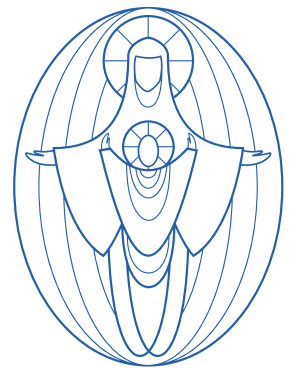


From the Heart

ST. NICHOLAS SCHOOL, IMMACULATE HEART OF MARY ACADEMY,
AND IMMACULATE HEART OF MARY SCHOOL ALUMNI NEWSLETTER



IT ALL BEGINS WITH IHMS

When Adrian Hawaleshka entered the hallways of Immaculate Heart of Mary School in 1974 to begin Kindergarten, he certainly did not know that his association and fond memories of the School would be re-kindled years later through his son Luka.

Adrian graduated from IHMS in grade eight in 1983 and attended St. Paul's High School. He affirmed his commitment to working hard and service to others at St. Paul's, where he graduated valedictorian and received the Governor General's Academic Medal.

Adrian went on to obtain his BSC, completed medical school, and finally completed a 5-year Royal College Accredited Anesthesia Program at the University of Manitoba. Adrian has been working as an anesthetist ever since.

For about 20 years of his career, Adrian worked at the Health Sciences Centre (HSC) in Winnipeg as an anesthetist. Adrian shared that *"the excitement of dealing with challenging cases was exhilarating"*. It was during this time, that he accepted the Medical Director position of the InterHospital Transport Team.

After a significant personal life change, Adrian started working a percentage of his time in the Northern communities of Manitoba. He became Head of Anesthesia in The Pas. At its peak, he was working 50% of his time in The Pas and 50% at HSC. After meeting his wife Joleen, his northern work decreased organically. Additionally, he became the Medical Director of the Operating Rooms at Children's Dental World.

IHMS has played a big part in shaping who I am today.

Today, Adrian works in the private sector as an anesthetist. He is also an author of children's books.

Over the years, Adrian had the opportunity to share his skills in service to those most in need at the time. He traveled to Bolivia with Operative Medical Missions and also had the honour of going to Ukraine three times with medical missions organized by Dr. Oleh Antonyshyn from Toronto. This experience was designed to treat soldiers physically ravaged by war. The latter was exhausting, emotional and extremely rewarding.

Adrian and his wife Joleen have a 10-year old son, Luka, a current student at IHMS. They appreciate that the School has a quiet and structured environment that Luka is excelling in. They also value the emphasis on service and spiritual development.

Adrian shared that *"I think IHMS has played a big part in shaping who I am today. The sense of the importance of community service... of helping others... begins for me with IHMS."* He goes on to explain how IHMS is an excellent experience for his family today. *"Luka has loved it from the second he got there. The structure and teachers have made him feel at home and he literally is excited to go to school every day."*



The Hawaleshka Family - Adrian, Joleen & Luka

Photo by
Norbert Ivan



Adrian has fond memories from his time at IHMS, and is grateful his son gets to share in some of the same experiences he did. He says it was a full circle moment for him that both he and Luka were taught by Mrs. Halayda, who retired from IHMS last year. Adrian has great memories of playing basketball, with Mr. Dram as coach, and even once receiving the "player of the game" by the coach.

Adrian also cherishes the friendships. There is a special bond that is formed in the tight-knit community of IHMS. He remembers every single classmate and these days, social media has allowed them to reconnect again.

"If you think about it... most people do not even remember the kids they went through elementary school with... we all have stayed in touch be it through social media or otherwise. It's remarkable really. Although we are not necessarily in contact regularly... there is a bond there that doesn't break."

- Adrian Hawaleshka ('83)

THE SPIRIT IS STRONG AT IHMS

I am proud and honoured to say that Immaculate Heart of Mary School has always been very close to my heart, and feels like it is a part of my family. It started with my dad, a Ukrainian Catholic Priest, Father Taras Kowch attending IHMS School as a boy in 1964, when his family first moved to Winnipeg. His dad, my grandfather Father Myron Kowch was assigned to be a priest at Saint Vladimir and Olga Cathedral at the time.

My dad had such a wonderful experience at IHMS that it was a natural choice to have me, and my sister Michelle attend once we were school age.

Similarly, I now have my two boys Maxim (Grade 8) and Emilian (Grade 6) enrolled at IHMS. We couldn't be happier with the exceptional education they have received.

Looking back, I appreciate the high level of academic standard that made it very easy for me to succeed in high school. The work ethic instilled at a young age with regular homework and tests was so valuable.... although at the time I didn't always think so-LOL! I am very grateful for the many treasured values I received during my years at IHMS such as honesty, kindness, accountability, ambition, work ethic, and generosity. I can already see

many of these values passed on to my boys while attending IHMS as well.

