

Ice skating at Humphrey arena this week

BY PATRICIA COLES
Seguin News

This Wednesday, July 13, the Whispering River Community Orchestra is sponsoring a dinner and square dance at St. James United Church in Parry Sound. Dinner at 6 p.m. is catered by Mrs. Wilson's Kitchen and features homemade food. The square dance starts at 7:30 p.m. with music by Andrew Dawdychak, last year's Canadian Open Junior Fiddle Champion, and friends. Veteran caller Keith Shantz will help teach those who aren't familiar with square dancing. Call Brenda Muller, orchestra director at 705-996-0736 for more information. Proceeds help support the orchestra and the young people it sponsors.

Bak sale

Horseshoe Women's Club of Humphrey are holding a bake and nearly new sale and summer basket draws" this Saturday, July 16 in the Humphrey School Parking Lot on Highway 141. Sale starts at 9 a.m. Come out and support a great organization!!

The Parry Sound Anglers & Hunters are holding Youth Marksmanship every Tuesday evening from 7 to 8:30 p.m. This event is for youth 10 to 18 years of age. If you have a 22 and ammunition please bring them, otherwise they will be provided. There is a cost to cover the targets.

Also, coming up at the Parry Sound Anglers & Hunters on Saturday, July 30 there will be a Youth Archery workshop from 10:30 a.m. to 12 noon. This event is for youth up to 14 years of age with instruction on archery with recurve bows. All youth is welcome, there is no charge for this event.

The Anglers and Hunters remind you there is Trap Shooting every Wednesday evening starting at 5:30 p.m. and every Sunday morning starting at 10 a.m. There is also Archery every Tuesday evening from 5:30 - 7 p.m. Everyone is welcome. Check the website at www.psh.org

The Foley Agricultural Society presents the Foley Thrift Shop/Yard Sale - every Saturday in June and July from 10 a.m. until 2 p.m. in the Coop (behind the salt pile) at the Foley Fair Grounds, #60 Rankin Lake Rd. Seguin. Features clothing, books, dishes, tools - something for everyone. Donations are cheerfully accepted. Come and check out the great deals! Contact Janet Borneman at 705-378-1438 or jborneman@vianet.ca or Leah Welk at leahwelk@outlook.com for more information.

In partnership with Cedarland Homes, Hospice West Parry Sound is excited to announce it's 1st annual Handbags for Hospice Charity Gala on July 13 from 7 to 10 p.m. at the scenic Seguin Valley Golf Club (144 Badger Road, Seguin). This exciting evening will consist of LIVE and silent auction of new designer handbags and other luxury items, as well as a wine wall and premium prize table.

For more information visit our facebook event page: <https://www.facebook.com/hospicewestparrysoundhandbagsforhospice/> Tickets are \$50 and include a complimentary alcoholic beverage, sweet and savory Hors d'oeuvres buffet and dessert bar. Purchase your tickets at White Squall, downtown Parry Sound (19 James Street), or at the Hospice office (6 Albert Street) Only 200 tickets are available, so get yours while you can!

Please join Seguin Township for Part 1

of a four-part speaker series focused on Lake Stewardship. Part 2 - "Shoreline Naturalization 101" presented by Delaina Arnold on Thursday, July 21 at 7 p.m. at the Humphrey Arena. Part 3 - "How is Muskoka's Climate Changing and Does it Matter?" presented by Peter Sale on Thursday, Aug. 4 at 7pm at the Foley Community Centre. Part 4 - "Species at Risk" presented by Jeremy Rouse on Thursday, August 18th at 7pm at the Orrville Community Centre. For more information please contact the Township of Seguin at 705-732-4300 extension 262.

Next movie night in Rosseau is Monday July 18 starting at 7 p.m. with the movie *Norm of the North*. Movies are held on the upper floor of the Rosseau Memorial Hall. Please bring your own snack. Next movie/book club selection is *The Maze Runner* - book discussion will take place on July 18th at 2 p.m. main floor of the Hall and the movie will be shown on July 25th at 7 p.m.

