

The Saskatchewan Lupine

LUPUS SK SOCIETY INC. (LUPUS SK)

Registered Charity #119025880RR0001
 BOX 88, Royal University Hospital
 103 Hospital Drive, Saskatoon, SK S7N0W8
 1-877-566-6123 www.lupus.sk.com
 EMAIL: lupus@lupus.sk.com



Remember to use the Sarcen Drop & Go program for our year round LUPUS SK fundraising!

This fundraiser will work throughout Saskatchewan at each Sarcen Drop & Go location using the ID phrase/code:

lupussask

Throughout the year, you will be helping out LUPUS SK with your donation, PLUS you can bypass the long wait lines!

If you have any questions please contact Irene Driedger at:
 306-227-9562 or idriedger@sasktel.net

LUPUS SK MAKES IT EASIER FOR YOU!

You can now make donations, re-new or start your membership, and send memorials through E-Transfer.

You can send them on-line to our e-mail at: lupus@lupus.sk.com

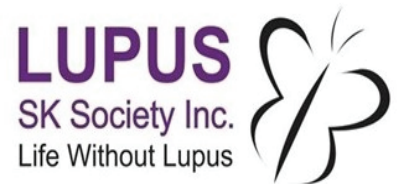


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Lupus SK is pleased to announce that we are now accepting donations via E-Transfer and PayPal. E-Transfer and PayPal are a safe, convenient way to send funds through the internet. All you need is an email address for e-transfers and a credit card for PayPal! If you would like to make an online contribution to Lupus SK, please visit our website: www.lupus.sk.com and look for the Donate button.

LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2022/2023

EXECUTIVE

PRESIDENT	Ann van der Wal	306-477-2511	Saskatoon
FIRST VICE-PRESIDENT	Karen Gaudry	306-301-0857	Saskatoon
SECOND VICE-PRESIDENT	Linda Ulsifer	306-291-3203	Saskatoon
SECRETARY	Michelle Heichert	306-251-0821	Copper Sands
TREASURER	Irene Driedger	1-877-566-6123	Saskatoon

DIRECTORS

Merle Klein	306-291-4640	Saskatoon
Danielle Rudulier	306-230-7509	Saskatoon

NEWSLETTER

Tammy Schmidt	Saskatoon
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SOCIAL MEDIA

Danielle Rudulier	306-230-7509	Saskatoon
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MEDICAL ADVISORS

Dr. A. Rosenberg

AREA CONTACTS

PROVINCIAL	Irene Driedger	1-877-566-6123 (Toll free)
ESTON	Lori Reis	306-962-7660
HUMBOLDT	**VACANT**	
LEASK	Derril Rogerson	306-446-6950
MELFORT	Rebecca Bauer	306-920-7969
MOOSE JAW	**VACANT**	
PRINCE ALBERT	Karen Harder	306-764-4280
RABBIT LAKE/SPIRITWOOD	Merle Klein	306-291-4640
REGINA	**VACANT**	
SASKATOON	Betty Cole	306-382-7136
TISDALE	Kerri Will	306-873-5524
WAKAW	Darleen Lange	306-233-4298
EMAIL-Saskatchewan	Irene Driedger	lupus@lupus.sk.ca
EMAIL-Canada	Lupus Canada	info@lupuscanada.org



2023 UPCOMING MEETINGS



Board Meetings: September 16, 2023
November 25, 2023



Annual General Meeting: November 25, 2023

ALL MEETINGS HELD AT: Smiley's Buffet & Event Center - 702 Circle Drive E. Saskatoon, SK

PRESIDENT'S MESSAGE

This summer brought extreme bouts of heat, coupled with acrid smoke from forest fires across Western Canada. These have posed a major challenge for individuals with lung conditions and issues of immunity. Hopefully you have been able to maneuver through those days without ill effects, and still enjoy the episodes of good weather.

Despite the extremes in weather, Lupus SK managed to successfully hold all scheduled outdoor events. On June 30th. the barbeque fundraiser was held at the Stonebridge Co-op Food Store in the oppressive heat. Yet the turnout was exceptional, and Lupus SK netted the most funds ever from a barbeque.

