

Believe

Fall/Winter 2017

ISSUE 6.2

A publication of St. Boniface Hospital and St. Boniface Hospital Foundation

Unlocking the future of cardiac care

**From family caregiver,
to patient, to donor**

Loonies for Love
pays it forward



Hôpital St-Boniface Hospital

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Believe

Believe is published twice annually and is a bilingual, joint publication of St. Boniface Hospital and St. Boniface Hospital Foundation. It is intended to inform patients, donors, hospital staff and the public about improvements to patient care, innovations in research, and fundraising initiatives. This publication is also available online at saintboniface.ca. All materials are the copyright of St. Boniface Hospital.

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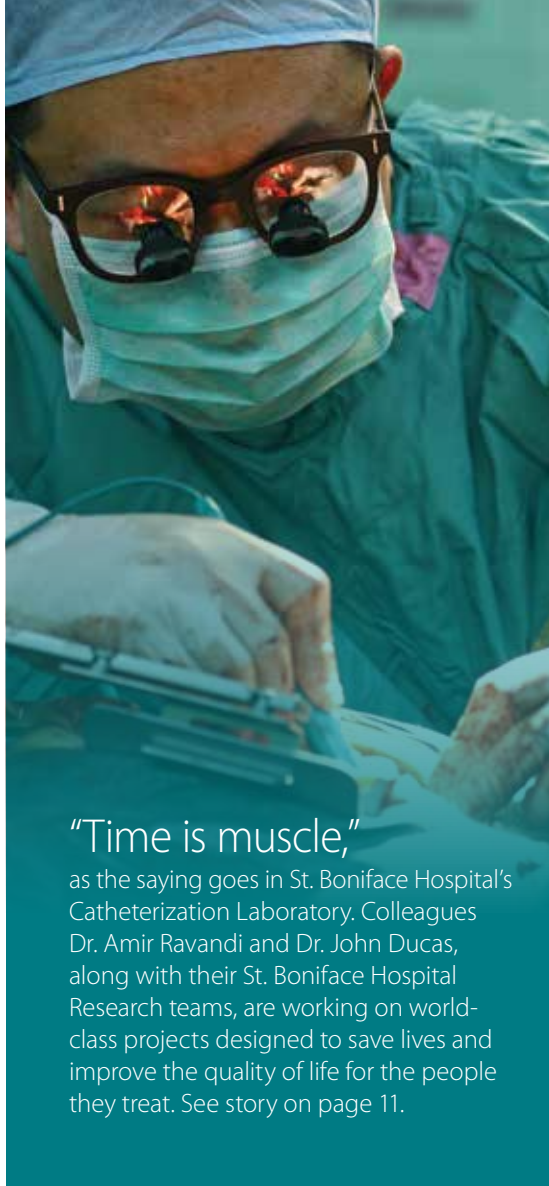
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“Time is muscle,”

as the saying goes in St. Boniface Hospital’s Catheterization Laboratory. Colleagues Dr. Amir Ravandi and Dr. John Ducas, along with their St. Boniface Hospital Research teams, are working on world-class projects designed to save lives and improve the quality of life for the people they treat. See story on page 11.

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Teaching the empathic approach to communication



Connect with St. Boniface Hospital (@sbh_winnipeg) and St. Boniface Hospital Foundation (@STBHF) on social media



St. Boniface Hospital thanks Dr. Bruce Roe for his contributions as President & CEO and for the leadership he's demonstrated since joining the Hospital in 1999; from Executive Director of Clinical Services, to Chief Medical Officer, before being appointed President & CEO in August 2016. Dr. Roe has accepted the role of Chief Medical Officer with the Winnipeg Regional Health Authority.

On behalf of the St. Boniface Hospital staff and volunteers, we wish Dr. Roe the best in his future endeavours.



Neil Duboff

These are exciting times to be part of the St. Boniface Hospital Foundation team. Read on, for a special announcement!