Ice skating

Public Skating at the Humphrey Arena - Monday July 11th through to Friday July 15 from 1 to 3 p.m. Children four years and under skate free. Check the Seguin Twp. website for all the events and happenings at www.seguin.ca and choose the tab Play and then "calendar of events"

Library news

The Rosseau Branch Library is closed until further notice. Items borrowed may be returned to any of the other branches. Residents are welcome to use any of the other three branches. No overdue fines will be charged. Make sure you check our website at www.seguinpubliclibraries.ca

ca to see all the events and happenings that are taking place. Don't forget all the libraries are now on summer hours and remember to "Like" us on Facebook!

Every Wednesday at the Humphrey Library is Tech Wednesday with Joshua and Hartley who can help you out with whatever technical issues are giving you a problem. Drop in between 2 to 4 p.m.

Every Thursday at the Humphrey Branch is "Jammin' Thursdays" so come down to the Humphrey Library from 2 - 3 p.m. for a Jam Session and learn our new library jingle. For ages 8 - 14 years. This event will take place every Thursday until August 4.

Coming up on Saturday, July 30, join us for Movie Night under the Stars at the Rosseau waterfront! *Star Wars - The Force Awakens* will be shown starting at 8:45 p.m. Come early and get a spot! Bring your own lawn chairs and blankets! Popcorn and water will be available. Alcohol is not permitted. Hosted by Seguin Public Libraries and Seguin Community Services, with a huge thank you to Eyewitness North Productions Inc. For more information, please call 705-732-4561!

Make sure you mark your calendars for the "Friends of Foley Library" Yard sale coming up on Saturday, July 30 from 8 a.m. to 12 noon in front of the library at 60 Rankin Lake Rd. and the "Friends of Humphrey Library" Book, Bake & Yard Sale in the Gazebo beside the library at 15 Humphrey Dr. on Saturday Aug. 6th from 8 a.m. to 1 p.m.

Get well wishes to all those who are sick or in hospital. Any news, please call 705-378-2973 or e-mail trishg50@gmail.com Happy Trails!



SPORTS ★

Joe's Team wraps up after 10 years

BY SARAH BISSONNETTE

SEGUIN TWP. - After 10 years and more than \$12 million raised, Joe's Team has put up the sneakers, swim caps and bikes.

The non-competitive triathlon held every July out of the CNIB camp in Seguin Township held its last event with about 470 participants running, swimming and biking in the pouring rain and thunder on Saturday, July 9. The one-day event raised about \$1.3 million for the Joe Finley Centre for Head and Neck Cancer at the Princess Margaret Cancer Centre.

Amongst those racing was the Keating family, of Horseshoe Lake.

Dad Scott, mom Mette, with their children Toby, 20, and daughter Emma, 18 all took part in the full triathlon. This was the fifth time Scott and Mette were part of the day, Toby's third and Emma's second.

"This being the final Joe's Team Triathlon played a roll in their competition."

"As I was running I was like, this is the last chance, this is the last time," said Mette, adding that the decision to race didn't matter.

"I think this event is magical," said Scott. "Everyone has been touched by it. It's magical that it brings people together like this."

The annual triathlon was started by Joe Finley, and his wife Cara in 2006. Joe was diagnosed with aggressive head and neck



Clockwise from left, Mette Keating, with husband Scott, extended family friend Cathy Buchana, sister-in-law Sheama, son Toby, and daughter Emma following the triathlon Saturday at the CNIB in Seguin Township.

cancer in 2004. Joe died in 2010. The Joe Finley Centre for Head and Neck Cancer was opened in 2015. Organizers of Joe's Team 2011 commitment of raising \$10 million for the head and neck cancer centre was met in 2014. The team kept going though, but with participation starting to drop, it was time to wrap it up said Cara.

"We thought if we make this One Last Tri, and we marketed it that way, we would get a lot of people coming back," she said. "It worked out exactly as we planned."

