



**VAN Continued**

chosen from a pool of Buffalo-area charities for this year's gift. Also selected to receive a van was Kids Escaping Drugs. Assisted by Buffalo-based advertising and public relations firm Eric Mower and Associates, the Ford Dealers of Western New York arranged "Christmas in June" to publicly announce their 2007 charitable donations through the Ford Friendship Express program, in its 12th year of operations.

The Ford Friendship Express van will help SABAH serve our very special athletes and will provide financial benefits for the organization. It will be used to transport equipment including specialized skates, helmets, safety harnesses, adaptive walkers and curriculum materials between our Buffalo warehouse and five area rinks. In addition, the van will facilitate community outreach and fund generation by promoting awareness and enabling transport of materials for fundraising at local events. Of course, it will also be used to move props, costumes and materials for the annual *Celebration on Ice* at HSBC Arena, as well as gifts, equipment and other items for our fall Auction and Gala. In the past, SABAH relied on rental trucks and the personal vehicles of its employees for these tasks.

SABAH Executive Director Sheila O'Brien commented on the charitable spirit of the Western New York Ford Dealers and the impact of the van. "The Ford Dealers' gift is such a tremendous vote of confidence in SABAH's mission. The Friendship Express program shows the heart of the Ford Dealers and the depth of their community concern. Every adaptive walker, ice skate, or safety harness transported by this van will make a positive difference in the life of someone affected by a special challenge. We are very appreciative."

Keep your eyes open. SABAH's Ford Friendship Express van is sure to be coming to a location near you!

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 1208  
Buffalo, NY



2607 Niagara Street  
Buffalo, NY 14207  
Phone: 716.362.9600  
Web: www.sabahinc.org



Please contact Andrea Michnik if you would like to receive SABAH *Scenes* newsletter in electronic format by calling 716.362.9600 or e-mail [amichnik@sabahinc.org](mailto:amichnik@sabahinc.org)

Skating Athletes Bold At Heart • 2607 Niagara Street Buffalo, NY 14207 • 716.362.9600 • [www.sabahinc.org](http://www.sabahinc.org) • [sabah@sabahinc.org](mailto:sabah@sabahinc.org)



Skating Athletes Bold At Heart

**SABAH<sup>®</sup> SCENES**

VOLUME XXXI, ISSUE 1

# Christmas Came Early For SABAH

What brought Santa to the North Buffalo Rink this summer? Not the Polar Express, the Ford Friendship Express! It was Christmas in June for SABAH skaters as the Ford Dealers of Western New York announced that our organization was one of two recipient charities selected to receive a Ford Friendship Express van in 2007.

Young SABAH athletes enjoyed an off-season skating opportunity and were pleasantly surprised by Santa's arrival on the ice. To the skaters' delight, Santa joined them to reveal a sack packed with gifts, which he distributed to the youngsters. After sharing time together inside, Santa invited our athletes to step outside for an even bigger surprise: the Ford Friendship

Express van, complete with SABAH's name on it!

Representing the Ford Dealers of Western New York, Scott Bieler commented, "Kids Escaping Drugs and SABAH are two deserving nonprofit organizations who demonstrated a strong need for transportation help. Just like all our Ford Friendship Express applicants, they do so much for our community."

Faced with greater transport needs as our School-Day and Evening/Weekend programs grow and our community activities increase, it became apparent that the Ford Friendship Express might be an ideal fit for SABAH. In February of 2006, SABAH submitted a grant proposal to the Western New York Ford Dealers



SABAH Athletes and Santa Claus

requesting consideration as a recipient of a donated van. Several months later, we were informed that we had been

**See VAN back cover**

**Inside This Issue:**

• Welcome	pg 2
• Ways to help SABAH	pg 2
• Season Opening	pg 3
• SABAH Celebrate's Buffalo's Best: Auction 2007	pgs 4-5
• School-Day Program	pg 6
• Summer Skate. cont'd	pg 6

## SABAH Summer Skate

SABAH athletes, their volunteers, family and friends hit the ice to cool off this summer at the Amherst Pepsi Center. Skating sessions were held on Wednesdays from July 11, 2007 through August 15, 2007, from 6 p.m. to 7 p.m. It was a thrill to see volunteers and family members take time out of busy summer schedules to come and skate!