As your newly-appointed Board Chair, I would like to extend a special thanks to my predecessor, John Graham, for his service as our former innovative and passionate Board Chair, as well as longstanding member of the Board. We are pleased to have John remain on the Board, where his passion for creating a healthier society will continue to inspire.

I have some exciting news to share as my first task as Chair – on behalf of the Board of St. Boniface Hospital Foundation, I'm thrilled to introduce Vince Barletta as our new President & CEO. Vince steps into the role left by Charles (Chuck) LaFlèche, who stepped down to pursue a new opportunity last spring, after serving for seven years as President & CEO.

Vince is an energetic leader, with strong ties to our community. He came to us from Economic Development Winnipeg Inc., where he oversaw the YES! Winnipeg initiative. Before that, he served as Director of Community and Economic Development with the Government of Manitoba's Priorities and Planning Committee of Cabinet, and was a two-term Brandon City Councillor.

Even as we evolve, the unchanging truth remains at the heart of the Foundation: the generous support of our donors makes it possible for us to continue to be at the forefront of fundraising, to promote excellence in health care and medical research at St. Boniface Hospital.

In this issue of *Believe*, you'll read about Louis, who was among hundreds of premature or sick babies who spent time in the Neonatal Intensive Care Unit in 2015. Today, he's a happy and healthy toddler.

Or, just imagine what it must feel like to realize that you're having a heart attack. That's what happened to Linda, a donor who tells her St. Boniface Hospital story of recovery in this issue.

As 2017 draws to a close and you consider your charitable giving, Vince and I encourage you to keep St. Boniface Hospital Foundation in mind. Help us offer the highest quality of patient care for generations to come. 🙌



Vince Barletta
President & CEO,
St. Boniface Hospital Foundation

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Neil Duboff
Chair, Board of Directors,
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Bonny, Bob and Mariah Fehr started the Loonies for Love campaign to give back to St. Boniface Hospital's Neonatal Intensive Care Unit.

Making a Difference One Loonie at a Time

How a little love goes a long way

The Neonatal Intensive Care Unit (NICU) provides critical care for the approximately 600 premature and ill babies treated at St. Boniface Hospital each year. The 30-bed unit offers two levels of care: intermediate and intensive care. Intermediate care caters to premature infants that are further along their road to discharge while infants in intensive care go through a series of hills and valleys and could potentially spend months in the hospital.

Sue McMahon, Program Team Manager, has been a part of the Neonatal Intensive Care Unit for the past 14 years. "All members of the team in the NICU play an important role in caring for premature babies and providing emotional support to the parents," she says.

Care in the NICU is provided by a multidisciplinary team of nurses, a dietician, a social worker, respiratory therapists, neonatologists, pediatric residents, fellows, physicians and medical officers.

“Staff ensure parents have all the help and support they need to care for their children. They have conversations and offer advice on how to prepare for life after discharge. Most families enjoy and appreciate such a personal level of care.”

These personal connections led the NICU staff to organize an annual event to celebrate the ‘graduates’ of the NICU and their families. “For most of these babies and their parents, their stay at the hospital is a tough one. The staff believe being able to go home and lead a normal life is a reason to celebrate. And from there came the idea of the Harvest Party.”

The Harvest Party is held in October, close to Thanksgiving. For staff and former NICU babies and families, it’s a fun-filled day of giving thanks and celebrating life post-NICU. The Harvest Party encourages parents to socialize with others with similar experiences.

“The Harvest Party isn’t just a treat for the parents and children. It’s a rewarding experience for all of us. As staff, we are so happy to see the difference we’re making in the lives of these families. It makes it a little easier to get through days that are exceptionally hard.”

Many graduates and their families come back to St. Boniface Hospital as donors. Sue has countless stories of families who have offered support in many ways. One such story, is that of the Fehrs.

Loonies for Love

Mariah Fehr, now 18 years old, spent the first three months of her life in the NICU. Her parents, Bonny and Bob, have always been open about their time at St. Boniface Hospital. So, when Mariah was asked to do a project for school, Bonny suggested she raise funds for the NICU.

