

THE SASKATCHEWAN LUPINE

JANUARY 2026

1

Remembering A Beautiful Life Marianne Weber

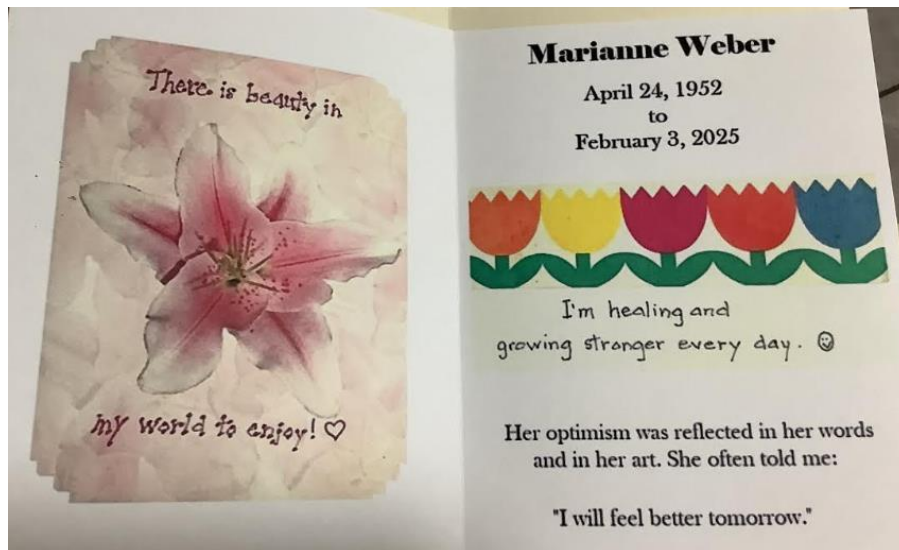


TABLE OF CONTENTS

Lupus SK Directors	Page 2
Upcoming Meetings	Page 2
Presidents Message	Page 3
Precious Memories	Page 3
2025 Online Auction	Page 4
2025 Raffle Winners	Page 4
Remembering Marianne Weber	Page 5
Remembering Marianne Weber	Page 6
How to Donate to Lupus SK	Page 7
'No-Show' Golf Tournament	Page 7
Drop & Go Sarcan Fundraiser	Page 8
Disability Benefits	Page 9
Expand Clinical Trials-Canada	Page 10
FDA Approves 3 rd Treatment	Page 10
Exercise Program	Page 11
Exercise Program Cont'd	Page 11
Lupus Scholarship	Page 12

THE SASKATCHEWAN LUPINE

JANUARY 2026

2

LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2025/2026

EXECUTIVE:

PRESIDENT	Ann van der Wal	306-477-5211	Saskatoon
FIRST VICE-PRESIDENT	Karen Gaudry	306-716-7584	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:

MEDICAL ADVISOR: Dr. A. Rosenberg Saskatoon

NEWSLETTER: Tammy Schmidt Saskatoon
April Edwards Saskatoon

SOCIAL MEDIA/TECH SUPPORT: Kelly Fink Copper Sands

AREA CONTACTS:

PROVINCIAL	Irene Driedger	1-877-566-6123 (Toll Free)
ESTON	Lori Reis	306-962-7660
HUMBOLDT	**VACANT**	
LEASK	**VACANT**	
MELFORT	Rebecca Bauer	306-920-7969
MOOSE JAW	**VACANT**	
PRINCE ALBERT	Karen Harder	306-764-4280
RABBIT LAKE/SPIRITWOOD	**VACANT**	
REGINA	**VACANT**	
SASKATOON	**VACANT**	
TISDALE	Kerri Will	306-873-0272
WAKAW	Darleen Lange	306-233-4298
EMAIL-Saskatchewan	Lupus SK	lupus@lupussk.com
EMAIL-Canada	Lupus Canada	info@lupuscanada.org

UPCOMING 2026 BOARD/AGM MEETINGS

BOARD MEETINGS: APRIL 11, SEPTEMBER 12 & DECEMBER 12

ANNUAL GENERAL MEETING: DECEMBER 12

MEETINGS ARE HELD VIA ZOOM. MEMBERS ARE INVITED TO JOIN THE MEETINGS.