We are excited about organizing the last and major fundraiser of the season –our "Fall Fling", which will be held at Smiley's Event Centre on Saturday, October 28th. The event last year proved to be very successful, so we are working towards a repeat. Please post the information to your social media. In addition, help is needed to distribute posters and to canvass for silent auction prizes.

For further information, please contact Irene Driedger at: idriedger@sasktel.net or phone 1-877-566-6123.

Let's make LUPUS known!!

Wishing you an autumn of wellness, peace and contentment.

Warm regards,
Ann van der Wal President,
LupusSk. Society



PRECIOUS MEMORIES

** Gordon & Darlene Knapp*

Lupus Memorial Cards are available to give a lasting tribute to friends and family who are no longer with us by making a commemorative donation to Lupus SK. The name of your loved one or friend who has passed away, and for whom the commemorative donation has been made, will be printed in the next published issue of The Saskatchewan Lupine, following receipt of the donation.

THANK YOU TO OUR SPONSORS!



VIRTUS ACCOUNTING

You're at home here.



DONATIONS TO LUPUS SK GRATEFULLY ACCEPTED

The majority of Lupus SK's operating costs are covered through the generous monetary and product donations of supporters, sponsors and donors, also the time, energy and expertise of volunteers. Please consider adding Lupus Sk to the list of charities to which you donate money, volunteer time, or supply products. All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan, help find more effective treatments, and eventually a cure for lupus.

Today we need your support more than ever!

**WE NEED
YOUR HELP**

SASKATOON CO-OP BBQ FUNDRAISERS

What a great summer for our BBQ fundraisers!

Lupus SK had one of the busiest and best BBQ turn outs at the Saskatoon Stonebridge location!

We couldn't make it successful without the help of all the volunteers and customers!

Thank you to all the staff at both locations ~ Attridge and Stonebridge~for your continued help and support.

Looking forward to next years BBQ's.

You're at home here.



SASKATOON WALK FOR LUPUS 2023

The annual Lupus SK "Walk for Lupus" was held at River Landing in Saskatoon.

The weather on May 29th was a clear, bright, hot 29 degree day~ a true Saskatchewan spring. Many participants came out and enjoyed the company of each other and the views around them.

The best time was had by all, getting together and walking for a cure! The heat of the day didn't slow anybody down, knowing that this walk was to make lupus aware to all.

Lupus SK acknowledges and thanks CTV and Global TV for the public service announcements and interviews.

Thanks to all who canvassed and donated to make this event a success!

We are looking forward to meeting new friends of Lupus SK at next years Walk For Lupus 2024!



CROSSMOUNT CIDER CO. ~ YOGA on the LAWN



The joint fundraiser held on Wednesday, July 19th, 2023 was very successful.

Special thanks to Bernice Rosseau and her friendly and efficient staff.

Also thank you to Brandon from Ground Yoga for conducting the session.

Lupus SK has appreciated the continued affiliation with Crossmount again this year.

We look forward for a repeat in 2024 at this idyllic prairie gem.

Bring your yoga mats again next year!



WALK FOR *lupus*



CROSSMOUNT CIDER CO. ~ YOGA on the LAWN



LUPUS SK SOCIETY INC. 2023 ANNUAL TICKET RAFFLE

LAST CALL !!

Time is running out!

**Get your tickets now for the
2023 Lupus SK Ticket Raffle!
Excellent prizes to be won!**

**Tickets are available through
Irene Driedger: 1-877-566-6123 or
email: idriedger@sasktel.net**

**Draw Date: October 28, 2023 at
Smiley's Buffet and Event Center**

LUPUS SK SOCIETY INC. 2023 RAFFLE

\$2.00 each or 3 for \$5.00

**1st Prize: Three-Night Stay at *Baker's Bungalows* - Waskesiu, SK
Valued at \$860.00**

**2nd Prize: Two-Night Stay at *Quality Inn & Suites* - Moose Jaw, SK
Valued at \$250.00**

**3rd Prize: One-Night Stay at *Manitou Springs Resort & Mineral Spa* -
Watrous, SK Valued at \$200.00**

Draw Date: October 28, 2023 at the "Fall Fling"

At Smiley's Buffet & Event Centre, Saskatoon, SK

**Funds used for furthering Education, Public Awareness & Research into Lupus.
SLGA Lottery License #SR22-4769**




THANK YOU to all sponsors for your generous donations!