“When Mariah was born, my experience at the Hospital was great. Her story touched many people and everyone was praying for her. The nurses were amazing and put a lot of work into caring for these babies. We can’t say enough about the nurses here. Even when we called at 1 a.m. to check in on our baby, they made us feel comfortable and welcomed. *Loonies for Love* is our way of giving back to the NICU,” says Bonny Fehr.

Mariah’s goal was to do something meaningful which led to the beginning of *Loonies for Love* in 2016. She raised

\$175 for the NICU by walking around her school during her free time and explaining to her peers what the NICU did. The donations Mariah collected were used to support NICU mothers by providing them with sleepers and receiver blankets for their babies. The Fehrs were so moved by the difference their daughter was making for infants in the unit, they decided to make *Loonies for Love* an annual donation campaign to support families in the NICU. Mariah will continue to support *Loonies for Love* and hopes to bring in more donations in the future.

“I just want to encourage and inspire more people to pay it forward. Being able to connect with and thank the nurses who helped me 18 years ago was the greatest reward of all. Now more of my friends know about the NICU, and the experience, overall, was fulfilling,” adds Mariah Fehr. 🍷

To donate to Loonies for Love in support of the NICU fund, call 204-237-2067 or email info@stbhf.org. Donations of \$15 or more will be receipted.

Kangaroo Care Necklace

The Kangaroo Care Necklace, designed by local jeweller Hilary Druxman, is a prime example of staff involvement in patient care. Kimberley Hamlin, a Registered Nurse in the NICU, approached Druxman to design a special pendant celebrating kangaroo care, with a percentage of proceeds going toward supporting NICU families in need. Kangaroo care is the practice of having skin-to-skin contact with infants to ensure proper development. A partnership with the NICU and St. Boniface Hospital Foundation was a natural fit for Druxman. The necklaces are sold online through Druxman’s website and have been well-received by staff and former families of the NICU. They represent the resilience of families in the NICU and create awareness about the importance of skin-to-skin contact between infants and their parents.





Touching 100 Years of History

New multimedia exhibit puts artifacts into modern context

The St. Boniface Registered Nurses' Alumni Association has combined historical photos and artifacts with state-of-the-art digital technology to create a new interactive exhibit commemorating the 100-year history of nursing at St. Boniface Hospital.

The multimedia exhibit, *'From one century to the next, from a vocation to a profession'*, was unveiled in May. It invites visitors to St. Boniface Hospital's Everett Atrium to take a virtual walk through the past of the St. Boniface Hospital School of Nursing, to see the contributions to nursing history of its founders, the Grey Nuns of Montreal, and its graduates.

"The St. Boniface School of Nursing played a critical role in developing curriculum and skills in generations of nursing women and men, many of whom went on to become nursing leaders in our community and elsewhere," says Wanda Andres, Alumni President. "The Alumni's goal was to tell these stories in a modern way and make them accessible to patients, staff and visitors to St. Boniface Hospital."

Two large touch-screen monitors installed in the Everett Atrium allow users to read personal letters and other documents, view an extensive collection of photos, and examine digital artifacts – many of which local curator Annie Langlois uncovered in the St. Boniface School of Nursing archives.

"Choosing what to include was difficult," says Langlois. "These are memories of people – some long ago gone and others still with us, who took the time to leave something for us, things they believed were important to preserve and pass on to new generations."

The exhibit was funded in part through donations to the St. Boniface Hospital Nurses Alumni Fund, through St. Boniface Hospital Foundation. [👉](#)

[Learn more about this new multimedia exhibit at sbgh.mb.ca/about-alumni.html](http://sbgh.mb.ca/about-alumni.html)



The Sparkle in His Eyes

St. Boniface Hospital's NICU saves baby Louis

At 31 weeks pregnant, Roseanne Ritchot went to St. Boniface Hospital, concerned her baby wasn't moving around as much. "The doctors said 'we're taking him out right now,'" says Ritchot. "I was in total shock."

The doctors discovered clotting in the umbilical cord, which impaired the flow of oxygenated blood to the baby. When Louis was born, he was taken immediately to the hospital's Neonatal Intensive Care Unit (NICU).