****TO REQUEST THE LINK, PLEASE EMAIL: lupus@lupussk.com**

LUPUS SK SOCIETY INC. (LUPUS SK)
Registered Charity #11902 5880 RR0001
Box 88 Royal University Hospital
103 Hospital Drive ~ Saskatoon SK ~ S7N 0W8

THE SASKATCHEWAN LUPINE

JANUARY 2026

3

PRESIDENTS MESSAGE

Welcome to a New Year! May the spirit of the holiday season continue.

In retrospect, Lupus SK had a very good 2025.

Our Lupus SK annual ticket raffle and two Coop barbecues were profitable, along with a yard sale that also did well. As expected, the McDougall/Lupus SK online auction garnished the most funds. A special thanks to McDougall Auctioneers Ltd. who donated time and staff to host the auction.

Each of these events gave the opportunity to connect with the community and bring awareness and information about lupus and Lupus SK. There were always individuals who shared about a relative or friend who had lupus - others admitted knowing little about this disease.

Once again it is time to thank all who helped make last year a success: the board, members and volunteers. Thank you for the countless hours given by Irene Driedger as treasurer, Kelly Fink for maintaining the website and Facebook, Michelle Heichert for taking board meeting minutes, and Tammy Schmidt and April Edwards for producing the newsletter.

Announcements and information about upcoming events will be posted on Facebook, and photos will appear on Instagram.

Please share any and all ideas for fundraising and consider helping us in whatever capacity possible. Any time, effort and expertise would be greatly appreciated.

In the meantime, during this winter season, be gentle with yourselves and find contentment is just being. Wishing you good health and wellness in 2026.

With warm regards,
Ann van der Wal
President, Lupus SK Society Inc.

PRECIOUS MEMORIES

~ Marianne Weber ~ L. Johnson ~

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 friend or loved one 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.

LUPUS SK SOCIETY INC. (LUPUS SK)
Registered Charity #11902 5880 RR0001
Box 88 Royal University Hospital
103 Hospital Drive ~ Saskatoon SK ~ S7N 0W8

THE SASKATCHEWAN LUPINE

JANUARY 2026

4

2025 LUPUS SK SECOND ANNUAL ONLINE AUCTION

The Lupus SK Second Annual Online Auction hosted by McDougall Auctioneers, was held from October to November 2025.

A sincere thank you to the businesses and individuals for their generous donations.

THANK YOU McDOUGALL'S AUCTIONEERS LTD.!!!

A very special THANKS to Dan DeGagne and staff for donating their time and professional expertise to host the 2nd Annual Lupus SK Charity Auction. It proved to be a huge success. On average Lupus SK netted 77% of the retail value of the items that were listed!

Thank you and congratulations to all the winners!

WINNERS of the 2025 TICKET RAFFLE

1st Prize: One-Night Stay at Dragon's Nest Bed & Breakfast -Regina, SK Valued at \$200.00

Won by Blayne Lea, Dalmeny, SK

2nd Prize: One-Night Stay at Gold Eagle Lodge -North Battleford, SK Valued at \$190.00

Won by Sharon Poncelet, Saskatoon, SK

3rd Prize: Gift Certificate for Manitou Springs Resort & Mineral Spa -Watrous, SK Valued at \$150.00

Won by Cal Nikiforoff, Saskatoon, SK

CONGRATULATIONS to the winners!!

A sincere THANKYOU to the businesses who donated the prizes.

You demonstrate the true spirit of Saskatchewan generosity!

REMEMBERING MARIANNE WEBER

Marianne drove to Saskatoon for many Board meetings and Lupus events. She also hosted a 2-day Lupus AGM and Board meeting weekend.

