

SPIRITED ATHLETES

SABAH

BOLD AT HEART

SABAH Scenes

Fall, 2017



BE BOLD STAY STRONG LIVE FEARLESS

Welcome back to our 41st season! As we prepare for Opening Days at our rinks, we can't help but be enthusiastic for the year ahead. Whether on the ice or the turf, or for our special events, our calendars are already filled with many exciting opportunities for our athletes and volunteers.

In preparation for the 2017-2018 year, we have renewed our commitment to strengthen our athletes physically, mentally, emotionally and socially. As a

result, we have chosen a theme that reflects their courage and commitment to persevere past the challenges of disability to participate in one or more of SABAH's six programs. Our theme this year, "Be Bold, Stay Strong, Live Fearless" was selected to honor that remarkable spirit and determination.

Please join with us in supporting SABAH athletes! Whether you volunteer your time or provide us with financial support, you make all the difference! Because of you, SABAH athletes will celebrate a year to "Be Bold, Stay Strong, Live Fearless."

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SABAH'S MISSION

SABAH, a 501(c)(3) organization, is dedicated to the mission of enriching the quality of life for individuals challenged by physical, cognitive, and/or emotional disability by providing education and therapeutic recreation, promoting fitness, and developing social and communication skills.

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FROM THE EXECUTIVE DIRECTOR

Last year was a very special one in our history, as we enjoyed a birthday celebration commemorating our 40th year. Even though it was an exciting year, there will be no time for the post-birthday blues! Already, we have a wide array of new plans and activities for our

41st season -- one which we anticipate will be our biggest and best ever! And, it all starts with you! As we prepare for Opening Days at each of our rinks, we need to you head to our website at www.sabahinc.org to register for the upcoming season. It is vitally important that each SABAH athlete is pre-registered so that we have your completed forms, as well as the appropriate levels of adaptive equipment and volunteer support. Volunteers must also be registered, so please take a moment to go to the Volunteer tab on our website and fill out the brief form. After that, we look forward to seeing you on your Opening Day (see below)!! Get ready for a great year!

With gratitude,
Sheila O'Brien

Get ready, get set, our 41st season is about to take off!

2017-2018 Season Schedule

Northtown Center at Amherst

1615 Amherst Manor Drive

Amherst, NY 14221

SUNDAYS

Ice Time: 11:20 am - 12:50 am

Opening Day: 10/1

Riverside Rink

2607 Niagara Street

Buffalo, NY 14207

TUESDAYS

Ice Time: 4:00 pm - 4:50 pm*

Opening Day: 10/3

*Beginning on 11/28, the Riverside Rink time will change to 4:30 pm to 5:20 pm

Hamburg Town Rink

2982 Lakeview Road

Hamburg, NY 14075

SATURDAYS

Ice Time: 9:50 am - 11:10 am

Opening Day: 9/30

Niagara University Rink

University Drive

Niagara University, NY 14109

WEDNESDAYS

Ice Time: 6:30 pm - 7:20 pm

Opening Day: 10/4

Register on our website www.sabahinc.org or by calling the office at 716-362-9600

2017-2018

Hall of Fame Inductee

Lawley

SABAH's Hall of Fame honors the legacy of those exceptional individuals or organizations which have provided unparalleled support and commitment to SABAH. The Hall of Fame was established to annually recognize those who, for at least a decade, have worked tirelessly to promote the values of the organization, have dedicated their time and/or financial resources, and have sought to educate the public regarding the needs of those in our community challenged by disability.

Headquartered in Buffalo, Lawley is a full-service, independent insurance agency which was founded 60 years ago. Consistently recognized as a Top 100 National Insurance Broker, Lawley is equally well known for its tremendous generosity to the Western New York community.