"We were frightened and nervous parents in a space and situation we never imagined we would find ourselves in. You welcomed our presence, and helped us feel like everything was going to be OK," wrote Ritchot in a letter to the NICU team.

Louis was one of hundreds of premature or sick babies who spent time in the NICU in 2015. He was monitored around the clock, and his parents were encouraged to take part in his care and to enjoy as much skin-to-skin contact (kangaroo care) as possible.

"They took the time to teach us – tentative and overwhelmed parents – how to do some of baby's routine care and thus reduce some of the feelings of helplessness we felt in this strange universe," says Ritchot.

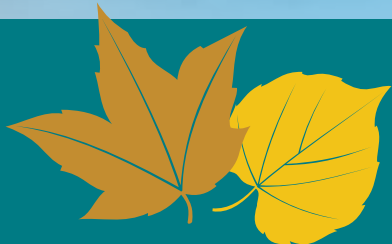
Today, two-year-old Louis (at left) is healthy, happy, and at home. Ritchot and her husband are proud to express their gratitude by contributing to St. Boniface Hospital Foundation.

"We are grateful for the loving care he received – we received – in his first few weeks of life," wrote Ritchot. She thanks the NICU staff "for taking care of our baby boy when he was at his most delicate and fragile; for helping him live through the rough, too-early start so that today we can be at home with our healthy baby and enjoy his smile and the sparkle in his eyes." 🍷

Your support helps vulnerable newborns get the care they need to thrive.



Louis in the NICU, at less than 48 hours old.



In honour of 'graduates' like Louis

NICU staff and former NICU babies and families will celebrate together at the next Harvest Party, October 15, in St. Boniface Hospital's Everett Atrium.





Feeding Vulnerable Infants Safeway gift raises the standard

Safeway employees present a cheque, on behalf of their Manitoba Safeway colleagues, to Janet Sawatzky of St. Boniface Hospital's Mother and Child Unit.

New evidence is emerging all the time about the best ways to meet the nutritional needs of ill and premature babies. Incorporating new knowledge and securing the right equipment takes ongoing education, vigilance, and investment.

Thanks to a gift of over \$35,700 from the Safeway Employee Payroll Campaign, St. Boniface Hospital's Neonatal Intensive Care Unit (NICU) has raised its already high standard of infant care.

The gift was used to enhance the NICU's food preparation area. Improvements included a state-of-the-art scale to ensure precise measurement of nutritional supplements added to expressed breast milk, and a cutting-edge laminar flow hood.

"We are proud to partner with St. Boniface Hospital Foundation. Each year employees from Manitoba Safeway stores generously donate to the Foundation to help ensure critical children's health programs continue to be available for our neighbours now and in the years ahead," says Renée Hopfner, Sobeys Inc. Community Investment Director.


From the perspective of Heather Nowak, Director of the Woman and Child Program at St. Boniface Hospital, the Safeway gift will improve outcomes for the approximately 600 infants who require care in the NICU every year.



St. Boniface Hospital's Neonatal Intensive Care Unit staff.

"The Safeway gift is huge," says Nowak. "When these babies come into the world, they have a lot of things going against them. But when we get a gift like this, it's a reminder that there are a lot of people on their side. And with support from Safeway, we are motivated to always explore how we can perform even better."

The Safeway Employee Payroll Campaign supports Manitoba initiatives in cancer, heart health, and children's health. Since 1998, Safeway and their employees have contributed over \$300,000 to St. Boniface Hospital Foundation.

"We are impressed by the standard of programs and research at St. Boniface Hospital," says Hopfner. "Our employees care deeply about the Hospital's continued success." 



Celebrating Generosity in Perpetuity: **Leadership Giving Wall**

To recognize the generosity of our donors and to inspire future generations to continue supporting excellence in patient care and research, St. Boniface Hospital Foundation's Leadership Giving Wall acknowledges donors whose cumulative giving has reached or exceeded \$10,000.

