

Your milestones are our mission • Thank you for 52 years of support! • #CPProud

## INSIDE Westman News Bike Races & more!

### From the Desk of David Kron...

As we get together and plan for 2026, I want to thank the Members, supporters, and families of the Association for the support over the last year. We are looking forward to the new year, together as always.

*\*We're moving!*

**In June, the CPMB offices are moving to \*1850 Main Street.**

We have been in our current location

for 10 years, and we are moving to Main Street for less expensive rent, easier parking and better signage. *Keep your eyes posted for more information and dates.*



In the past few months, we have lost a pioneer and a Friend of the Association, **Ron Wells**. Along with his wife Carol, Ron helped to start the Bike Race in Brandon. On January 19th Ron passed away in Edmonton. Ron and Carol's hard work established a powerful foundation for the Association profile in the Westman Region. *Please see page 9.* I want to also reach out and offer my condolences to Byron Williams and family. **Margaret Williams** passed away in November. Byron Williams has been an ally, advocate and friend to me and the Association.

We recently had bowling parties in both Brandon and Winnipeg! *Please see some great pictures on pages 3 and 6.* On December 6th, 2025 Members got together to review the past year at our 51st Annual General Meeting. We were joined by the '4 Guys' riders, and we honoured them for their many years of support. *Check out the photos below.*

*There are two pages—2 & 10—in the newsletter to get you ready for the 2026 Bike Races.* **WE NEED YOU to get organized, recruit your team, and ask for matching donations and sponsorships!** There are opportunities for involvement at every level for both Races. The websites are open to register as a rider.

**To register a team, contact Susana: call 204.915.8844 or email [bikerace@cerebralpalsy.mb.ca](mailto:bikerace@cerebralpalsy.mb.ca)**

**2026 Bike Race dates are April 18th in Brandon (Westman) and May 30th in Winnipeg.** Let's get going! And, we have a new and exciting E-shop where you can purchase CPMB items, mementos and gifts!

Get your CP pride on, scan **SHOP HERE** above.



**SHOP HERE**

*A heartfelt thanks to each of you; together, we make our Mission a reality! — David Kron* 🌟

### 2025 AGM



Thanks to all who joined us for our 51st AGM held on December 6th! **Check out "A Year in Review" on page 5**

# WE NEED TEAMS & SPONSORS • [SupportCPMBWestman.ca](http://SupportCPMBWestman.ca)

**MISSION: POSSIBLE** — Rally Your Team. Ride 25 Minutes. Change Lives.

## 2026 CPMB Bike Race **MISSION: POSSIBLE** Milestones

Track your progress, earn prizes, and make a difference! #CPProud

### Rider Mission Patch Levels & Prizes

Patch	Goal	Incentive	Progress
	REGISTER as a RIDER ONLINE 	<b>1st Patch</b> RIDE and ASK	Visit: <a href="http://SupportCPMBWestman.ca">SupportCPMBWestman.ca</a> <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$50+</b>	<b>2nd Patch</b> Ask. Thank. Share. Repeat.	REQUEST your donor list from last year. Contact: <a href="mailto:bikerace@cerebralpalsy.mb.ca">bikerace@cerebralpalsy.mb.ca</a> <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$300+</b>	 Pick ONE Prize	ASK 2 people/day • Post updates • Thank Donors <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$600+</b>	 Pick TWO Prizes	SHARE YOUR WHY: "I'm riding to help improve accessibility & independence for Manitobans with CP." <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$1,300+</b>	 WOW—Pick THREE Prizes!	\$1,300 may be the top Rider prize achievement—but fundraising doesn't have to stop there. There truly is no limit to what's possible! <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved

### CLUB 1300—Ultimate Rider Fundraising Goal

Imagine if...every Rider raised **\$1,300+** donations

14 Riders x \$1,300+ each = **\$18,200+** Raised by YOUR TEAM ALONE!

### CPMB receives no government funding

CPMB has never and does not use phone solicitation looking for donations. Our annual Stationary Bike Race is the ONLY MAJOR fundraiser of the year. Funds raised by YOU brighten the lives of our Westman Members and help keep our Association's lights on.  
Thank you for riding, asking, and showing what MISSION: Possible really means! #CPProud



