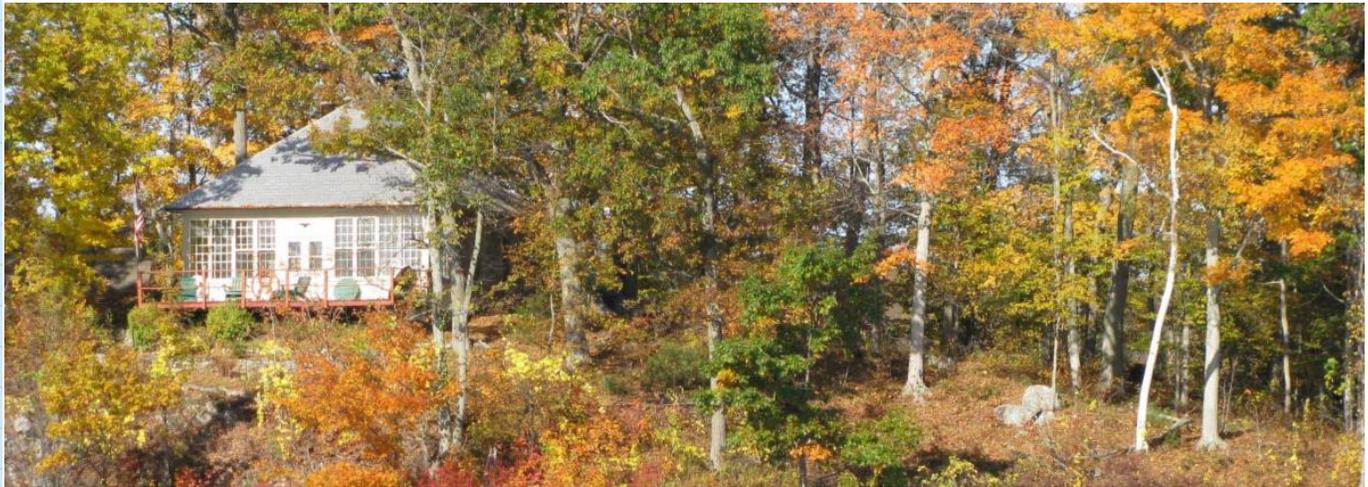




Real Living on the Rideau
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NEWSLETTER
Seeley's Bay Area Residents'
Association (SBARA)
Issue #29 FALL 2019



Photograph taken by Unknown

UPCOMING FALL EVENTS

WEDNESDAY NOV 6TH
SBARA's ANNUAL GENERAL
MEETING - 7:30PM

Interested in Growing Industrial Hemp or thinking about a value added hemp business? Come find out more. See details below.

SUNDAY NOV 17TH
Storyfest Returns
with James Raffan
[Purchase Tickets Online Here](#)

SATURDAY NOVEMBER 29th
Annual Seeley's Bay Tree Lighting

Hello Neighbours and Friends,
Happy Fall - we hope you had a fabulous summer. As the temperature dips and the days get shorter why not join your neighbours and friends at some of our local community events.

SAVE THE DATE

Storyfest returns Sunday November 17th at the Seeley's Bay Community Hall. Tickets are available online (see link to the left) or at the door - \$20.

Watch our Facebook Page for details.

SATURDAY NOVEMBER 30th
Ontario Festival of Small Halls Presents
The Fortunate Ones
[Purchase Tickets Online Here](#)



Seeley's Bay Area Residents' Association Annual Public Meeting



Wednesday, November 6th, 7:30pm Seeley's Bay Community Hall

THE MANY USES OF HEMP

HEMP PLANT HAS UP TO 50,000 USES

STALK

- FIBRE: TEXTILES
- HURDS: PAPER, INSULATION, ORGANIC COMPOST, ROPE, ANIMAL BEDDING, FIBRE BOARD

SEEDS

- OIL: COOKING/SEASONING OIL
- SEED CAKE: FLOUR
- HEMP NUT: MILK/DAIRY, BEER, BAKERY, GRANOLA, PROTEIN POWDER
- BODY CARE PRODUCTS
- ANIMAL FEED
- FUEL
- PAINT

ROOTS

- MEDICINE
- ORGANIC COMPOST

LEAVES/FLOWERS

- ANIMAL BEDDING
- MILK/COMPOST
- MEDICINE/RECREATION

Industrial hemp (*Cannabis sativa*) is one of the oldest cultivated plants in the world. For centuries, its biological fibres have been used to make ropes, sails and clothing. Industrial hemp is a sustainable, rapidly renewable, CO2 absorbing, temperature and drought resistant crop that diversifies farm incomes and offers our community a climate change solution and jobs. The hemp crop can generate up to 4 revenue streams: fiber, hurd, grain, and microfiber (CBD). Local processing to be located in our region, will enable local value added manufacturing of hemp building products for energy efficiency homes, health and food products and many industrial uses.

Come and hear about new possibilities/opportunities and directions from Atlas 365 who is bringing the hemp industry to Eastern Ontario.

Meet your neighbours, share your thoughts about future projects for the Seeley's Bay area and join us for some hospitality.

Welcome to Seeley's Bay

Rick and Kelly Sawany and Kevin Roy recently purchased the Freshmart Grocery Store and plan to be very involved in the running of the business. All three will be working full time in the store. They have owned and operated Toppers (a gas station) on highway 28 near Verona for over 15 years and look forward to expanding their entrepreneurial skills with their purchase of the local grocery store.

Rick and Kelly live in Kingston with their two sons one in grade nine and one in grade eleven, they plan on moving closer to the village once the boys finish high school.

They officially take over the business November 1st but have been in regularly to learn about the business and to meet customers. They are looking forward to becoming a part of the Seeley's Bay community. Welcome - Rick, Kelly and Kevin.

We would also like to extend a warm welcome to Oasis Senior Living - the new owners of the

Want to know more or get involved?

If you are interested in volunteering or have something to donate or would like more information about the Seeley's Bay Area Residents' Association please contact sbara@seeleysbay.com. The current newsletter is sent to over 300 households every few months.

www.visitseeleysbay.ca