It's just one way St. Boniface Hospital Foundation recognizes the contributions of our donors, who are at the forefront of changing the face of health care in Manitoba. [👉](#)

Your support moves the future of health care forward.

For more information about how the Foundation recognizes the generosity of our donors, call 204-237-2067 or email info@stbhf.org.

Spark Hope for Generations to Come Leave a lasting legacy

Many donors choose to leave a gift in their will to St. Boniface Hospital Foundation to ensure health, hope, and healing are always available to those in need.

Judy Balabas decided to leave a gift in her will to the Foundation after a heart valve replacement in 2012.

Balabas experienced firsthand the anxiety of major surgery and the stress of recovery, when in 1988, she accompanied her mother from Flin Flon to Winnipeg to receive two heart valve replacements. Nearly a quarter of a century later, she went through this process herself, this time as a patient.

From pre-operative meetings with doctors explaining her procedure, to post-operative care from the cardiac team at St. Boniface Hospital, Balabas felt supported throughout the entire process.

"Everything about my operation was explained to me so well, so I knew what to expect," she says. "The care I received was just phenomenal."

"The cardiac research being done right now at St. Boniface Hospital is so crucial," says Balabas. "It's really important to me – I mean, look at the quality of life I have now."

Her experiences as a caregiver and then as a patient led Balabas to leave a gift in her will for future generations of cardiac patients at St. Boniface. [👉](#)

Leaving a gift in your will is the beginning of a healthier future.

For more information about leaving a gift in your will, call 204-237-2067 or email info@stbhf.org.



Donor Judy Balabas with Garth Johnson, Development Officer, at St. Boniface Hospital Foundation's annual Donor Appreciation Breakfast.

"The care I received was just phenomenal."

The Heart of a Donor

Expressing gratitude through monthly giving



With a family history of heart disease, Linda was calmly aware that something wasn't quite right as she finished her nightly stroll through Fort Garry some 15 years ago.

"I have always been a walker," says the 75-year-old. "After that particular walk, I was breathless."

All four of Linda's grandparents died of heart disease and her father – who lived to be 98 – had experienced two heart attacks of his own. She had a good sense of what was happening to her that warm summer's eve.

She made her way to the St. Boniface Hospital emergency room, approached the desk, and reported: "I think I'm having a heart attack."

The medical team reacted quickly. "They got me on a gurney, tested me, and stabilized me. Two days later, I had quadruple bypass surgery," she says. "I owe my life to the hospital. My doctor was a miracle worker and the nurses were A-1."

After her recovery, Linda resumed her daily walks and adopted a healthy diet. To this day, you can see her walking a couple miles a day, often to watch her 50-year-old son play soccer. "Both of my kids were born at St. Boniface Hospital and my husband has been treated there, too," she says. "I feel like my family owes the hospital a lot!"

As she was recovering from her surgery, Linda and her husband decided that they would express their gratitude by becoming monthly donors.

"The donation comes out of our account automatically and the total donation adds up over time," she says. "It's easy to set up and then it takes care of itself. Our gift goes to the 'area of greatest need' so the Hospital can allocate it to where it is most urgently needed. It's an honour to give! It is our way of saying thanks." 🙏

Your donations support excellence in patient care and medical research.

Make every month count



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You can join a dedicated group of donors who provide ongoing, reliable support to the thousands of patients who depend on us 12 months of the year! Becoming a monthly donor is easy and convenient: your donations are processed automatically each month, and you'll receive one consolidated tax receipt annually.

Call Danielle 204-258-1481 or email drobidoux@stbhf.org.



Time is Muscle

Cath Lab research strengthens hearts

“Everything we do in practice and in research is designed to save lives...”

The Catheterization Laboratory (Cath Lab) at St. Boniface Hospital is a bustling place. Thousands of patients visit the lab each year for procedures such as angiograms to assess arterial blockages, and angioplasty to open up already-blocked cardiac arteries.

Simply put, the lab saves lives – but the work doesn't stop there. Under the direction of Dr. John Ducas, Director of Cardiac Catheterization Labs, St. Boniface Hospital, and Associate Professor of Cardiology, University of Manitoba, the seven physicians in the Cath Lab are also conducting world-class research to improve diagnosis and treatment.