**Saturday**  
**APRIL 18, 2026**  
UCT Pavilion  
Keystone Centre  
Brandon



# Westman Updates

## Firefighters *back on the roof...*



Our wonderful Brandon Firefighter friends have once again generously included CPMB Westman as one of the recipient organizations in their **2026 Tri-Charity ROOFTOP CAMPOUT**. They will be *back up on the roof* from March 10th–13th. **Donate in person at #2 Firehall at 1301 13th Street in Brandon or etransfer: [treasurer803@gmail.com](mailto:treasurer803@gmail.com)** 🌐

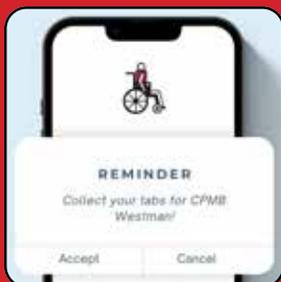
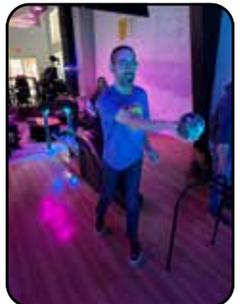
Support the **Brandon Firefighters Tri-Charity ROOFTOP CAMPOUT**

March 10–13, 2026 • **Donate TODAY:**  
in person at #2 Firehall at 1301 13th St, Brandon  
or etransfer to [treasurer803@gmail.com](mailto:treasurer803@gmail.com)



## Striking up some *fun after the holidays ...*

On Saturday, January 17th, members and friends of CPMB Westman gathered together at T-Birds in Brandon for some bowling fun! Pop, pizza and bowling were enjoyed by all at our annual After-the-holiday Bowling Party. **Thanks to everyone who joined us—looking forward to seeing you next year!** 🌐



**Don't toss those pop tabs — SAVE THEM!** Every little tab adds up to a BIG impact. We're collecting pop can tabs to help build wheelchairs, and we need your help! **Start saving today and bring your tabs to the Westman Bike Race on April 18th at the Keystone Centre in Brandon.** 🌐

## Are you providing care for someone?

We are recruiting young carers as research study participants.

How can we support young caregivers?  
What would make things better **for you**?  
Let's talk.

### Eligibility for participation:

- Age 12-30 years
- Assisting a family member or friend
- Residing in Canada

### What you can expect:

- **Share your experience** as a young person supporting someone you care about.
- Express yourself through an **arts-based activity** (optional)
- All participation is **voluntary**, and your identity will be kept **confidential**.
- You will receive a **gift card** in appreciation of your participation.

You may not refer to yourself as a “young carer” but for this study what we mean is someone under age 30 who provides unpaid support, care or assistance to a family member or friend.

**What does being a young carer mean to you?**



Approved by the University of Manitoba  
Research Ethics Board

### Quotes from young people helping a family member or friend:

“It felt unfair. I felt alone giving care to my grandfather. I had resentment as none of dad’s family helped.”

“It was a bit of a learning curve for me ‘cause I am taking care of another adult but I also need to learn how to take care of myself.”

“It provides a bit of reassurance that you can be in a really hard situation and that you can do it.”

### To participate, contact:

[www.ingauge.ca](http://www.ingauge.ca)  
[ingauge@umanitoba.ca](mailto:ingauge@umanitoba.ca)



Principal Investigator:  
Dr. Roberta Woodgate, College of Nursing

# CPMB — A Year in Review: AGM Summary of SEP 2024—AUG 2025

Thank you!  
Dean, Greg,  
Bryan & Kevin

FOUR GUYS Cycle for CP was September 10th!



2024—A RECORD YEAR:  
100km in just 4 hours and 5 Minutes!

SEP 2024 • Four Guys Cycle for CP  
Last Ride—\$110K+ raised since 2013

Thank you for your support!  
<https://supportcerebralspalsy.ca/events/fourguyscycle/Donate.aspx>



CPMB Cerebral Palsy Association of Manitoba

We're here for you!

