

Seeley's Bay Newsletter

Seeley's Bay & Area Residents' Association

Connecting the community...

Issue #12, Oct 2011

...and check out events calendar and local resources at www.seeleysbay.ca

Rick Hansen Relay Tour Rolling into Seeley's Bay Again – October 30th



If you were around 25 years ago, you might recall waiting at The Bay Motel for the young Rick Hansen to arrive. It was late in the day, already dark, but the firefighters were there, and area children presented him with flowers when he arrived. Rick's notes from that day indicate that he was very surprised by the turnout of over 300 people in this small community, and pleased with the provision of free food and beds, for him and his partners, at the Bay Motel. And that warm reception is why he is coming back to Seeley's Bay on **Sunday, October 30**. The celebratory events will **begin at noon in Centennial Park**; and then everyone is invited to welcome the relay racers as they arrive in the village around 1:30 pm; latest itinerary details @ www.seeleysbay.info

To warm up the crowd, there will be a series of pumpkin-themed fun challenges at the park. Come and try your hand at pumpkin bowling. Get more information at www.seeleysbay.info



Let's give the Hansen Relay members an even bigger surprise welcome this time around!

25 years later, Rick Hansen has made extraordinary progress in his work to advance spinal cord research and to make the world a more 'accessible' place for people with disabilities. His Man in Motion 25th Anniversary Relay will celebrate 'difference makers' across Canada. His role as the final torch-bearer to light the Olympic Flame in Vancouver in 2010 underscores just how much of a hero he is to Canadians.

The Seeley's Bay and Area Residents' Association are honoured to be welcoming the Rick Hansen Relay participants to this community, and proud that our nominee, **Tanya Abrams**, will be a Hansen medal bearer for this leg of the journey. Tanya will be joined in the Relay by her friends from Seeley's Bay Athletics.



Who Is Tanya Abrams?

A path that takes someone from North Bay, to New York City, Kingston, Southern California, Winnipeg, Rankin Inlet, Yellowknife and Joyceville, has to yield some fascinating life experiences and result in some well-grounded values. And this is exactly what has happened to Tanya Abrams.

Tanya's childhood experiences, where she, like so many of us felt some failures on the physical fitness front, began to shape her current attitudes about the importance of finding ways for anyone to be 'active', no matter the barriers. As a teen, Tanya observed the supportive hospice care provided to her father, and the 'giving' work of others in her family, and became convinced she wanted to work in health care. Later, her early nursing training and postings in some of Canada's more isolated northern communities, deepened her awareness of people's ability to overcome adversity, and thrive, no matter their circumstances.

Eventually Tanya and her husband moved back south to raise their children closer to family, and after a few years working in Kingston, Tanya got a chance to work even closer to home when she was appointed as the Nurse Practitioner in the rural family medical centre at Seeley's Bay. Here she decided that her 'wellness education' responsibilities might be best-filled by helping to provide opportunities for active living for everyone here, no matter their ability, and "Seeley's Bay Athletics" was created. Over the years since the non-profit club was created, there has been an outdoor walking program, 'chair' yoga, a clogging class, aerobics, a triathlon group, a paddling group, and the activities just keep on evolving. Tanya's commitment is to keep the program free of charge (donations are welcomed), and the activities sufficiently accessible, so that people with financial limitations, mobility challenges, etc., can all feel comfortable to participate.

In the spring of 2011 the Seeley's Bay and Area Residents' Association jumped at the chance to host the Hansen Relay tour and instantly agreed that Tanya Abrams was the perfect person to represent our community as a Hansen Medal Bearer because she is a genuine 'difference maker'. When Tanya was first approached about the possibility, she said "I would do anything to support Rick Hansen; I think he is an amazing role model for all of us".



Tammy Day and Tanya Abrams, colleagues at the Medical Centre



Important Public Meeting

The Seeley's Bay and Area Residents' Association (SBARA) encourages everyone to attend the annual public meeting on **October 18, 7:30 pm**, at the Community Hall:

- **Report Card on Seeley's Bay Steps Up**
 - Visual Presentation
 - Year One of Accomplishments
- **Main Street Improvements**
 - Construction Update
 - Spruce up; enter scarecrow contest
- **Rick Hansen Event**
 - Latest schedule details
- **Meet new Township Administrator**
 - Rod Burkard, CAO
- **Meet and Greet**
 - Any concerns?
 - Enjoy refreshments

If you want to volunteer, donate or get more information, contact: Peggy Sweet McCumber (Chair of SBARA) at sbara@seeleysbay.com

What's happening:

Oct 15 – ROLL Aid food bank collection; home or Legion
Oct. 15 - Smith & Brady dance @ The Legion, 8-12
Oct 18 – Public Meeting, 7:30 @ Community Hall (SBARA)
Oct. 29 - Halloween Party and dance @ The Legion
Oct 30 – Rick Hansen Visit; Noon start @ the park
Nov. 6 - Remembrance Parade @ 10:15; United Church
Nov. 6 - Old Time Fiddlers @ Legion; 2:00 pm
Nov. 11 - Remembrance Day @ cenotaph, The Legion
Nov. 12 - Jeff Code dance @ The Legion, 8-12
Dec. 10 - Smith & Brady dance @ The Legion

Food bank information donrobin@kos.net

There is a lunch time **seniors' diners club** in the Seeley's Bay Community Hall every 2nd Wednesday of the month; **euchre** every Thursday night @ the Legion; **Lego Club for Kids** @ the Library, 6:30-7:30, Oct 14, Nov 17, Dec 15

This e- newsletter is sent to **over 185 households** every 2-3 months. To sign-up and/or to publicize community-oriented events, please write to newsletter@seeleysbay.com. And please print and post a copy on your public bulletin board and/or share copies with neighbours. You can also join the **over 470 people** who 'like' "Support Seeley's Bay Ontario"