“Speed is indeed of the essence,” explains Dr. Amir Ravandi, Principal Investigator, Cardiovascular Lipidomics, who works and researches with Dr. Ducas in the Cath Lab. “When someone has a heart attack, cells die and that weakens the heart muscle. Those cells cannot regenerate themselves. It is essential that heart attack patients are treated as quickly as possible,” he says. “Time is muscle.”

Multiple research projects

Dr. Ravandi's research focuses around measuring the patterns of blood fat (lipids) in patients having heart attacks, and seeking ways to reduce permanent cell loss. He is working to reduce the impacts of “reperfusion injury”, the damage caused to tissue and muscle when blood and oxygen flow are restored after heart attack treatment.

“We are making important progress. There are certain molecules that hasten the death of the cells. We have found antibodies that will bind themselves to these molecules, which means the molecules can no longer bind to the cells. We are still a couple of years away from human trials, but this is very promising.”

“There are always multiple projects on the go,” says Dr. Ducas. “One current research project is looking at the benefits of using a wrist artery for angioplasty to treat a heart attack, as opposed to the traditional leg artery. Another study is looking at how to best treat patients who have had a heart attack because of one blocked artery, but still have a narrowed second artery. We're also exploring how to best treat patients who are at a higher risk of bleeding during procedures because they take anti-coagulants.”

Another study is following and analyzing the outcomes of patients transferred to other hospitals after Cath Lab procedures at St. Boniface. And a new study is exploring software integration that will ensure doctors are automatically called if diagnostic equipment detects a heart attack. The automatic phone call will save precious minutes in treatment.

“Everything we do in practice and in research is designed to save lives, and improve the quality of life for the people we treat. Every step forward in this research makes a huge difference,” says Dr. Ducas. “We are grateful for the remarkable support we have received from donors to the Foundation. Not only do donations ensure that we have the right equipment and personnel to do our work, the support also inspires us to achieve important results.” 🙌

Your support helps our researchers improve quality of life.

The Power of Empathy

Engaging with family caregivers



Dr. Michelle Lobchuk, Caregiver Communication, Psychosocial Oncology, and Cancer Nursing Research, St. Boniface Hospital.

“We need to learn how to use our imaginations to consciously but temporarily step into the other person’s shoes.”

Dr. Michelle Lobchuk believes that empathy plays a vital role in the well-being of patients, family caregivers, and the nurses who deliver frontline care.

“Sometimes the softer skills like compassion and empathy can be harder to practise than the technical skills,” says Dr. Lobchuk, a specialist in Caregiver Communication, Psychosocial Oncology, and Cancer Nursing Research at St. Boniface Hospital. “My dream is to embed the teaching of these skills in our health sciences curricula at the university.”

At the heart of Dr. Lobchuk’s research is the desire to improve how nurses communicate with the family members responsible for providing care to the hospitalized patient. Through her program, undergraduate and nurse practitioner students receive training before they are sent to practise their empathic communication skills for two weeks. Then, they return to the “care lab” where they are videotaped while interacting with a family caregiver - the video is then played back and carefully analyzed.


“The key for us is that we treat the family caregiver as a patient, too. We need to pay attention to the people at the bedside and not just those in the bed,” says Dr. Lobchuk.

There are three primary components in teaching the empathic approach: “The first step is the hardest because it’s all about enhanced self-reflection,” says Dr. Lobchuk. “We need to learn

how to suspend our own biases and prejudices when we deal with patients and their families. For example, if the patient is here for treatment of lung cancer caused by their smoking, we need to learn how to let go of how we might feel about that.”

“We also need to learn how to use our imaginations to consciously but temporarily step into the other person’s shoes,” she continues. “It takes mental effort – and practise – to open our minds like this and to really listen to what we are hearing.”