- Great Membership benefits
- Grants & Scholarships available

Your milestones are our mission  
Learn more at [cerebralspalsy.mb.ca](http://cerebralspalsy.mb.ca)



OCTOBER 26th, 2024  
CPMB Westman's Family Retreat

SEP 2024 to DEC 2025  
Member Recruitment ads  
Flin Flon, The Pas,  
Thompson, The Viking Times



NOVEMBER 29, 2025  
CPMB Holiday Bowling Party



WINTER 2025  
Sledge Hockey



DECEMBER 7th, 2024  
CPMB 50th Annual General Meeting



DECEMBER 2nd at Freedom  
The 4 Guys Ride Presentation

MARCH 2025 • Brandon Firefighters Campout



Support the Brandon Firefighters  
Tri-Charity ROOFTOP CAMPOUT

March 4-7, 2025 • Donate TODAY:  
in person at #2 Firehall at 1301 13th St, Brandon  
or e-transfer to [local803@gmail.com](mailto:local803@gmail.com)



JOIN US AT  
**PRIDE**  
Sunday, June 1

Possible. CPMB Cerebral Palsy Association of Manitoba

MISSION: POSSIBLE Success!

The annual CPMB Stationary Bike Race raises funds to enrich the lives of our Members! Your generosity pays for much needed respite support, equipment like wheelchairs and modifications, adaptive bikes, and walkers, as well as seating systems and communication devices.

CYCLING FOR CP provides ACCESSIBILITY, MOBILITY and FREEDOM in the community! CPMB gets no government funding so...your gift helps keep the lights on and, assists our Members in living more independent lives! Thank you, we could not do this without you! #CPPrud

CPMB Cerebral Palsy Association of Manitoba

Thank you Manitoba—Together we raised \$255,872.56!

CPMB Cerebral Palsy Association of Manitoba

DONATE at [SupportCerebralPalsy.ca](http://SupportCerebralPalsy.ca) • See you in 2026!

MISSION: POSSIBLE Success!

The annual CPMB Westman Stationary Bike Race raises funds to enrich the lives of our Members! Your generosity pays for much needed equipment like scooters, wheelchairs, adaptive bikes, as well as supports adaptive hockey and accessible playgrounds.

CYCLING FOR CP provides ACCESSIBILITY, MOBILITY and FREEDOM in the community! CPMB gets no government funding so...your gift helps keep the lights on and, assists our Members in living more independent lives! Thank you, we could not do this without you! #CPPrud

CPMB Cerebral Palsy Association of Manitoba

Thank you Westman—Together we raised \$79,417.52!

CPMB Cerebral Palsy Association of Manitoba

SAVE THE DATE: Saturday, April 16, 2026 • Keystone Centre, Brandon



JULY 11, 2025  
CPMB @ The Goldeyes

# CPMB Member News...

## A Great Night of Holiday Bowling

On November 29th, over 80 CPMB Members and Friends gathered at Uptown Alley in Winnipeg to strike up some fun for the Holidays! Thanks to Jenny Kowalson for being our fab photographer! **Thanks to all our attendees—see you again on November 28, 2026!** 🎳



**SAVE THE DATE**  
Saturday, Nov. 28, 2026  
Uptown Alley, Winnipeg





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Proudly Non-Profit

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## Thank you all for Supporting CPMB...

- Cerebral Palsy Association Members
- City of Winnipeg Charitable Fund  
(Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical  
Research Foundation
- Winnipeg Goldeyes – Field of Dreams
- Jewish Foundation – Susan Rogers Fund
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial  
Scholarship
- Pembina Valley United Way
- In Honour of Catherine Lambeth
- In Honour of Amanda Klassen
- In Memoriam – Ruth Møllergaard
- In Memoriam – Brian Harris
- In Memoriam – Dean Fenty
- In Memoriam – Paul Redmond
- In Memoriam – Gregory Plitnickas
- Brandon Mobility Open House Fundraiser
- Westman Group Inc
- The Boyko Family
- Coates Family
- McMillan Family



## EASY e-Transfers to CPMB!

SHARE the  
LOVE!