Joe's memory was invoked by participants, the organizing committee and by his family. Cara

even attributed the rain to Joe "being a pain" during the awards ceremony.

"I think he'd be absolutely amazed and thrilled at how well it's done," said Cara. "I actually asked my kids that question, 'What do you think your dad would think?' and they said, 'I think dad would be happy that you've done as much as you have and that you are moving on.'"

The Princess Margaret Cancer Centre went from four staff in the head and neck program to 80 thanks to Joe's Team fundraising efforts, said foundation CEO Paul Alofs, who was also a participant in the race.



President and CEO of The Princess Margaret Cancer Foundation Paul Alofs, left, and his wife Sheila Alofs.

Alofs said that after getting to know Joe he knew this would be accomplished.

"Joe was just an extraordinary person," he said. "Even as a patient, toward the end he was out doing the triathlon. He was an amazing guy."

Along with awards, those gathered for the closing ceremonies were also given an update on cancer research by Dr. Fei-Fei Liu of the Princess Margaret

Cancer Centre, who fought back tears when she spoke of Joe.

"You can each take comfort in the knowledge, in our reassurance, that our work and discoveries will continue because of your support, your athleticism and your altruism," said Dr. Liu, who was also a participant in the event.

The Princess Margaret Cancer Foundation is now looking to start a new fundraiser in the Muskoka area for next year.

Cyclists mount up against Parkinson's in annual event

PARRY SOUND - Cyclists will be on the roads around the Parry Sound area on July 15 to 17, participating in the sixth Pedaling for Parkinson's.

This ride started in 2011, when local resident Peter Istvan and his long time friend, David Newall, cofounded "Pedaling for Parkinson's" to raise awareness and raise funds for Parkinson's. Since the inception, more than \$500,000 has been raised. Istvan and Newall are thrilled that 100 per cent of the money donated goes directly to Pedaling for Parkinson's Research Grant, created by Parkinson's Society of Canada's National Research Program. It is awarded to researchers who are working towards better treatments and possible cures for Parkinson's.

"The ride is open to cyclists of all skill levels from first time riders to seasoned cyclists. Riders can choose to ride one, two, or three days and the distances range from 40 to 130 km. It is not a race. It is about participating and making a difference in the lives of people and families affected by Parkinson's. The stories and the reasons some of the cyclists ride are truly inspirational. One of the cyclists, Shelly, says "It is my absolute honour to ride for my Dad, as he is without a doubt,

my hero. Although he is faced with difficult days he still is always smiling. He is caring, thoughtful, and uplifting with all that meet him. I am especially proud to call him my Dad, my hero. His drive and determination is admirable, his humour is contagious and his passion to stay active drives him and inspires us all. My team will be pedaling a total 150km. We both look forward to the serenity and beauty all the while holding onto the mindfulness of my Dad's day-to-day struggles, his battles and hardships. Each struggle, each difficult moment I face and every pain I experience will be my moment to walk a moment in my Dad's shoes."

Parkinson's is a neurodegenerative disease. Movement is normally controlled by dopamine, a chemical that carries signals between the nerves in the brain. When cells that normally produce dopamine die, the symptoms of Parkinson's appear. Currently there is no cure and some people live with Parkinson's for years.

To learn more about supporting the cause, the sponsors, and the various cycling route options for participants, visit www.pedalingforparkinsons.ca.



Submitted photo

Lakeland residents hit the green

On the morning of Monday, June 27, Parry Sound Golf and Country Club hosted residents of Belvedere and Lakeland Long Term Care for a tour of the entire golf course. This was organized by the Knights of Columbus who invited the residents out to enjoy the day. The weather was perfect and the residents thoroughly enjoyed the rides on the golf carts. Residents of the two homes then enjoyed a fantastic lunch at the Club's restaurant. Lakeland's residents had many great things to say about the outing and hope to go again next year, said organizers. Lakeland would like to give a special thanks to the members of the Knights of Columbus for organizing this wonderful trip and to all the volunteer drivers.