In Lupus SK earlier years we awarded a \$500 essay award to those that submitted essays pertaining about lupus. Marianne proofed all the essays that were submitted.

Marianne was a very talented artist as well and hand painted writing notes. These writing notes were so popular that Marianne made them into a fundraiser for Lupus SK which was a successful fundraiser.

Marianne sat on the Executive Board positions for many years, and also did the research for medical articles for our Lupine newsletter.

Julianne (Marianne's daughter) and Marianne worked together with my hosting.com setting up the Lupus SK website and keeping information current. Each year the winning essay award was added to the website. ~Irene Driedger



THE SASKATCHEWAN LUPINE

JANUARY 2026

6

REMEMBERING MARIANNE WEBER

Tribute to Marianne Weber

Marianne was a staunch supporter of Lupus SK. Over the years she traveled with her husband, Chris to numerous symposiums. The participants enjoyed her musical talent as she occasionally played her flute for entertainment.

As an expert writer, she transcribed speakers' presentations preparing them for publication in the Lupus SK newsletter, The Saskatchewan Lupine. Along with Vi Van Allen, Marianne chronicled the early history of Lupus SK which is archived on the website. She researched the most current information about lupus and shared it to assist in the endeavors of the organization.

Her warm and gracious spirit endeared her to those who knew her. We are honored to have known Marianne and sincerely appreciated that she was part of the Lupus SK family. She will truly be missed. -Ann van er Wal



Marianne was a big part of Lupus Sk.

When my family and I came across the organization in 2003, my first meet with the group was wonderful. I remember Marianne's big smile and welcoming personality. She was a kind, thoughtful and cheerful lady.

Marianne was considerate with my daughter Alayna (diagnosed with lupus)- that during our symposiums-Marianne and her husband Chris would always celebrate her birthday by bringing out the guitar and singing to her ~ a wonderful memory we will never forget.

Marianne always had a positive outlook on everything, and she was always volunteering for all events that Lupus SK put on. She will be sadly missed and forever remembered. -Tammy Schmidt

THE SASKATCHEWAN LUPINE

JANUARY 2026

7

DONATIONS TO LUPUS SK ARE GRATEFULLY ACCEPTED

The majority of Lupus SK's operating costs are covered through the generous monetary and product donations of supporters, and donors.

Lupus SK is run completely by volunteers; through their time, energy and expertise over the years, we have all benefited from their hard work.

Please consider adding Lupus SK to the list of charities to which you **donate money via e-transfer or cheque**, volunteer time, prizes, or supply product towards our fundraisers.

All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan FREE of charge, help find more effective treatments, and eventually discover a CURE for Lupus!

As of January 1, 2025, we will not be accepting any donations through PayPal as their service fee charges have increased.

LUPUS SK "NO-SHOW" GOLF TOURNAMENT

SAVE THE DATE!

June 20th, 2026, will be our 12th Annual Lupus SK "No-Show" Golf Tournament.

The Lupus SK Society Inc. greatly appreciates the support from many individuals and businesses over the years. As a result of this support, Lupus SK is able to provide many services, education, and awareness projects to people and families living with lupus.

We invite you to assist us in continuing to fulfill our mandate by joining our 12th Annual "No-Show" event. We are a registered charitable organization; therefore, official tax receipts will be issued for all monetary donations over \$20.00.

Instead of having to take the day off work, give your employees the day off, arrange for a sitter, etc. you can send a tax-deductible gift to support Lupus SK.

Thank you for all you have done for us in the past, and we hope you can continue with supporting us in the future!

LUPUS SK SOCIETY INC. (LUPUS SK)
Registered Charity #11902 5880 RR0001
Box 88 Royal University Hospital
103 Hospital Drive ~ Saskatoon SK ~ S7N 0W8

THE SASKATCHEWAN LUPINE

JANUARY 2026

8

SARCAN DROP & GO FUNDRAISER

Do you need to clear out your recycle, but DO NOT want to wait in line ups at Sarcan?