Funds used for furthering: Education, Public Awareness, and Research into Lupus.

LUPUS CANADA SCHOLARSHIP RECIPIENTS 2023

Sourced from: <https://www.lupuscanada.org/news/lupus-canada-scholarship>


**LUPUS CANADA'S 2023
SCHOLARSHIP PROGRAM RECIPIENTS**


**LUPUS
CANADA**
Life Without Lupus 

Lupus Canada is proud to announce the 2023 Lupus Canada Scholarship recipients. This year we offered six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution. Congratulations to those selected!

2023 Lupus Canada Scholarship Recipients

Dayanna Torres-DeLéon	Maaika Bal
Jasmine Ah Yong	Maddison Tory
Julia Guitard	Victoria Tees





Contact Us

Have questions about the Lupus Canada Scholarship? Please contact us and we'll be happy to help!

Leanne Mielczarek

leanne.mielczarek@lupuscanada.org

Toll Free: 1-800-661-1468

SAVE THE DATES 2023

- Saturday September 16 ~ Board meeting
- Saturday October 28 ~ Fall Fling
- Saturday November 25 ~ Board meeting/AGM

DO YOUR PART FOR LUPUS ~

VOLUNTEER!

Take the opportunity to do positive work in support of lupus education and awareness by volunteering.

Lupus SK invites you to volunteer at the spring or fall medical symposiums or join a fundraising event today.

****Please phone toll free
1-877-566-6123 or email:
lupus@lupussk.com for details of
other upcoming events. ****



22 POPULAR & FUN INDOOR HOBBIES TO TRY AT HOME THIS WINTER

Source: Lupus Canada 2022 November E-Newsletter

Don't let boredom strike this year! Try using your free time to take up some popular and fun indoor hobbies not just for this winter, but all year round.

Use our list of indoor hobbies to inspire you to spend your time better indoors. Our selection covers all different types of winter hobbies, giving you plenty of new ways to exert your energy and creativity, away from the cold weather outside.

1. Cooking

Cooking is a fun way for you to spend time alone, with a friend, partner, or the whole family. There's no limit to the number of new recipes and dishes you can try to cook.

2. Learning a New Language

Learning a new language is a fun, challenging, and overall great indoor hobby to take up. Plus, it can open up the door to a range of opportunities abroad.

3. Indoor Gardening

Indoor gardening allows you to grow and care for plants and flowers at a time when outdoor gardening is not possible in many places around the world due to the weather. It requires much less physical effort than outdoor gardening but with the same reward and satisfaction.

4. Bread Making

Bread making is only increasing in popularity. It's one of those quiet indoor hobbies that are ideal if you have a spare afternoon or morning, with nothing to do.

5. Drawing

If you're stuck indoors, drawing is a therapeutic way to use your spare time and one of the best creative indoor hobbies you can try.

No matter what your skill level when you starting drawing, with practice you will always get better.

6. Writing

Writing could be an excellent output for your thoughts, feelings, and energy. From journaling and mind-mapping to writing a novel, writing can be both therapeutic and creative

7. Investing

Investing can be fun, interesting, and very rewarding. It's an indoor hobby that, if done right, can literally change your life and move you toward total financial freedom when you're older.

8. Reading

Whether you like learning about ancient history or escaping into fantasy worlds, reading is one of those easy indoor hobbies you can pick up straight away. If you don't have space for physical books, get yourself a Kindle Paperwhite. You can download thousands of books to your device and read them at any time.

9. Taking Classes Online

From scriptwriting to magic, workouts to music making, if you've always wanted to learn a skill, chances are there's an online course you can take.

10. Home DIY

You can learn helpful skills and crafts while making your home more comfortable to live in. The sense of achievement that comes with putting up a shelf or putting down flooring is very satisfying.

11. Dancing

From lively, modern dancing to classic dances like tango or ballroom, there are many online dance courses you can take or videos online to follow along.

12. Playing Board Games or Video Games

Not just for kids, playing board games or video games is one of the easiest indoor hobbies for adults too. Games test your reactions, knowledge, and problem-solving skills.

13. Volunteering Online

There are many ways you can volunteer online. Teaching, doing work for charities, and keeping elderly people company are just three that can be both enjoyable and rewarding.