Thank you to everyone for making the 2007 SABAH Summer Skate a huge success! Over 40 SABAH skaters participated in the Wednesday night sessions. Special thanks to all our volunteers and the staff at the Amherst Pepsi Center for making the Summer Skate a success.



See **SUMMER** on page 6

Skating Athletes Bold At Heart • 2607 Niagara Street Buffalo, NY 14207 • 716.362.9600 • [www.sabahinc.org](http://www.sabahinc.org) • [sabah@sabahinc.org](mailto:sabah@sabahinc.org)

“What a great idea to skate in the summer!”  
~SABAH parent



## Greetings From The Executive Director!

Growth is a wonderful and positive experience. Over the past few years, SABAH has enjoyed growth in numbers of athletes and volunteers, quality of programming, and scope of services. But growth takes many hearts and hands to sustain. To continue in this positive direction, we must evaluate what we are doing with a critical eye. We need to try new endeavors which will ultimately keep our organization energized and moving forward. No resting on our laurels here!

This year, we are exploring new avenues of fundraising, as well as giving a fresh look to longstanding

events. We will continue to pursue traditional resources such as foundation funding, individual gifts and appeals, the Auction and Gala, and our annual *Celebration on Ice* show at HSBC Arena—although some of these may have an updated look. We will also embark on new ventures, focusing greater effort on corporate partnerships, community events, planned giving, and targeted marketing opportunities.

At this time, I invite you to consider participating in and supporting these activities to the extent possible in your situation. Many of us consider SABAH a second family. Like any family, it takes many hands working together

to accomplish what needs to be done. While our organization continues to grow, we need your help to ensure that our athletes will have the best chance possible to develop their individual potential.

There are more ways than ever to support our amazing athletes and their accomplishments. Some examples are included below.

On behalf of all SABAH athletes, thank you in advance for being an active participant in the SABAH family. I look forward to meeting new faces and rekindling friendships as our 2007-2008 season begins in October. Together, we'll all grow in strength and spirit throughout the coming season.

~Sheila O'Brien

## Ways to Help Out...

### Lend Financial Support! Many \*New\* & “Old” Opportunities!

Give to SABAH year-end and spring fundraising appeals! Use matching gift programs whenever possible.

### Purchase SABAH holiday and note cards for personal use!

Attend the November 10 Auction & Gala, “SABAH Celebrates Buffalo’s Best!” at the Statler Towers! Bid high if you can!

### Purchase Entertainment & Enjoy The City books, support SABAH nights at Coldstone Creamery & Pizza Hut!

Look into grant and community support programs at your company! SABAH staff will prepare any necessary materials.

### Look for Online eBay Auctions of specialty items and packages!

Bring extra friends to the *Celebration on Ice* at HSBC Arena in the spring!

### Talk it Up!

Tell others about SABAH’s programs and their benefits!

### Volunteer!

On-Ice/Off-Ice at Rinks  
*We especially need volunteers for School-Day!*

Events: Fall Auction & Gala, Spring *Celebration on Ice* Show

Community Venues such as specialty “fairs” and mall appearances

Office Assistance: *Help with mailings, phone calls, odd jobs*

## Welcome New Board Members!

This year, SABAH welcomes three new Board members who bring enthusiasm and expertise to round out the talents of our executive committee. With community spirit and years of experience, these professionals are sure to help SABAH move forward in providing the best programs for Western New Yorkers faced with physical, cognitive and emotional challenges.