IHMS provides not only an exceptional academic education, but also an atmosphere where God and learning about Him is an essential part of our lives. This is very important to me, my husband Mark, and my children. Starting the day in prayer, and celebrating Divine Liturgy monthly at the Cathedral are things I cherished in my many years at IHMS. My boys have been blessed to have the same Divine Liturgy experiences, but with their grandfather leading the Liturgy, and them serving as altar boys. IHMS teaches respect for God, students, teachers, ourselves and everyone.

God has continued to be an essential part of my life, and in my career. I am blessed to work in Spiritual Care at Holy Family Home, helping to lead Chapel Services, bringing God into people's lives, and visiting the elderly, vulnerable and lonely. It has truly been a gift to work in Spiritual Care at HFH, especially during this pandemic when many residents couldn't have visitors due to isolation. I have felt so blessed to be able to give back to others at this very challenging time.

I am very grateful for the many treasured values I received during my years at IHMS.



Bernadette with her husband, Mark, and sons



One of my favourite memories at IHMS would be the incredible Christmas and Ukrainian concerts.

The Music and Ukrainian teachers would go out of their way, making tremendous efforts with before school and lunch practices. Others would help with elaborate costumes and props, and you would truly see everyone in the School: students, staff, and volunteers working together as a family. I can say from experience that these amazing concerts have continued on, as I have been privileged to watch them now with my boys participating in them. The spirit is strong at IHMS! Thank you IHMS for the incredible memories, friendships and fun!

*- Submitted by
Bernadette (Kowch) Kozak ('99)*

STAFF SPOTLIGHT

NEW IT COORDINATOR HELPING IHMS GET CONNECTED



Meet Nick Szun ('14), IHMS Alumni, and new IT Coordinator at the School.

What is your current role at IHMS?

I am an IT Coordinator at IHMS and have been in this position for 4 months.

What are some ways your role has helped IHMS during the pandemic?

My main role during the pandemic has been to make sure that anything technology related runs properly. The first major step to helping IHMS was to put an all new network in place complete with new Wi-Fi access points and network hardware capable of supporting the School's current and future needs. Our network infrastructure is crucial now more than ever, as connecting staff, students and families virtually has become essential over the course of the pandemic. Other

ways I'm helping the School include maintaining the network of iPads and Mac Computers, as well as keeping the computer lab clean looking and sanitary.

What values do you feel were instilled in you during your time at IHMS?

My strong work ethic as well as love for volunteering are among the values were instilled in me while at IHMS.

Favourite memory at IHMS?

My favourite memories as a student are being involved in the back end and tech side of the productions put on in the Winter and Spring.

ALUMNI ON THE FRONTLINES



Justina Tychanski ('09)

After high school, Justina attended the University of Manitoba then journeyed to Toronto for a few years to continue her education, and eventually returning back to Winnipeg last year.

As a recent university graduate in 2020, Justina says beginning to navigate the workforce during a pandemic has been a wild ride. *"Continuing to physically go into work during this time has certainly taught one how to stay on their toes, from an abundance of personal protection equipment to the ever-evolving guidelines with public-facing jobs."*

Recently, Justina began to work at one of the Covid-19 vaccination supersites in Winnipeg. When asked about her motivation behind wanting to work there, she says, *"As a healthcare professional, I met the province's extended eligibility criteria to help accelerate the vaccination rollout. Working with others from various disciplines under Shared Health has been a very exciting opportunity to combat Covid and help expedite our return to the pre-pandemic life!"*

Reflecting on her time at Immaculate Heart of Mary, she says that the School instills a strong sense of community and is constantly encouraging the spirit of giving. There is always a beaming example of giving back wherever you turn in the School: teachers going above and beyond for their students, a phenomenal administration and support staff who truly care and go the extra mile, and countless volunteers behind so many of the School events. She says, *"I'd like to think I've carried forward that community-minded approach into my line of work now."*



Justin Mezibroski ('07)

Justin Mezibroski is now working as a Registered Respiratory Therapist at the Health Sciences Centre. His role as a Respiratory Therapist revolves around making sure people are breathing, to put it succinctly. In the intensive care units it means managing people on life support. In the ER this means using various equipment to support someone breathing so they don't end up on life support or starting someone on life support when there is no longer an alternative.