14. Making Your Own Beer / Gin / Wine

There are many excellent brewing kits and starter kits you can buy online. Or, take a course from an expert, and try one of the most unique indoor hobbies you can get into.

15. Creating a Bucket List Together

You can create a bucket list on your own, with a partner, or with the whole family. Remember to set dates to aim towards, and even think about saving or budgeting to save up for certain activities.

16. Join a Facebook Group

Facebook groups are a great way to engage in topics and meet people with similar interests. No matter how quirky or niche your interest, chances are there's a Facebook group for it.

17. Join a Book Club

The great thing about a book club is that it allows you to meet new people in a comfortable environment. As low-cost hobbies go, this is a great choice.

18. Start a YouTube Channel

Anyone can start a YouTube channel for free, and posting on YouTube opens your content up to a world of potential fans, like-minded people, and good friends.

19. Shop at Local Craft Stores

Try local galleries, indoor markets, or designated sections of clothes stores or coffee shops to find local crafts for sale. It can be a lot of fun, and you may even make some friends along the way.

20. Take Up Martial Arts

Need a little discipline in your life? Or maybe a new challenge? Learning a martial art is the perfect hobby to get indoor exercise, meet new people, and learn how to defend yourself.

21 Still Life Photography

One of the best things about still life photography is that it allows you to see true beauty in even some of the most mundane things in your home or living space.

22. Rock Climbing

Rock climbing is one of the best ways to work out your entire body, in a similar way to boxing or swimming.



FALL FLING

FUNDRAISER

SATURDAY OCTOBER 28, 2023

COCKTAILS: 5:30PM ~ DINNER: 6:30PM

TICKETS: \$50.00 /PERSON

CASH/CHEQUE -PAYABLE LUPUS SK

E-TRANSFER TO LUPUS@LUPUSSK.COM WITH PASSWORD: SASKATOON

**SMILEY'S BUFFET & EVENT CENTER
702 CIRCLE DRIVE EAST
SASKATOON, SK**



Proceeds go to Lupus SK, furthering

Education, Public Awareness and Research

- Cash Bar • 50/50 • Silent Auction • Entertainment**
- (bring cash or cheque)**
-

FOR MORE INFORMATION CONTACT:

Irene Driedger @ 1-877-566-6123 or idriedger@sasktel.net



University of Saskatchewan's Pediatric Rheumatology Research IDEA Lab

The University of Saskatchewan's Pediatric Rheumatology Research IDEA Lab is pleased to announce the launch of its' new website at www.pedrheumidealab.com. The IDEA Lab is dedicated to improving the lives of children with rheumatic diseases. Childhood rheumatic diseases, including lupus, are a group of conditions that are characterized by pain and swelling due to inflammation in joints, bones, muscles, and other organs. The IDEA Lab is leading and participating in research locally, nationally, and internationally. IDEA Lab research, in partnership with other scientists, with patients and their families, and with funding agencies, aims to discover the causes and mechanisms of childhood rheumatic diseases and to develop innovative treatments and prevention strategies.

THE IDEA LAB WEBSITE

The IDEA Lab's new website and social media platforms are intended to improve communications with patients, families, and communities to improve awareness about the important research advances that are being generated by the Lab, including work generously supported by Lupus SK. Support for creating the new website was provided by Cassie & Friends (<https://cassieandfriends.ca>), a Canadian advocacy and educational organization supporting children with rheumatic diseases and their families.

THE IDEA LAB NAME

The Pediatric Rheumatology Research IDEA Laboratory was established at the University of Saskatchewan in 1981. The IDEA Lab achieves success through research Innovation and Discovery, by Engagement with other research scientists and with patients, families, and communities, and by mobilizing the new knowledge resulting from research into Action that improves the lives of children and families with rheumatic diseases.

THE LOGO

This LOGO concept is based on the famous Leonardo da Vinci drawing 'Vitruvian Man'. Ranked among one of the all-time iconic images of Western civilization, the work is a synthesis of artistic and scientific ideals. The child in the circle is jumping, stretching, and active. The colours used are the green and gold of Saskatchewan along with blue and orange representing the prairie sky. The symbol also is reminiscent of an Indigenous medicine wheel. The lettering for the acronym 'IDEA' reflects flexibility, bending, and stretching of joints and muscles.

Please visit www.pedrheumidealab.com.
Your feedback will be appreciated.

