've discovered those stories exist far beyond our organization.

That's why we created The Upside.

Our hope is that these pages encourage you, inspire you, and remind you that there is still plenty of good happening all around us.

Thank you for joining us for our inaugural issue.

Welcome to The Upside.

*Zach White*

Director of Marketing & Public Relations

Editor- The Upside

Published by Iron City Trykes

# ASIA



**“I never imagined I would see my son ride a bike.”**

# Every *YES* has a name

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Meet Asir

Some kids want to ride a bike.

Asir wanted to race.

The moment he climbed onto his Amtryke, there was no hesitation. No uncertainty. No fear. He gripped the handlebars, flashed a grin, and immediately started looking for competition.

"Who can I beat?" seemed to be the only question on his mind.

For everyone else in the room, however, the moment meant something much deeper.

Asir was born with Arthrogryposis, a condition that affects joint movement and muscle development. His left leg has no bend, while his right leg has only about 80 percent flexibility. His arms have limited range of motion as well. Traditional bicycles were never designed with someone like Asir in mind.

For years, his family adapted. They adjusted expectations. They celebrated victories others might overlook. But riding a bike? That felt like a dream that might never become reality.

Then came fitting day.

As therapists and volunteers worked to find the right adaptive equipment, Asir's personality quickly took center stage. He was energetic, funny, determined, and completely uninterested in discussing limitations.

While adults focused on measurements and adjustments, Asir focused on one thing: moving. And once he started moving, there was no stopping him. Within minutes, he was pedaling across the room, laughing, smiling, and challenging everyone around him to keep up.

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Volunteers cheered. Therapists smiled.

Family members watched in amazement.

But perhaps no one felt the moment more deeply than his mother.

Asir raced around the room while she sat quietly and watched. Tears filled her eyes. Not because she was sad. Because she never imagined she would see her son ride a bike.

For many families, an adaptive tricycle is more than equipment. It is freedom. It is independence. It is inclusion. It is the opportunity to participate in a childhood experience that many people take for granted. For Asir, it was all of those things. But it was also something else. It was a starting line.

While everyone else saw a milestone, Asir saw a race. A challenge. An adventure. A chance to show the world what he could do.

That day reminded everyone in the room of an important truth: limitations do not define potential. Sometimes all a child needs is the right opportunity. And when that opportunity arrives, incredible things happen.

At Iron City Trykes, we often say that every YES has a name. Last year, that name was Asir.

**And if you ask  
him, he's  
probably still  
winning the  
race.**



# THE POWER OF VOLUNTEERS

The Most Valuable Resource

Isn't Money



When people think about making a difference, they often think about money.

Fundraisers.  
Donations.  
Grants.  
Sponsorships.

While financial support is important, there is another resource that fuels nearly every nonprofit, church, school, and community organization in America. People. More specifically, volunteers. Every day, ordinary people give their time to causes they care about.

They coach youth sports teams. Serve meals at shelters. Mentor students. Deliver food to seniors. Organize community events. Sit on boards. Write thank-you notes. Stuff envelopes. Pull weeds. Move tables. Cheer from the sidelines.

Most of these acts never make headlines. Many happen quietly. But their impact is impossible to measure.

Behind nearly every successful nonprofit is a group of volunteers who simply decided to show up.

Not because they had to. Because they wanted to. More Than Just Helping Volunteering isn't only about helping others.

It changes the volunteer as well.

Research consistently shows that people who volunteer experience greater happiness, stronger social connections, and a deeper sense of purpose. They become part of something bigger than themselves.

In a world that often feels divided, volunteering reminds us how much we still have in common.

We all want to belong. We all want to matter. We all want to know that our lives have made a difference. Volunteering provides that opportunity.

You Don't Have to Change the World  
One of the biggest misconceptions about volunteering is that it requires extraordinary commitment.

The truth is that many life-changing moments begin with a single hour. One hour reading to a child. One hour serving a meal. One hour helping at an event. One hour listening to someone who needs encouragement.

Most volunteers don't set out to change the world. They simply decide to help. And over time, those small acts create something remarkable. Communities become stronger. Families feel supported. Children discover confidence. Neighbors become friends. Hope spreads.

The Ripple Effect  
What makes volunteers so powerful is that their impact rarely stops with the person they serve.



A mentor influences a student. That student grows up and mentors someone else. A volunteer helps a struggling family. That family finds stability and begins helping others. A coach encourages a child. That child develops confidence that lasts a lifetime.