Since 1994, Lawley has been a faithful advocate and sponsor of SABAH athletes. Their steadfast support for SABAH has included Celebration on Ice sponsorship, Starlight Night Auction and Gala support, as well as many other contributions to the organization's general operating fund. Lawley has also provided SABAH with important equipment, such as helmets and other adaptive equipment to ensure the safety of our athletes on the ice. Dan Murray, Lawley's Chief Marketing and Underwriting Officer, states, "Lawley is honored and privileged to partner with organizations like SABAH that help bring wonderful experiences, moments and memories to individuals and their families. The ability to bring so many people together to appreciate both the physical activity and emotional connection to one another truly enhances the quality of lives. SABAH and all those who work and support their mission have given confidence, inspiration, and enjoyment to so many. It has been a wonderful journey to be a part of their success."

SABAH is grateful for organizations like Lawley that lead the way in sacrificing their time and resources to improve the quality of life for those in our community. Executive Director Sheila O'Brien states, "Lawley continues to be an organization that is deeply committed to the Western New York community. It is an honor for us to celebrate Lawley's ongoing dedication to SABAH athletes for more than two decades by naming them as our 2017-2018 Hall of Fame Inductee."

Lawley

INSURANCE | EMPLOYEE BENEFITS

HALL OF FAME

2010

Mr. and Mrs. Ronald J. Papa

2011

The Variety Club of Buffalo

2012

Mr. Brian Costello

2013

The Buffalo Sabres

2014

Wegmans

2015

The Children's Guild Foundation

2016

The Koessler Family

2017

Children's Foundation of Erie County

Introducing SABAH's



In photo: (front row) Sue Marchant, Donna Dearstyne, Judy Castine, Sandy Cathcart (back row) Gary Castine, Mike Mayer, Chris Biondo, George Hartman Missing from photo: Sue Lerczak

Once a year, some of SABAH's most faithful volunteers silently descend upon the KeyBank Center to help us prepare for the annual Celebration on Ice show. Each of these individuals has assisted with the show every year for more than two decades. While they draw no attention to themselves, they do their jobs so willingly and so capably, that it would be easy to take them for granted. So, they are more than just volunteers... they are real heroes to us. These remarkable individuals perform vital functions such as setting up props, distributing programs, managing souvenir tables, selling tickets, as well as other important tasks which contribute to the show's success. Each of them also recruits, trains, and oversees their own set of volunteers. In honor of their collective sacrifices, we are pleased to introduce you to our Celebration on Ice "Behind the Scenes Heroes."

"Twenty years ago, when I first started working for SABAH, I was very lucky to inherit some fabulous volunteers. I have lost some along the way for a myriad of reasons, but the ones shown above are very dear to my heart. They have been with me through thick and thin and I cherish their friendship along with all the skills that they bring to the table. Thanks to all of them, the SABAH show runs like a well-oiled machine and I could not have done any of it without them."

Sue Marchant, SABAH Celebration on Ice Volunteer Coordinator

"Volunteering for the Ice Show is special to me for many reasons. I help raise money for SABAH by selling souvenirs;

I get to spend time doing something positive with people I care about;

and I get to help out all of the wonderful skaters that participate in the SABAH program.

Sue Lerczak

Meet Sue Lerczak

After being energized by all of the positive energy at her first show in 1991, Sue enlisted many of her friends and family members to join her in volunteering for the ice show. Sue faithfully shows up each year to run a souvenir booth. She hasn't missed a show in 25 years!

Meet Judy and Gary Castine

Judy and Gary Castine are a dynamic volunteer pair who not only provide great assistance with the ice show, but they have also provided essential support for SABAH athletes for over 19 years. Both Gary and Judy assist SABAH for "move in day" and "move out day" for the Celebration on Ice show. On the day of the show, Judy is responsible for all of the souvenir booths and Gary is in charge of program sales.

"Our favorite part of the show is the finale. After all these years, it still brings tears to my eyes. Gary and I love to see the joy on the faces of the athletes as they share their accomplishments in front of their families and friends."

It makes us happy to give back.