**1** Log into your online or mobile banking  
app and select the account.

**\*NEW 2** Add [donate@cerebralpalsy.mb.ca](mailto:donate@cerebralpalsy.mb.ca)  
as your recipient's email.

**3** Enter the amount and provide name  
of donor and specify allocation as:  
General Donation, In Memoriam,  
Winnipeg/Westman Bike Race or Other.

**\*NOTE: Security question and answer are NO LONGER REQUIRED.**

If you wish to receive a tax deductible receipt for your gift of \$10 or more, please provide your name and complete mailing  
address.

Easy as 1, 2, 3!  
THANK YOU for your  
Support! #CPProud



**MISSION: POSSIBLE—2026 CPMB Bike Races**  
**BECOME A SPONSOR** • [SupportCPMBWestman.ca](http://SupportCPMBWestman.ca)  
**GATHER YOUR TEAM** • [SupportCerebralPalsy.ca](http://SupportCerebralPalsy.ca)

## Thank you all for 50+ years of support!



*\*We're moving!*

As of June 2026, the CPMB offices will be located at...



**CEREBRAL PALSY  
ASSOCIATION  
OF MANITOBA**

**Unit 1 - 1850 Main Street  
Winnipeg, MB R2V 3J4**

*Keep your eyes posted  
for more information and dates.*



**We are the Para Storm Swim Club**

- Manitoba's only Para swimming program.
- A supportive, inclusive Swim Club for people of all ages and abilities.
- From learn to swim, to recreational fitness to competitive, come join our team!
- Ages 6-106



**Email us [parastormswimming@gmail.com](mailto:parastormswimming@gmail.com)  
for more information**

**Apply for CPMB  
Grants ONLINE:**

[cerebralpalsy.mb.ca/grants](http://cerebralpalsy.mb.ca/grants)

*or scan the QR code below*

CPMB's **Grants Program** funds mobility and communication equipment to members upon application.

1. Fill in each field with the requested info.
  2. Upload any quotes or support (PDF) docs
  3. Click SUBMIT!
- And, you are DONE!*



**APPLY  
HERE**

An email will be sent confirming receipt of your Grant Application.  
**APPLY TODAY!** Have questions?  
Call David at 204-982-4842 or 1-800-416-6166

**Our Dream,  
Our Team**



# In Memoriam



**George Sabiston • (age 74)**  
**May 19, 1951 ~ July 19, 2025**

George passed away in the wee morning hours of July 19, 2025, with his family by his side.

George was born on May 2, 1950, to Harry and Adeline Sabiston (nee) Spence. He was one of five siblings.

He is survived by his wife Loretta, his three children, Neil (Sheena), Shelley (Clayton) and Lauren (Alix) and four grandchildren; he is also survived by his eldest sister, Irene and brother Carl along with numerous nieces and nephews.

He grew up in Meadow Portage and Spence Lake communities. He loved baseball, horseshoes and a great game of cribbage as well as a great yard game.

Dad had polio, later named cerebral palsy. This never prevented or stopped my dad from doing anything in his life he just found different ways to do things.

He was a pro first baseman, kicked butt at horseshoes, played a mean game of crib and was also an avid garage saler. His favourite game to play at family gatherings was pass the ace. Our pots got up to 60 to 100 bucks depending on what family could make it! The last few gatherings, the circle of winnings was Dad, Uncle Eddie and Shawn. They were the tough ones!

A Celebration of Life was held for George on Saturday, August 16, 2025 at 2:00 pm from the Meadow Portage Community Hall in Meadow Portage, MB.

Should friends so desire, donations in memory of George may be made to the Heart and Stroke Foundation of Canada or the Parkland Humane Society.



**Margaret Williams • (age 64)**  
**May 16, 1961 ~ November 28, 2025**

Margaret Williams' amazing life ended on November 28, 2025.

Known for her humour, passion and kindness, Margaret will be tenderly remembered by her mother Barbara, siblings, John and Anne, son Wes, stepsons, Josh and Sam (Lexi), spouse Byron, granddaughters, Amelia and Charlie and a host of relatives and friends. Margaret was predeceased by her father, Dr. Angus McGowan.