One act of service creates another. And another. And another. Like ripples spreading across a pond, the effects continue long after the original moment has passed.

#### The Invitation

You don't need special skills to make a difference. You don't need a title. You don't need wealth. You simply need a willingness to care.

Every community has organizations looking for people who will show up, lend a hand, and share their time. The next great story of impact may not begin with a large donation or a major initiative. It may begin with a volunteer saying two simple words: "I'm in." Because when ordinary people choose to serve, extraordinary things happen.



# Building MOMENTUM TOGETHER



## *Giving Every Kid a Chance to Play*

**Every child deserves the chance to be active.** To run. To play. To be part of a team. To discover confidence through sports, recreation, and movement. Unfortunately, for many families, the cost of equipment creates a barrier that can keep children from participating.

Cleats, gloves, bats, helmets, balls, protective gear, and other equipment can quickly add up, leaving some kids on the sidelines before they ever have the chance to step onto the field. That's where Iron Kid Ministries comes in.

Founded on a simple belief that every child deserves access to recreational opportunities, Iron Kid Ministries collects new and gently used sports equipment and redistributes it to children and families in under-resourced communities throughout Central Alabama.

The mission is straightforward: Give equipment a second life and give kids a first chance.

Over the years, thousands of pieces of equipment have found their way from garages, closets, and storage rooms into the hands of children eager to play. What may have been collecting dust in one family's home becomes a source of confidence, connection, and opportunity for another.

Recently, Iron Kid Ministries entered an exciting new chapter. After a period of transition, the organization has relaunched with renewed energy and a growing network of community partners committed to expanding its impact.

Partnerships with area Parks & Recreation departments, Hope Sports Academy, Bandwagon, YouthServe, Personalized Patriot, The SmartPlay, and other community organizations are helping ensure equipment reaches the children who need it most. The goal is bigger than distributing sports gear. It's about creating access. It's about removing barriers. It's about making sure a child's opportunities are not determined by their zip code.

# BECAUSE PARTICIPATION MATTERS. RESEARCH CONSISTENTLY SHOWS THAT CHILDREN INVOLVED IN SPORTS AND RECREATIONAL ACTIVITIES EXPERIENCE BENEFITS THAT EXTEND FAR BEYOND PHYSICAL ACTIVITY.

They develop teamwork, discipline, confidence, leadership skills, and lifelong friendships. For many young people, a ball, glove, bicycle, or pair of cleats can become the beginning of something much bigger.

Perhaps the most inspiring part of Iron Kid Ministries' relaunch is who is helping lead the way. Today, the organization is being guided by a new generation.

A 16-year-old high school student has stepped forward to help carry the mission into the future, bringing fresh ideas, energy, and passion for serving others. It is a reminder that community impact is not limited by age.



Young people are not simply the leaders of tomorrow—they are making a difference today. That spirit perfectly reflects what momentum looks like.

One person starts something. Others join in. The mission grows. The impact spreads. And before long, an entire community is moving forward together.

Because when children are given the opportunity to play, they gain more than equipment. They gain confidence. They gain connection. They gain a chance.

**And sometimes, a chance is all a child needs.**

[www.ironkidministries.org](http://www.ironkidministries.org)

## How You Can Help

- **Donate new or gently used sports equipment**
- **Host a collection drive**
- **Volunteer to sort and distribute equipment**
- **Connect Iron Kid Ministries with schools and community organizations**
- **Help ensure every child has a chance to play**

# MAKING A DIFFERENCE

## How One Birmingham Tradition Continues to Impact the Community

When most people hear the name **Birmingham Monday Morning Quarterback Club**, they think about football. For generations, the organization has brought together community leaders, business professionals, coaches, and sports enthusiasts around a shared love of the game.

Every Monday during football season, members gather to hear from coaches, discuss the week's biggest stories, and enjoy fellowship with friends and colleagues.

But what many people may not realize is that the impact of the Birmingham Monday Morning Quarterback Club extends far beyond the football field. At its heart, the organization is about community.



For decades, its members have quietly supported nonprofits, schools, charities, and community initiatives throughout the Birmingham area.

Through volunteer service, fundraising efforts, sponsorships, and personal involvement, they have helped countless organizations strengthen their missions and expand their reach.

Their story is a reminder that making a difference doesn't always require creating something new. Sometimes it means showing up consistently. Year after year. Decade after decade.