Justin's career as a therapist started just over a year ago, during the Covid-19 pandemic. He graduated, then transitioned from student clinicals to becoming a staff therapist. Justin shares, *"Having been thrown right into the frontline of the pandemic first had me excited. Here I was equipped with a unique skill set that is extremely relevant in the management of a respiratory pandemic."* During the summer months the infection numbers were low and the ICUs were at normal capacity. Then November came and cases skyrocketed. The ICUs exploded with Covid patients and there were outbreaks on different wards. Justin continues, *"In the span of a few months I went from eager and bright eyed to stressed and weary. I couldn't anticipate how stressful my job would become in such a short time."* The nature of the job entails experiencing the death of patients with a higher frequency than most hospital positions. The lethality of Covid-19 in patients on life support has brought this to an almost unbearable level.

In order to cope in this pandemic Justin reminds himself of the positives of his work. *"God has given me the ability to learn a skill set that allows me to care for the sickest people in our province. I have the strength to administer this care despite ever increasing challenges. The joy of seeing someone leave the ICU in better shape than they came in is unimaginable. Knowing that I am learning at an accelerated rate and will be better able to serve my patients in the future is inspiring."*

SUPER SPRING 50/50

Thank You!

With the ongoing pandemic, our regular in-person fundraising events had to be taken online. This spring, we launched our first ever Super Spring 50/50 Raffle! With your support, we raised \$26,300, with half going to IHMS, and the other half to our winner! 100% of the net proceeds have been invested in programs that are enriching our students' experience.

Thank you to all who purchased tickets, you truly helped make this a successful Super Spring Raffle!

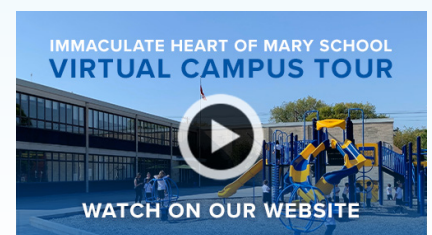


Mr. Picklyk and Sister Jean Zemliak drew the winner live on the IHMS Facebook page.

VIRTUAL CAMPUS TOUR

Take a Tour

IHMS recently published a virtual tour of the School online. If you, or someone you know is interested in the School, or you just want a bit of nostalgia, check it out at the link on our website. To book a personal tour with the Principal, contact us at 204-582-5698 or ihms@ihms.mb.ca



ALUMNI UPDATES



Lindsay Lozynyc ('95)

graduated with a Bachelors Degree in Nursing in 2006. She worked 11 years as a registered nurse on a neuro rehab unit, and for the past 4 years has been working in the area she is most passionate about – palliative care.

Lindsay has been married for 14 years to Gini, and they have three children – Julian, Georgia and Benny.



Aneta (Chomik) Carroll ('97)

graduated with a B.Comm. Honours degree then followed that up with an Applied Counselling Certificate from the University of Manitoba. She has now worked with the Province of Manitoba for over 10 years. For the last 5 years she has been an Immigration Officer in the Department of Advanced Education, Skills and Immigration.

Aneta is married to Rob and they have two sons: Maks and Oskar.



Christian Palaschuk ('06) and Tianna Mager ('03)

both graduated from IHMS as super niners, and made life-long friends at the School. They reconnected years later through an extended group of friends and IHMS alumni in the Ukrainian community.

Christian and Tianna got engaged on December 30, 2019 just before the pandemic began. They had plans to be married on May 14th, 2021 but have had to pivot (more than a few times) and plan to get married on December 30th, 2021. Though it's been an unexpected year they have had wonderful support from their families and wedding party - many of which are also IHMS alumni including: Tianna's best friend and Christian's sister Alexa Sawatzky (nee Palaschuk '03), Brittany Shergold (nee Bator '03), Kaleigh Humniski ('03), Aislinn Mager ('05), Antin Stowell ('05) and Stefan Stowell ('07).

While they may not have celebrated their wedding this May, they did get to celebrate Christian's graduation from the Max Rady College of Medicine and achievement of his Doctor of Medicine (MD) degree. Christian was fortunate to match to the University of Manitoba Emergency Medicine Residency Program and they're excited that they get to stay in Winnipeg as he continues on in his medical career and they can hopefully get married soon!

Events AT IHMS



Ilyana (daughter of Monica Sim nee Saray '92) enjoys a delicious Perogy Lunch served to the students.

Katya all dressed up for International Vyshyvanka Day.



Jaxon (son of Joseph Kutcher '92) builds a remote controlled 'robot-critter'.

The students focused on learning about Lesia Ukrainka during Ukrainian Week.



Do you have an update you would like to share? Did you just get married or have a baby? Where are you living? What have you been up to? Let us know by sending an email to alumni@ihms.mb.ca

Have you moved? Newsletter still showing up at your childhood home? Let us know your new address! Email info@lubovfoundation.ca so we can update your records!

Thank you to our newsletter sponsor:



Thank you to our alumni who contributed to this issue. If you have news or stories you would like to share, please contact:



1085 Main Street
Winnipeg, MB • R2W 3S1
204-942-0443
info@lubovfoundation.ca