Thomas Rennie is owner and president of Western New York Imaging Systems Inc., a local Panasonic provider of document solutions including network devices that scan, print, email and copy in color. Tom started WNY Imaging in 1999. The Cheektowaga company currently employs 14 people and counts over \$2 million in annual sales. Born in Erie, Pennsylvania, Tom is a transplant to the Niagara Frontier since 1990. An alumnus of Gannon University, he currently resides in West Seneca with his wife and three children. Tom has supported SABAH in the past by providing pro bono printing services and office equipment solutions.

An on-ice volunteer at the Hamburg Town Arena with a nephew in the SABAH program, Jack Mehlretter has been a friend of our organization since 2004. He is currently Vice President of Information Technology at New Era Cap and holds a BS in Management Information Systems from Buffalo State College, with an MBA from the University at Buffalo. Jack is a Hamburg resident who was born and raised in Buffalo. He has been married for 28 years and has three grown children.

Ken Dobmeier is president of Media Pros, the area’s largest independent media planning and buying firm. Media Pros specializes in marketing strategies and media campaigns for national, regional and local businesses, including The Mentholatum Company, West Herr Automotive Group, The Buffalo News, Univera Community Health and others. Prior to establishing Media Pros in 1993, Ken served as media director for several local advertising agencies. He was a member of the Board of Directors of the United Way of Buffalo and Erie County and chairman of its Marketing Committee. A father of two grown children and a Canisius College alumnus, Ken lives in East Aurora with his wife.

All three Board members are already working on SABAH’s behalf and are committed to our athletes with special needs. Please join us in welcoming them to our leadership team!

### SABAH Mission

*SABAH’s mission is to challenge individuals with special needs and volunteer partners to experience the success, pride, freedom and joy of therapeutic ice-skating while achieving personal growth.*

### SABAH Staff

Sheila O'Brien, Executive Director  
Lisa Baudo, Director of Skating  
Jody Colby, Skating Instructor  
Julie Virostko-Ende, Skating Instructor  
Susan Marchant, Accountant  
Andrea Michnik, Volunteer Coordinator/Marketing Assistant  
Robert O'Connor, III, Special Events/ Rink Operations  
Lynn Pullano, Marketing/Development Director  
Lisa Reinhart, Database Manager  
Cammie Stamp, Receptionist



### Board of Directors

Mary Clare Koessler-Smith, Chair  
David V.L. Bradley, Esq.  
Brian Costello  
John Dengler  
Ken Dobmeier  
Dorothy Ferguson  
Michael A. Gold, Esq.  
Judi Griggs  
Edward Herbst  
William Keefer, Esq.  
Dennis McManus  
Jack Mehlretter  
Ronald Papa  
Thomas M. Rennie  
Al Vaughters

"I can't wait to celebrate Buffalo and the amazing SABAH athletes!"  
 ~SABAH auction committee member

## SABAH Celebrates Buffalo's Best: Auction 2007

Excitement is mounting as we approach the SABAH Auction and Gala Dinner, "SABAH Celebrates Buffalo's Best!" The event will be held on Saturday, November 10 at the Statler Towers, with a silent auction at 5:30, dinner at 7:30, and live auction following dinner.

This year, entertainment will be provided by the Buffalo band, "Universal Mind," comprised of individuals with special needs. So bring your appetite & your dancing shoes... Come on out for a night of fun, Western New York-style!

Tickets or tables of 10 are available at \$75 per ticket. Please contact SABAH at 362-9600 or [sabah@sabahinc.org](mailto:sabah@sabahinc.org).

### Some Items Featured This Year Include:

- New & Unique Live Auction Items
- Terrific Travel Packages
- WNY Theme & Restaurant Packages
  - Great Sports Items
  - And More!

Special Sponsorship Options Available for the Auction or the Entire Year!  
 Call now (362-9600) to get maximum benefits!