We have a WIN-WIN for all.....Use the quick Sarcan Drop & Go program!

You would be helping out the LUPUS SK non-profit organization with your donation, PLUS you will not have to wait in the long line ups!

This fundraiser will work throughout SASKATCHEWAN at each of the Sarcan Drop & Go locations using the LUPUS SK ID:

ID phrase/code: lupussask

If you have any questions in regards to this, please contact:

Irene Driedger at: 306-227-9562 or idriedger@sasktel.net

THE SASKATCHEWAN LUPINE is published every

JANUARY, MAY & SEPTEMBER

We would LOVE to hear from you!

If you have a personal story, an article that you would like to have in the newsletter, or any comments, please contact us through email at:

tammys.5@outlook.com

NEXT ISSUE DEADLINE ~ March 31, 2026

THANK YOU TO OUR SPONSORS

AIR DRAGONS NEST B&B ~ REGINA

ARMY & NAVY AIR FORCE VETERANS

CO OP

CTV BELL MEDIA

GLOBAL TV

GOLD EAGLE LODGE ~ NORTH BATTLEFORD

MANITOU SPRINGS RESORT & MINERAL SPA ~ WATROUS

McDOUGALL AUCTIONEERS

SASKATOON MEDIA GROUP

SLGA

VIRTUS ACCOUNTING

DISABILITY BENEFITS IN CANADA: PATHWAY TO BENEFITS

Pathway to Benefits is a free national initiative designed to help Canadians with disabilities, including those living with lupus, navigate disability benefits in Canada and access the financial supports they are entitled to but too often miss out on.

Led by the Mood Disorders Society of Canada, the program supports individuals and families as they work through complex benefit systems that can seem overwhelming or difficult to access without guidance.

What is Pathway to Benefits?

Pathway to Benefits helps simplify the process of applying for federal, provincial, and territorial disability benefits. Many Canadians who are eligible for financial support face barriers such as complicated applications, lack of awareness, or limited access to reliable advice.

This initiative aims to reduce these barriers by providing clear information, personalized support, and practical tools to help individuals move forward with confidence.

Read the full article at: <https://www.lupuscanada.org/disability-benefits-in-canada/>

Sourced from: Lupuscanada.org Dec. 2025

EXPANDING CLINICAL TRIAL ACCESS FOR LUPUS PATIENTS IN CANADA

At Lupus Canada, we are committed to improving access to new treatments and empowering Canadians living with lupus to take part in research that shapes the future of care.

Through our collaboration with **MyTrials.AI Solutions Inc.**, we're helping connect patients to clinical trials that may be right for them, safely, easily, and at no cost.

What is MyTrials.ai Solutions Inc.?

MyTrials.ai is a free resource designed to connect lupus patients with clinical trials that reflect their individual medical circumstances, treatment history, and regional options, supporting each patient's unique journey.

To learn more, or sign up: go to <https://www.lupuscanada.org/enroll-in-a-lupus-clinical-trial/>

FDA APPROVES THIRD TREATMENT FOR LUPUS NEPHRITIS

The FDA has approved obinutuzumab (Gazyva) for adults with lupus nephritis, a serious and potentially life-threatening complication of lupus that affects the kidneys.

This approval marks a meaningful advancement in lupus research and treatment innovation.

While obinutuzumab is not yet approved in Canada, this development represents hope for the future and underscores the need for continued advocacy to ensure timely access to new therapies for Canadians living with lupus.

To learn more about this, go to <https://www.medscape.com/viewarticle/fda-approves-third-ever-drug-lupus-nephritis-2025a1000sh4?form=fpf>

FIVE THINGS TO KNOW BEFORE STARTING AN EXERCISE

Outdoor activities can be highly beneficial to people with lupus. However, it's best not to jump right into a rigorous exercise program. It's better to ease your body into the idea of working out.

Lupus patients can and should take part in physical activity. Before doing this, you should discuss with your physician or physical therapist what the best type of exercise will be for you.