Dr. Lobchuk adds that it is essential for nurses to learn how to empathize without taking on other people’s suffering. “People are coming to you for help. They expect compassion, but they also expect objectivity,” she says. “And empathy doesn’t take long to demonstrate. People are pre-conditioned to know that nurses are busy. This work is about improving the quality of interactions among nurses, family caregivers, and patients.”

For Dr. Lobchuk, this research into empathy empowers nurses and adds to the satisfaction they can derive from their work. “I see research as a means of helping me to be a better human instrument to promote patient outcomes,” she says. “Often, nurses will say, ‘I’m not heard’. Research helps to capture their voices.” 

Your donations set the stage for empathy to thrive.



SWINGING THEIR HEARTS OUT... TO RAISE MORE THAN \$80,000!

Winnipeg's golf community is a generous one: on August 14, 2017, the Foundation's Cardiac Classic tournament raised more than \$80,000. These vital funds will provide patients with access to leading technology and other important cardiac treatments, and launch new research into preventing cardiac disease.

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Broadcast on **680 CJOB** live from St. Boniface Hospital's Everett Atrium.

Giving. Remembering. Celebrating.

Thank you to our many compassionate donors who have chosen to make gifts to St. Boniface Hospital Foundation to remember or celebrate those listed below. Gifts recognized were made from November 1, 2016 to May 31, 2017.

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Dr Philip F Hall
Robert Halliday
Chiyoko Hamade
Robert Handler
William O Hanson
Bill Harry Harasyn
Wayne Harland
Nicholas Harman
Jean Harris
William G Harrison
Richard Heaver
Katherine Helgason
Sharon Hodgert
John Edward Hoepfner

Arthur G Hornby
Eric Hornung
Ursula Hornung
Gregg Barry Houston
Anne Hryhor-Mosquin
Theresia Huetter
Marjorie Florence Hunter
Grace Hurrie
Sophie Hurwitz
Andrew Huyghe
Sherril Irvine
Julie Eva Jacobs
Irene Jacques
Ona Janciukas
Caron Jappesen
Claudette Johnson
Mary Agnes Johnson
Brian Kenneth Johnston
Doreen Anne Johnstone
Beverley Anne Violet Joyce
Debora Lee Jucha
Antony Thomas Karlicki
Jack Kay
Iola Kehrer
Max Kettner
Ed Klassen
Charles George Klein
Alvin Knight
William Wasyl Kostelnyk
David Kovnats
Doreen Krasniuk
Anne Kuchma
Ethel Florence Laidlaw
John Edwin Roy Lambert
Olga Landega
Susan Landega
Bill Landiak
Frank Leclair
Denise Marie Leys
George Lieberecht
John Liska
Baby Charlotte Anne
Elizabeth Lockhart
Dale Alexander Lorimer
Dr Shaun E Lucash
Patrick James Lucier
Baby Everley Rey Lylyk
Dr Kenneth Maxwell
MacDonald
Patricia A Macdonald
Andrew Macfarlane
Karry Macmillan-Nice
Isabel MacPhail
Theresa Main
Lawrence (Larry)
Marchinko
Maria Marinelli
Jo Ann Mark
Iris Markham
Baby Elizabeth Marie
Martin
Paul E Martin
Vivian Maybroda-
Silverman
Ilonka Mazur
Peter McCarthy
Charles McCorry