Entire Year...	Auction-Specific...
Platinum	Purchase a Table
Gold	Section Sponsor
Silver	Cash or Item Donor
Bronze	
Customized	



### Auction Items are Gratefully Accepted 2007 AUCTION "WISH LIST"

#### LIVE AUCTION ITEM EXAMPLES

- Travel Packages/Accommodations
- Theme Packages
- Special Sporting Events
- Dinner Packages/Parties
- Large Home & Outdoor Items
- Artwork
- Celebrity Packages
- Jewelry

#### SILENT AUCTION ITEMS EXAMPLES

- Buffalo-themed Goods
- Local Gift Certificates
- Sporting Goods & Memorabilia
- Electronics
- Top Shelf Wine & Liquor
- Assorted Gift Baskets
- Children's Items
- Home & Yard Services
- Tools
- Kitchenware
- Event Tickets
- Artwork/Jewelry



## New Ambassadors for SABAH

As we enter the 2007-2008 skating season, it's time for a new team of SABAH Ambassador Athletes. After initiating the Ambassador Program last year with four athletes, we will expand the program with at least seven athletes for the coming year. These individuals hail from all SABAH rink locations and will represent SABAH at community events, in media appearances and through event and program advertising. In this newsletter, we introduce three of our 2007-2008 Ambassadors: **Paris Adams, Olivia Prawdzik (pictured left), and Emmanuel Stephens!**

**Paris** is a Buffalo resident and currently skates with SABAH at North Buffalo, but has skated in the past at the Amherst Pepsi Center. Paris is a well-spoken 43-year old who performed "Born to Be Wild," in the 2007 *Celebration on Ice* Show. Paris brings a great deal of enthusiasm to his role as Ambassador!

A Clarence resident and student at Harris Hill Elementary, adorable **Olivia** skates at the Amherst Pepsi Center. You may have seen this energetic athlete in last year's performance of the *Aladdin* tune, "A Whole New World" at HSBC Arena.

**Emmanuel Stephens**, from Riverside Rink's School-Day Program, skated in SABAH's 2007 "Hair" routine and attends Buffalo Public School #82. Emmanuel brings lots of heart to our Ambassador Program! Welcome to these and all new SABAH Ambassadors! Look for more Ambassador profiles in future editions.

## Arts, Crafts & Cards

On Monday July 16, athletes from SABAH participated in an Arts & Crafts Day at the Riverside Rink offices. Athletes coated their hands with paint and decorated a bookcase, which will be auctioned on November 10 at the annual Auction and Gala dinner at the Statler Towers. This year's auction will highlight famous features of the Queen City including food, events, activities, gift packages, and unique live auction items or travel excursions. The bookcase and other works of art decorated by SABAH athletes will be featured in a new Athletes' Art Corner.

Six SABAH athletes also colored and drew free-form pictures with markers. SABAH will use these pieces of art for an upcoming greeting card fundraiser. Matthew Garrison, age seven, of North Tonawanda, named one of his masterpieces, "It's Christmas Tree Elmo!" he said. Look for more details in early October at a rink near you or at [ww.sabahinc.org](http://www.sabahinc.org).



Athlete Michael Downing paints his hand for the bookcase that will be auctioned on November 10th at the Statler Towers

"It's almost time to skate!"  
~SABAH athlete

## Packed School-Day Program

Can you say FULL HOUSE? The 2007-2008 SABAH School Day Program is packed! We are so full, we may have to add an additional hour. The SABAH School Day Program, which now runs exclusively out of Riverside Rink, is proud to announce its expansion to three hours per day, five days per week!

In the School-Day Program, each class is required to set individual student goals for the SABAH program. Specific activities to be addressed in the weekly lesson plans include: dressing skills, skating skills, social skills, appropriate peer interaction, interaction with different persons (volunteers and instructors) and following directions. The lesson plans also incorporate a physical and occupational therapy component. Learning objectives are linked with New York State Educational Standards & Alternative Assessments for Students with Severe Disabilities. For more information, contact Bob O' Connor at 362-9600, Extension 10.