Margaret was born in Hong Kong in 1961. Her family soon moved to the less temperate climates of Winnipeg. Summers were a special time with cherished memories of vacations at Nestor Falls. Every McGowan gathering was enlivened by tales from Hong Kong.

Beginning in 1973, Margaret attended St. Mary's High School where she formed boisterous, lifelong friendships with Linda, Anne and Denise. Separated by distance, the friends connected through travel. Margaret and Linda hiked the Scottish Highlands and explored Tuscany. Together, the four friends kayaked the Pacific, savoured the Mexican sunlight and most treasured of all, had a last gathering on the rugged Atlantic shores of Nova Scotia.

Soon after high school, Margaret found her life's vocation with Legal Aid Manitoba where her meticulous mind and generous heart became a light for many.

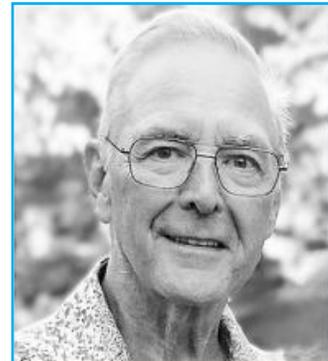
Margaret was a loving caregiver for family, friends and an ever-expanding menagerie of dogs, street cats and the occasional bunny. In 1990, Margaret's son Wes was born. Summers were spent swimming, cycling and exploring the wonders of Lake Winnipeg. Margaret avidly followed Wes' exploits in Kids of Mud and hockey. Special memories were made on a trip to Hawaii with Wes and her parents.

During summers at Lakeshore Heights, Margaret also met Libby and Lea-Ann. The three friends cycled in the MS Bike Tour, enjoying long rides and even longer stops for food.

After a decade of friendship with Byron, Margaret married the love of her life in 2007. Their bond was quiet and steady. Margaret embraced a loving Williams family including Josh, Sam, Lexi, seven siblings, 25 nieces and nephews and 38 great nieces and nephews. Margaret and Byron shared a love for reading, cycling and hockey as well as a late blooming obsession with the Blue Jays. Their home became a haven for lost dogs and hungry cats.

Margaret and Byron's life was immeasurably brightened by the arrival of Amelia and Charlie. Margaret took great joy in helping the girls to swim and in reading about dinosaurs, sharks and bears!

Our family is grateful to the hard-working staff at Riverview Health Centre, CancerCare and Concordia Urgent Care for their support of Margaret over the last few months of her life. A celebratory meal will be held in 2026. Further details will be provided at a later date.



**Ronald (Ron) Louie Wells • (age 75)**  
**December 3, 1950 ~ January 19, 2026**

Ronald Louie Wells, known to all who loved him simply as Ron, passed away surrounded by his loving family on January 19, 2026, after a courageous battle with cancer.

Ron was married to the love of his life, Carol, sharing 48 years of marriage. He was a proud and loving father to his daughters, Amanda and Ashley. Ashley and her husband, Grant, gave him his two grandsons Gavin and Griffin. He is survived by his brothers Ken (Joanne), David (Diane), Daniel (Suzette), and Alan (Pam), brothers-in-law Mike Daigle and Ron Carey as well as many nieces, nephews, in-laws, extended family members, and countless friends who were lucky enough to be touched by his life. Ron was predeceased by his parents, Marjorie and Wilfred Wells; his brothers John, Raymond (Louise - first wife, Jean - second wife) as well as Rod and his sisters Pam and Shelley.

A celebration of Ron's life was held at Memories Funeral Home in Edmonton, Alberta on Thursday, February 12, 2026.

In lieu of flowers, memorial donations in Ron's memory can be made directly to Foyer Lacombe in St. Albert or to the Cerebral Palsy Association of Manitoba—Westman.

**Those that touch  
 our lives stay  
 forever in  
 our hearts!** 

MISSION: POSSIBLE — Teams Needed. Ride Together. Make an Impact.