Judy Castine

Behind the Scenes Heroes

Meet Mike Mayer:

The 2017 Celebration on Ice show was Mike's 30th year on the props crew! Back in 1987, Mike was playing pick-up hockey with Rick Baker. After the skate, over a couple of beers, Rick drafted a few of his friends to be his on-ice props crew. After giving it some thought, they all thought it might be a fun experience. Mike describes his time with SABAH as "a 30 year string of special moments." Although Mike is the last of the "Baker Crew," he is essential to the ice show, as he organizes his own volunteers for the Props Crew.

"Not to get too philosophical, but I think that SABAH has taught me two important lessons."

First, nothing is impossible.

Every year I see SABAH athletes overcome their personal challenges, learn to skate, and have a lot of fun doing it. Second, much like me 30 years ago, I have learned that people want to help. They are just waiting to be asked."

Mike Mayer

"The show brings attention to all of the families and their children in such a positive way."

Volunteering is rewarding.

Sandy Cathcart

Meet Sandy Cathcart

Sandy began volunteering for SABAH in 1997 when another volunteer asked her if she would like to help. After watching the joy on the skaters' faces, she kept coming back, year after year, to organize the collection of money from all of the souvenir booths.

Meet Donna Dearstyne

Donna's manager at Key Bank asked her to help more than 20 years ago. Since that time, she has come back year after year to oversee the ticket taking process at the front of the KeyBank Center.

There are a lot of very caring people in the world and many who need them.

Donna Dearstyne

"I have learned a lot over all my years of volunteering with SABAH and it's helped me with many skills that I use in my career."

My organizational, interpersonal, and communication skills have all been improved since I started volunteering."

Chris Biondo

Meet Chris Biondo

Chris might be one of SABAH's most devoted volunteers of all time. Chris began volunteering in 1995 when he was in 7th grade. Since then, he has come back every year for the ice show, even returning from college and now traveling from his home in Texas, to coordinate the backstage movement of skaters and volunteers for the event.

Meet George Hartman

Devoted dad and SABAH volunteer, George Hartman, gathers up a crew of volunteers each year for the ice show. During each show, George can be found backstage organizing the stagehands and props so that there is a seamless transition between performances.

"But the best time is the Grand Finale when all of the skaters have such smiles and are so proud. I remember one boy in a special walker stopped in front of us and his smile was amazing."

That was years ago and I will never forget it.

George Hartman

2017 Kickstock Champions

The 4th Bae's

Back to Back Champs!



SABAH's 2nd annual Kickstock Kickball was held on Buffalo's Outer Harbor on July 8, 2017. The event raised over \$15,000 for SABAH athletes!

Thank you to our sponsors:



SENSATIONAL SABAH's Summer Days



Above: Students from Buffalo School #93 practice their yoga skills with the assistance of an intern from City Honors High School.

At the conclusion of the sport court programs, many of SABAH's athletes enjoyed the annual Summer Skates program at the Northtown Center at Amherst. Over 35 SABAH athletes participated in the five week program during July and August, where they escaped from the heat to reconnect with friends and brush up on their skating skills.

SABAH's Adults Fit and Fun program was also offered during the spring and summer months on the sport court surface at the Cazenovia Rink. From May through June, over 120 adults with special needs participated in a program which increased physical activity, taught adaptive sports skills, and provided participants with the nutritional information and the tools for a healthier lifestyle.



Above: SABAH athlete Liam O'Donnell practices his skating skills with his volunteer partner during Summer Skates.



SABAH's Adults Fit and Fun participants, like Abby Yates (pictured on left), increased physical activity and learned skills to live a healthier lifestyle.

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SABAH

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RETURN SERVICE REQUESTED

SABAH's 2017

*Starlight Night
Auction & Gala*

SAVE THE DATE

NOV
17

Buffalo Niagara
Convention Center
www.sabahinc.org

6:30
P.M.