The power of organizations like the Birmingham Monday Morning Quarterback Club is found not in any single donation or volunteer project, but in the relationships they build. Their members represent a wide variety of businesses, industries, and backgrounds, yet they share a common commitment to improving the communities they call home.

That commitment can be seen across Birmingham. It can be found in youth programs, educational initiatives, charitable events, community projects, and nonprofit organizations working every day to meet the needs of others.

Many of these efforts succeed because individuals choose to get involved—not for recognition, but because they believe strong communities are built when people invest in one another.

The Birmingham Monday Morning Quarterback Club exemplifies that belief.

Its members understand that impact is rarely created by one person alone. Real change happens when people come together around a shared purpose and use their collective resources, talents, and influence to support something bigger than themselves. In many ways, their story mirrors the story of Birmingham itself.

A city built on relationships. A city strengthened by volunteers. A city filled with individuals and organizations committed to making life better for others.

As new generations of leaders emerge, the example set by organizations like the Birmingham Monday Morning Quarterback Club continues to inspire. Their legacy serves as a reminder that community impact is not measured by how much attention we receive, but by how many lives are touched along the way. Making a difference isn't always about grand gestures. Sometimes it's about showing up.

Sometimes it's about lending a hand. Sometimes it's about supporting a cause, encouraging a neighbor, or opening a door for someone else.

And when enough people commit to doing those simple things, something remarkable happens. Communities become stronger. Opportunities expand. Lives are changed.

That is the power of people working together. That is the power of community. And that is what making a difference looks like.



# DIFFERENCE MAKER

## Corinne Chapman

- Physical Therapist, Children's of Alabama
- Iron City Trykes Board Member
- Volunteer Fitting Day Therapist
- Adaptive Mobility Advocate
- Passionate about helping children achieve independence



# Corinne Chapman: Helping Children Move Forward

Some people make a difference because of what they do. Others make a difference because of who they are. For Corinne Chapman, the answer is both.

As a Physical Therapist at Children's of Alabama, Corinne has dedicated her career to helping children achieve greater mobility, independence, and confidence. Every day, she works alongside families navigating challenges most people never see, helping children discover new possibilities and reach milestones that once seemed out of reach. But her impact doesn't stop when the workday ends.

For years, Corinne has been one of Iron City Trykes' most dedicated supporters and advocates. She regularly identifies children who may benefit from adaptive tricycles, helping families learn about resources that can improve mobility, encourage physical activity, and increase participation in everyday life.

She understands that a tryke is more than a piece of equipment.

It's an opportunity.

An opportunity for exercise.

An opportunity for independence.

An opportunity for a child to experience the same joy and freedom many of their peers enjoy every day.

What makes Corinne especially unique is her willingness to serve far beyond her professional responsibilities. In addition to recommending adaptive tricycles for children who may benefit from them, she volunteers at fitting days, helping ensure each child receives the best possible equipment for their individual needs. She donates her expertise, her time, and her energy to families who are often experiencing one of the most meaningful moments of their journey.

She also serves as a member of the Iron City Trykes Board of Directors, helping guide the organization's mission and future growth while continuing to advocate for the children and families she serves. Those who know Corinne describe her as compassionate, knowledgeable, and deeply committed to helping others. Whether she is working with a patient, assisting at a fitting event, serving on a board committee, or encouraging a family, her focus remains the same: helping children achieve what is possible.

Perhaps what makes her impact so powerful is that she rarely seeks recognition for it. Like many difference makers, she simply sees a need and responds.

Communities are strengthened by people who choose to use their talents in service to others. Professionals like Corinne Chapman remind us that expertise is valuable, but when paired with compassion, it becomes transformational.

And that is what being a Difference Maker is all about.



" Sometimes the greatest



act of faith is simply showing up.



**Faith** is often associated with big moments. A powerful sermon. A mission trip. A dramatic testimony. A life-changing event. While those moments certainly matter, most expressions of faith happen in much quieter ways.

They happen when someone chooses to show up. Show up for a neighbor. Show up for a child. Show up for a friend going through a difficult season. Show up for a cause that matters. Show up for a community in need.

In a world that celebrates recognition, faith often works behind the scenes. It looks like a volunteer arriving early to set up chairs before anyone else gets there. It looks like a coach staying late to encourage a struggling player.