## 2026 CPMB Bike Race **MISSION:POSSIBLE** Milestones

Track your progress, earn prizes, and make a difference! #CPProud

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	<b>\$50+</b>	2nd Patch <b>Ask. Thank. Share. Repeat.</b>	REQUEST your donor list from last year. Contact: <a href="mailto:bikerace@cerebralpalsy.mb.ca">bikerace@cerebralpalsy.mb.ca</a> <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	BY MAY 21st Collect <b>\$200+</b> online donations	 <b>FREE lunch on Bike Race Day</b>	ASK 2 people/day • Post updates • Thank Donors <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$300+</b>	 <b>Pick ONE Prize</b>	SHARE YOUR WHY: "I'm riding to help improve accessibility & independence for Manitobans with CP." <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$600+</b>	 <b>Pick TWO Prizes</b>	ASK FOR A "MATCH" DONATION: "Would you consider matching donations up to \$100 this week?" <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved
	<b>\$1,300+</b>	 <b>WOW—Pick THREE Prizes!</b>	\$1,300 may be the top Rider prize achievement—but fundraising doesn't have to stop there. There truly is no limit to what's possible! <input type="radio"/> Not Started <input type="radio"/> In Progress <input type="radio"/> Achieved

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Thank you for riding, asking, and showing what MISSION: Possible really means! #CPProud



**Saturday**  
**MAY 30, 2026**  
Blue Cross Park,  
Winnipeg



# Jenny K: Curling with Purpose, Precision & Heart

**For Jenny Kowalson, wheelchair curling is far more than a sport — it's a mental game, a team effort, and a whole lot of determination.**

Jenny discovered curling about six years ago through MB Possible's (formerly SMD) Adult Recreation and Leisure Program and quickly fell in love with the strategy behind it. With no sweeping in wheelchair curling, accuracy, timing, and mechanics matter — and that's exactly what Jenny enjoys most.

Using her manual wheelchair and a delivery stick, Jenny plays the Lead position, setting the foundation for each end. Her team will be co-ed, with a Skip joining from out of province, along with **fellow Manitoban curler Carolyn Linder, coach Hannah Brown**, and another teammate yet to be confirmed.

This spring, Jenny will represent Manitoba at the *Canadian National Wheelchair Curling Championships*, held in Boucherville, Quebec, for a week and a half at the end of April. After a few years without a Manitoba team at Nationals, Curl Manitoba launched a program to grow participation and build a competitive team. Jenny stood out as one of the most promising players and earned her place on the national stage.

**What Jenny is most excited about?** Curling alongside her teammate Carolyn, whom she describes as "amazing and supportive." Carolyn is a retired Team Canada Paralympic Archer and a double amputee — and together, they bring experience, resilience, and heart to the ice.

Wheelchair curlers are largely self-organized when it comes to practice. Jenny regularly trains with fellow curlers in the Intermediate group, focusing on throwing rocks and refining technique — proof that progress is built one shot at a time.

While the team hopes flights will be covered through Curl Manitoba, many expenses are still self-funded. **What's never in question, though, is the commitment.**

Jenny's story is a powerful reminder that cerebral palsy does not define limits — it highlights strength, strategy, and possibility. With focus, teamwork, and a love of the game, she continues to show what's possible on and off the ice.

**Good luck at Nationals Jenny!** 🎯



SCAN  
HERE



Check out all CPMB EVENTS at  
[www.cerebralpalsy.mb.ca/events](http://www.cerebralpalsy.mb.ca/events)

**2026**  
**SAVE**  
**THE**  
**DATES**

**January 12**



**Happy 52<sup>nd</sup>**  
**Birthday**  
**to us!**

**MISSION: POSSIBLE**

**April 18**



**UCT Pavilion**  
**Keystone Centre**  
**Brandon**

**May 30**



**Blue Cross Park**  
**Winnipeg**

**June 16**

**CoHabit**  
**GOLF**

**Glendale**  
**Golf Course**  
**Winnipeg**

**July 10**

**CPMB at the**  
**Goldeyes**  
**+50/50**  
*in support of CPMB*

**Blue Cross Park**  
**Winnipeg**

**November 28\***

**HOLIDAY**  
**Bowling**  
**Party**

**Uptown Alley**  
**Winnipeg**

**December TBC**

**AGM**

**Annual**  
**General**  
**Meeting**

**Winnipeg**



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The Cerebral Palsy Association of Manitoba

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