Whether you are beginning (or renewing) an exercise routine now, or whether you have been working out throughout the year, there are a few key things that all people with lupus should know about exercise.

Before heading out the door, remember the following five points:

1. Walking, swimming, bicycling, low-impact aerobics, certain types of yoga, Pilates, and stretching can help tone muscles and minimize joint aggravation. Exercises such as these are excellent for preventing osteoporosis, the disease in which individuals lose bone mineral density.
2. Although, at times, exercise may be the last thing on our minds, it is good to stay as active as possible. This prevents the muscles that are no longer being worked from becoming weak. It is also important to vary your exercise routine in order to promote the strengthening of different muscle groups throughout your body.
3. In addition, exercise is good for relieving stress. And, as you may know, stress can trigger a lupus flare. However, **it is vital to pace yourself!** When you try to do too much, that increases your feelings of stress and can also contribute to the disease flaring, which may then create even more stress. Don't push yourself too hard. You have to find a nice balance that works for you. It is important to allow your body to rest and recuperate.
4. If you experience severe pain, or stiff and swollen joints, you should avoid or limit activities that contribute to feelings of pain. Always take breaks if needed! It is a good idea to limit exercises that are high-impact, such as jogging, weightlifting and high-impact aerobic exercises. These can place strain and pressure on the joints.
5. If you do experience pain and joint aggravation, there are several things you can do~

Ways to relieve pain and soreness after exercise

Joint and muscle pain can be relieved by heat and/or cold application. However, moist heat has been shown to soothe painful joints much better than dry heat. Try taking a warm shower, using a warm moist towel or soaking in a hot bathtub to soothe aches and pains.

Other methods to relieve pain can include behavioral techniques, such as relaxation, meditation, focused breathing, low-impact yoga, Tai Chi and guided imagery. These methods allow you to draw your mind's attention away from the pain and to focus on relieving stress and tension that can intensify the pain experience. These techniques are safe and easy to do at home and allow you to control your pain rather than suffer through it.

Cont'd

THE SASKATCHEWAN LUPINE

JANUARY 2026

12

Ice or cold applications are advisable only for strained or twisted muscles or injuries. Follow the RICE (Rest, Ice, Compression, and Elevation) method to relieve pain, reduce swelling, and speed healing. Begin right after the injury occurs and continue for at least 48 hours.

Work with your healthcare team and develop a plan that benefits you while also limiting any discomfort.

Finally, make sure you protect your skin against the sun's rays. Slather on the sunscreen and wear a broad-brimmed hat before you walk out that door!

Sourced from: Lupus Foundation of America February 2024- https://www.lupus.org/resources/five-things-to-know-before-starting-an-exercise-routine?utm_source=LupusFdn&utm_medium=email&utm_campaign=National_Newsletter_2024-01&utm_content=featured_more

WHY A LUPUS SCHOLARSHIP MATTERS

Navigating higher education with a chronic illness like lupus can be incredibly challenging. This scholarship program aims to acknowledge the additional hurdles faced by students with lupus and provide tangible support toward their academic and personal growth.

Through the generosity of the William Birchall Foundation, Lupus Canada is proud to uplift and empower young individuals who are shaping their future while managing lupus.

Lupus Scholarship Program Resources

Though applications for the 2025 cycle are now closed, you can still explore eligibility criteria and access previous application materials at <https://www.lupuscanada.org/lupus-scholarship-canada/>

Discover More About Lupus and Student Support

Explore helpful resources and inspiring stories for students navigating life with lupus.

- Lupus Canada Resource Hub
- Past Lupus Scholarship Winner: Ruth Huang's Story
 - Scholarships Canada

Questions About the Lupus Scholarship?

If you have any questions about the

Lupus Canada Scholarship Program or future application

opportunities, please contact us and we would be happy to connect.

Contact Details:

PO Box 8 LCD 1

Newmarket, ON L3Y 4W3

Phone: 905-235-1714

Toll Free: 1-800-661-1468

General email: info@lupuscanada.org