

NEWS RELEASE

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NORTHERN TEAM DIABETES A BIG HIT AT LARGEST HONOLULU MARATHON EVER!

WINNIPEG—The North West Company's 2005 Team Diabetes successfully completed the 2005 Honolulu Marathon on Sunday, December 11th, marking the fifth consecutive year of The North West Company's employee participation in promoting Diabetes prevention and healthy living. Team fundraising has raised almost \$150,000 so far, and will continue through December.

Training for a marathon in Northern Canada is always a challenging task for The North West Company's Team Diabetes. In 2005, individual training for the participants was made a little easier knowing that they were part of the largest team ever.

Six employees from North West's *Northern*, *NorthMart* and *Giant Tiger* west stores, were joined this year by five members of Northern communities to make up the 11-member team. Joining team captain Donna Knee (Winnipeg) were fellow North West employees Michael Osborne (Winnipeg), Deena Ray (Winnipeg), Tony Demerah (Holman, NWT), Elma Adie (Buffalo Narrows, Saskatchewan) and Mary Mamakeesic (Sandy Lake, Ontario). Ronnie Sealhunter (Chisasibi, Quebec), Ronnie Gilpin (Wemindji, Quebec), Elijah Ningiuruvik (Kangiqsujuaq, Quebec), Eli Kavik (Sanikiluaq, Nunavut) and Gloria Mamakwa (Wunnumin Lake, Ontario) proudly represented their communities.

"This marathon has changed many things for me. It was an experience of a lifetime," stated Elma Adie after completing the marathon. "If I could walk another 26 miles to save a life, I would."

Unfortunately factors like illness and weather prevented Tony Demerah, Elijah Ningiuruvik and Eli Kavik from making the journey to Honolulu.

"I was only partially disappointed," said Tony Demerah. "The trip was the icing on the cake. The real reward was helping to educate the community about diabetes, and raise money for a great cause. Being joined by the kindergarten class when I ran in the school gym as part of my training program was an amazing experience."

Team Northwest Diabetes has grown into a total community effort," commented North West Company President and CEO Edward Kennedy. "These individuals are role models for healthy living and demonstrate the caring nature of northerners. Congratulations to each team member!"

Over the last five years, The North West Company has raised over \$500,000 for diabetes research. Through the month of December, North West will continue to sell Snowman pin-ups as part of its Gift of Hope Campaign in all Canadian *Northern*, *NorthMart* and *Giant Tiger* west stores. All the proceeds from these sales will go directly to Team Diabetes. The monies collected from this campaign will be augmented by North West's year round Diabetes Coin Box program and company-wide staff fundraising.

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