

Local woman walking to fund pancreatic cancer research

KENNETH BROWN
of The Press Review

Pam Kosolofski of Eston is continuing her personal mission to fund research for pancreatic cancer. She is going to Calgary this month to walk in support of the cause.

The Running Room Ltd. is a large specialty running and walking retailer of sporting goods, apparel and footwear with 100 locations across North America. The company hosts several charity running and walking events in locations across Canada and the United States.

Kosolofski is now taking pledges for the annual 5 km walk she participates in nearly every year. The Resolution Run by The Running Room takes place in Calgary, along with several other locations, on December 31, and the charity run includes a 10km run and a 5 km run and walk.

The Eston resident lost her husband to pancreatic cancer in 2011, and she said she has only missed the Resolution Run once in the five years since her husband's death. The year that she missed, her daughter did the walk.

Kosolofski said that people are able to raise

money for any charitable cause through the Resolution Run. Her cause is pancreatic cancer, so all of the money raised is going to Pancreatic Cancer Canada to help fund research.

Purple is the colour of choice used to raise awareness for pancreatic cancer similar to how pink is the colour of choice for breast cancer awareness. Kosolofski also sells purple pansies each spring to help raise money and awareness in support of research for pancreatic cancer. She said she takes the cause to heart.

"I've made it my mission since my husband passed away," she said, adding that she retired from her job in the health care system about two and a half years ago, and she does what she can to be a champion for the cause.

She noted that she also spends a lot of time doing her own personal research to discover the truth about cancer.

It is the 32nd annual Resolution Run and she said the company has different events it organizes throughout North America to give people an opportunity to raise money for their causes.

Kosolofski said people

could contact her at 306-962-4491 to make a pledge in support of her walk. The Eston resident said she has already received support from people she has come across in her travels. She also has a donation page available on the Pancreatic Cancer Canada website and people could look up the page to donate.

The route for the Resolution Run in Calgary goes along the scenic Bow River. She noted that the route goes down one side of the river, and then participants cross a well known walking bridge to run or walk on the other side of the river.

Other members of her family also join her on the walks.

She said she sold a total of 1,200 four-packs of purple pansies earlier in 2016 with the help of a friend in Rosetown, so the effort raised good money in support of the cause and she is pleased with the result. The local resident noted that Pancreatic Cancer Canada has lower administrative costs than other organizations such as the Cancer Society.

Kosolofski noted that the disease caught her and her husband off guard. He

was complaining of feeling sick to his stomach long before they ever realized he had cancer.

"I just don't want anybody else to have to go through what I went through and to find out too late," Kosolofski added, recognizing that it is a difficult cancer to diagnose and a diagnosis often comes too late. "It's so common."

According to Pancreatic Cancer Canada, approximately 5,200 Canadians, 53,070 Americans and more than 338,000 people worldwide would be diagnosed with pancreatic cancer in 2016 and approximately 4,700 Canadians will have died as a result of the disease.

It is the fourth leading cause of cancer-related death in Canada and it has surpassed breast cancer in the United States to become the third leading cause of cancer-related death. Pancreatic cancer has the highest mortality rate among major cancers with 92 per cent of patients dying within five years of being diagnosed and 75 per cent of patients dying within 12 months of being diagnosed. It is referred to as the silent killer.



Pam Kosolofski of Eston, shown here late in the spring of 2016 during her annual Pansies for Pancreatic Cancer campaign, is doing a 5km walk in Calgary on New Year's Eve day to raise more money to support research for pancreatic cancer. Kosolofski is taking pledges for the Resolution Run, a charitable event hosted by The Running Room in locations across North America.

Local schools to hold Christmas concerts this week

KENNETH BROWN
of The Press Review

Eston and Elrose composite schools are hosting annual Christmas concerts this week as local students will entertain audiences with a variety of skits, songs and more.

The Christmas concerts take place at Eston Composite School on Thursday, December 15 in the gymnasium starting at 7 p.m., and then at Elrose Composite School the very next day on December 16 also in the school's gymnasium starting at 7 p.m.

Community members are welcome to join the families and friends of students at the Christmas concerts, so they are open to the public. The big difference between the two Christmas concerts is Elrose's concert features stu-

dents from all grades and Eston's concert features the school's K-6 elementary students.

Erin Trytten, a Grade 2 teacher in Eston, said there are multiple classes in certain grades, but all of the school's elementary students are participating. The concert starts off with an Etiquette Rap by Grade 3 students, but it will address concert etiquette, she said.

Students from Kindergarten to Grade 3 classes have been mixed together in four different groups, and each of the groups will do its own performance. Trytten said the concert will include skits, songs and a reader's theatre.

She noted that a reader's theatre is a narrative of a book performed on stage. The Grade 4 and

Grade 5 classes have joined together and they are performing a song called "Santa's Solar Sleigh" and they are also doing a cup song, a song that incorporates plastic cups into the performance.

The concert will also feature the Grade 6 students doing a Christmas "Thriller" dance. Trytten said a silver collection will be taken at the door, so admission is by donation. It was added that proceeds would support a school project or another group in the community.

As for Elrose, no further details were available by the time of publication. The concert will feature the school's students in

skits, musical numbers and other arrangements, similar to traditional Christmas concerts from years past.

— Wiseton —

Mason, Logan and Brayden Marchuk have been spending time in Wiseton with Ron and Gwen, Les and Lisa while Kim and Cory Beattie are in Hawaii.

Donn & Enid Facca were up to Lloydminster to visit their kids and grandsons.

Please send Wiseton News to wisetonnews@hotmail.com or call Lisa or Gwen.

**A MESSAGE
of THANKS**

Thank you to everyone who attended my retirement tea and especially those who made speeches and presentations.

It has been my pleasure to serve the ratepayers of the RM of Snipe Lake No. 259 for the past 36 years.

I will miss the council and staff.

Sincerely
Ted Koester

THANK YOU

A big thank you to Sandy King, Laura Saar, Deb Shaw and Fay Fairs and all who helped organize Past-Reeve Ted Koester's retirement tea.

Thank you to Isabelle Ryde and Joanne Johnston for all the setting up, decorating and adding their special touches to the celebration. Thank you to the provincial and local dignitaries for speaking and to all that attended.

To Ted Koester, congratulations and thanks for 36 years as our municipal leader. Job well done!

Jim Swan
Division Six Councillor
Rm of Snipe Lake No. 259

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Blue Christmas Service
Eston Ministerial Association

A Candlelight Service ...

To Remember

To Feel

To Share Your Loss

As the holiday season arrives, families gather for the holidays. During this time families are strongly reminded of the losses they have experienced, whether that be a loved one, a job or any type of loss.

*The Eston Ministerial Association
would like to invite you, your family, friends
and neighbours to a Candlelight Service
to be held at the*

**Sacred Heart Catholic Church on
Thursday, December 22 - 7:00 p.m.**

There will be a short non-denominational service with refreshments to follow.