It looks like a teacher spending extra time with a student who needs support. It looks like a therapist helping a child discover new possibilities. It looks like a donor quietly giving so someone else can receive. It looks like a parent sacrificing for their family.

Most of these moments will never make the news. Few will receive awards. Many will go completely unnoticed. Yet these are often the moments that change lives.

Throughout this issue of The Upside, we have shared stories of people making a difference in their communities.

A physical therapist using her expertise to help children achieve greater independence. Volunteers giving their time to serve others.



Community leaders coming together to support local causes. Organizations working to ensure every child has an opportunity to play. Different people. Different missions. Different backgrounds. Yet all connected by a common thread. They showed up.

Not because they were seeking recognition. Not because it was easy. Not because someone forced them to. Because they cared. Faith has always been most visible when it moves beyond words and into action.

It is easy to talk about compassion. It is much harder to practice it. It is easy to talk about generosity. It is much harder to live it. It is easy to talk about serving others. It is much harder to sacrifice our time, energy, and resources for the benefit of someone else.

Yet that is exactly what we see every day in our communities. Ordinary people choosing to do extraordinary things through simple acts of kindness, service, and generosity.



# “We simply need to be willing to show up. For someone. Somewhere. Today.”

Perhaps that is the lesson for all of us. We don't have to have all the answers. We don't need a title. We don't need a platform. We don't need to change the entire world.

We simply need to be willing to show up. For someone. Somewhere. Today.

Because faith isn't only something we believe. It's something we do. And when enough people choose to live their faith through action, communities become stronger, hope becomes visible, and lives are changed.

***One act of kindness at a time.***

***One person at a time.***

***One opportunity at a time.***

Sometimes the greatest act of faith is simply showing up.

# On the Horizon

## *Opportunities to Watch Across Our Community*

There is always something good happening in our community—and even more opportunities on the horizon. As summer transitions into fall, several organizations are preparing events, initiatives, and programs designed to bring people together, serve others, and create lasting impact.

### **Community Service Projects**

Local nonprofits continue to seek volunteers for projects ranging from food distribution and school support programs to adaptive recreation events and neighborhood improvement efforts.

### **Youth Programs & Back-to-School Initiatives**

As students return to the classroom, organizations throughout Central Alabama will be collecting school supplies, supporting teachers, and helping ensure children have the resources they need for a successful year.

### **Fall Fundraising Events**

Many local charities and community organizations will host annual fundraising events that support their missions and expand their impact. These events not only raise critical funds but also create opportunities for new volunteers, supporters, and partnerships.

### **Adaptive Recreation Opportunities**

Programs promoting inclusion, mobility, and physical activity continue to grow, creating more opportunities for children and adults of all abilities to participate, connect, and thrive.

### **Community Partnerships**

Some of the most exciting work happens when organizations collaborate. Throughout the coming months, nonprofits, businesses, schools, churches, and civic groups will continue finding new ways to work together for the benefit of our community.

**The best way to stay connected is simple:**

**Get involved.**

**Attend an event.**

**Volunteer for a cause.**

**Support a mission.**

You may discover that the next great story featured in *The Upside* begins with you.

# WAYS TO GET INVOLVED

## Everyone Can Make a Difference

After reading the stories in this issue, you may be wondering how you can help create more of them. The good news is that making a difference doesn't require a special title, unique skills, or extraordinary resources. It simply begins with a willingness to get involved.

### **Volunteer**

Nonprofits throughout our community depend on volunteers to serve families, support events, mentor youth, organize programs, and meet countless other needs. A few hours of your time can create a lasting impact.

### **Donate**

Financial support allows organizations to continue serving others, expand programs, and respond to emerging needs. Every gift—regardless of size—helps move a mission forward.

### **Share Your Talents**

Whether you're a teacher, therapist, coach, photographer, writer, accountant, builder, marketer, or business professional, your skills may be exactly what an organization needs.

### **Attend Events**

Community events create opportunities to learn, connect, and support causes making a difference across Central Alabama.

### **Become an Advocate**

One conversation can change everything. Share a story. Recommend a nonprofit. Introduce a potential partner. Help connect people with opportunities to serve.

### **Encourage Others**

Never underestimate the power of encouragement. A kind word, a thank-you note, or recognition of someone's efforts can inspire them to keep going.

***Start Where You Are. You don't have to change the world overnight.***

Interested in sharing a story, recommending a Difference Maker, or highlighting an organization in a future issue of The Upside?

We'd love to hear from you.

The Upside

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