Bernard McGowan
Alexander &
Frances McKean
Ben Mckinlay
Susan McLaren
Olive M McLeod
Rylan McQueen
Edward McShane
John Merchant
Stephen Walter Mical
Dmytro Michalchuk
Marlene Miller
Sidney Minuk
Ted Misanchuk
Doreen Mistelbacher
Robert J Mitchell
Daniel G Mitchler
Georgina Moffat
Sharon Moncek
Dorothy A Moore
Wilfred Thomas Moore
Frank Murdoch
Saibu Bod Musa
Marianne Nault
Roger Nault
Sally Nelko
Herman Neufeld
John Schroeder Neufeld
Suzie Ng
Gary Nicholson
Elizabeth Niesink
Baby Brody Andrew Novak
Omot Ochogi Okello
Sarah Offman
Baby Emma Burton
Scarlett Ogilvie
Peter O'Hara
Josefina Olea
Kent Davidson Oliver
Josephine Olynick
Janet Lee Ostash
Edwood Oswald
Jean Leon Ouimet
Walter Palanycia
Pearl Palay
Ming Yui Pang
David Pastuck
Roy Payne
Henri Pelland
David Penner
Janet Penner
Martin Penner
Maya Person
Raymond Pitcher
Reverend Tony Plomp
Irvin Plosker
Antonio Polvorosa
Pauline Pomarenski
Emil Martin Pomrenke
Jim Potter
Joyce Doriene Powell
Gerard Preteau
Paulette Preteau
Cynthia Quesnel
Patrick Rakowski
Rosella Lydia Rempel
John Leslie Gordon Rice

Mary Richard
Alma Ristau
Rinda Robb
Douglas William Robertson
Richard Robson
Kerry Roitenberg
Raymond Roman
Morley Rosenbloom
David Ross
Gordon Ross
Leonard (Len) Ryman
Johanna Sain
Allan Raymond Sayak
Guenter Schaub
Cornelius Schenkeveld
Baby Daniel David Schmidt
John Walter Schmidt
Frank Schram
George Schreyer
Leona Schwartz
Doreen Patricia Searles
Adolph Sebunchak
Hannah Hope Sheldon
Ann Shewchuk
Lena Shewchuk
Orlando Siciliano
Kay Sigtermans
Allan Silver
Gilbert C Simpson
Roy Smith
Martin Speight
Karl Sproll
Romeo St Amant
Emil Stasiuk
Rosalyn Stern
Peter Stewart
Myrna Stubbings
Catherine Sucharyna
Claudette Sul
Stanley Swiderski
Angela Szczepanski
Wayne Tefs
Louise Lude Tenzsen
Valerie Thibault
Edward Thomas
Gordon Threadkill
Ernest Todashchuk
Ronald James Todd
Marjorie Tokarz
Mark Tooley
Laurette Trudel
Diane Ulrich
Margaret Van Raes
Armand Vielfaure
Alfred Bruce Ward
Susan C Ward
Margaret Waters
Jim Watson
Ross Watson
Ernest Welham
Susan White
Baby Rikki Mallory
Elizabeth Wiebe
Donna Wilkinson
Claude Hooper Wilson
Baby Jayme Windling
John Yanchycki

Allen Robert Young
Martha Zurchauer
Zachary Zyla

In celebration

Wanda Andres
Gillian Barnes
Patricia Bovey
Dr Lorne Brandes
& Jill Brandes
Nolan Karl James Brown
Maria Capozzi
Sharon & Mike Chanas
Dr Peter Connelly
Peter Connelly
Frank Delbridge
Donna Dyce
Sebastien Fix-Jubenville
Dr John Foerster
Gabriel & Marcelle Forest
Amy, Daryl & Dylan Gee
Dr Nadine Gilroy
Gobeil Family
Dr Randolph P Guzman
Hunter Philip Vernon Hall
Judith Hall
Wanda Hall
Hannah Joan Hall-Girman
Robert Halliday
Ryan & Reverly Hart
Dr Tim Hiebert
Tomas Everhardt Holtman
Chris Juenke
Jack Katz
Ms Kim
Grace King
Sheldon & Toby Kirshner
Joe Kowalick
Sidney Rose Ladd
Lorraine, Paul, Gina, Jane
& Jennifer
Rod Mair
Ethan Masters
Connie Moffat
Emily Pang
Dr Grant Pierce
Jean & Flora Poirier
Dr Bruce Roe
Mickey & Pearl Rosenberg
Sal Russo
Kate Sawyer
Nolan Shapera
Marvin Shenkarow
Dr Smith & Drs & Nurses 6E
A Reginald Suski
Donald Thompson
Those who have benefited
from the Circle of
Walking Friends
Dr Alexander Vajcner
Mark Waldman
Sandra & Harvey Weisman
Dr Clifford Yaffe