Buffalo School 84 skating at the Riverside Rink

## Dress For Success

This season, SABAH launches a new fundraising program for schools, small businesses and corporations around Western New York. If your school or business holds special "Dress Up" or "Dress Down" Days, please consider SABAH as the beneficiary of the proceeds raised. The Dress For Success program hopes to encourage students and employees to donate a small amount to dress according to a theme on a given Friday. For example, if your employees are avid Buffalo Bills fans, designate a Friday for staff members to wear their Bills apparel. If you're a student, ask your school to sponsor a hat day or a Dress Up/Dress Down Day. If you are interested or would like more information on the Dress For Success program, please contact Andrea Michnik at 716-362-9600 or e-mail amichnik@sabahinc.org.



### Summer Cont'd

Plans are already under way to incorporate the Summer Skate as an annual event, so if you couldn't make it this year, we hope you can join us next time! Look for more information in your mailboxes toward the end of the 2007-2008 SABAH skating season!



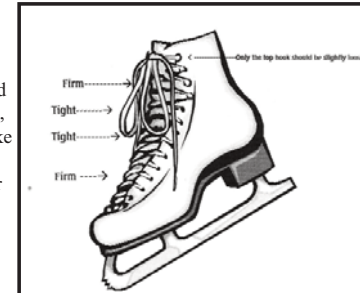
## Wearing The Right Skates for SABAH

By: Julie Virostko-Ende- Skating Instructor e-mail: virostko@verizon.net

As we get ready to start another season at SABAH, I felt this would be a good time to share some notes on the importance of properly fit and laced skates. Skates that are too big, or not laced tightly enough, can make skating difficult and uncomfortable.

Here are some things to remember when lacing up to get on the ice:

- Wear nylons or VERY thin dress socks for a proper fit. Not only do thick athletic socks cause an improper fit, they also make feet colder. (It's true!)
- Undo laces ALL the way down to the toe before attempting to place the skate on the foot.
- Pull up on the tongue to make sure it has not bunched near the toe area.
- Proper fit: For children whose feet are still growing, you should be able to place one finger, NO MORE, behind the skater's heel (skates unlaced, skater standing with knees bent). For skaters whose foot is no



### How To Properly Lace A Skate

- longer growing, no extra room should be present behind the heel.
- When you're ready to start lacing, start at the toe area and work your way up. The area at the toe should be firm; from the top of the foot through the ankle should be tight; the hook area should be firm. The ONLY place that should be SLIGHTLY loose is the very top hook (if too tight, it will inhibit knee bend).

- When standing, ankles should be straight and not drop in/out.

We strongly recommend that new SABAH skaters wear the skates we provide for at least one full season before opting to purchase their own skates. If you decide to purchase skates, please remember:

- Generally, hockey skates are harder to learn on than figure or recreational skates.
- Look for strong ankle support (avoid flimsy vinyl skates).
- Make sure you purchase skates from an experienced skate fitter.
- New skates do not come sharpened: this MUST be done before taking to the ice.
- If buying used skates, check that the ankle area is in good shape and follow the tips for a proper fit listed above.

Now you're ready to lace up and have fun! See you on the ice for another great season!!

## SABAH Opens the 2007-2008 Season

SABAH's Season Opener is coming up fast. Everyone is looking forward to another great year with our athletes and volunteers. We will start our season the first week of October, 2007. Here are some announcements and reminders to help launch our 2007-2008 season:

### 1. Pre-registration.

Forms were mailed in the middle of August. Please fill them out completely and return them to the SABAH office before October.

### 2. Pre-fitting.

Each rink will be assigned a day to pre-fit new skaters. Those whose feet may have grown since the last Ice Show can also have their feet re-measured for new skates.

### 3. Skating.

If you follow all the above suggested steps, you will be able to skate on the first day!

**Thank you and we can't wait to see you on the ice!**