

## **Winnipeg Free Press**

<https://www.winnipegfreepress.com/breakingnews/2025/08/29/what-my-dad-would-have-wanted>

### ***'What my dad would have wanted'***

### ***Scheifele opens up about loss of father, return to hockey at Oly camp***

By: Ken Wiebe

CALGARY — Even as a master of preparation, there was nothing Mark Scheifele could do to brace himself for the phone call he took on the morning of May 17.

The news on the other end of the line was devastating, as Scheifele learned that his father, Brad, had passed away during the night after his battle with cancer.

In a hotel room in Dallas, Scheifele was stunned, left to try and pick up the pieces on a day his Winnipeg Jets were trying to stave off elimination against the Dallas Stars in Game 6 of their second-round Stanley Cup playoff series.

“It wasn’t the easiest of days,” Scheifele said in an exclusive interview earlier this week at Team Canada’s orientation camp in Calgary. “Really, really tough to wake up to that news. It’s tough to put into words actually, how I got through that day. But obviously, I have a lot of amazing people around me.”

Those amazing people ranged from family members, teammates, friends and even opponents, as Scheifele would see hours later during the hardest handshake line he’s ever had to work his way through.

That Scheifele chose to suit up in the game under such excruciating circumstances was impressive to witness, but when you hear him share details about the conversation he had with his mother that morning, his participation was never really in doubt.

“My mom was pretty strong,” said Scheifele. “Just talking to me about playing and what my dad would have wanted. It was pretty special to play in that game, to see the support from my best friends and my family — and even people around the league.”

People around the league were watching as Scheifele walked into the arena beside Jets teammate Josh Morrissey.

They were watching when Scheifele scored at 5:28 of the second period to give the Jets a 1-0 lead, and they were watching when he was in the penalty box serving a tripping penalty in the early stages of the first overtime as Thomas Harley delivered the series-clinching goal.

The scene that followed was a combination of heartbreaking and uplifting.

The TV camera panned to Scheifele dropping his head in the box in disbelief — a cruel ending to an already painful day.

Jets captain Adam Lowry skated over to the penalty box and wrapped his arms around Scheifele.

There were embraces with his teammates and then words of encouragement and extra-long embraces from Stars players and head coach Peter DeBoer.

“It’s tough to hold back the emotions right now,” said Scheifele, asked to describe his thoughts in the moment. “Some of the things that guys said were pretty heartwarming. To see the respect and — it just shows how great of a hockey community the NHL is and hockey players, in general.

“It made me feel very special and loved. That handshake line will be something that I remember for the rest of my life.”

Although he’s an incredibly private person, Scheifele shared that he’s doing the best he can under the circumstances, conceding that the grieving process is still in the early stages.

“Throughout the entire summer, there are good days and bad days,” said Scheifele. “In the moment, I just tried to focus on the hockey and get through the two-and-a-half hours of playing and playing with my brothers. It definitely hasn’t been the easiest of summers, especially for my mom and a lot of my family.

“I’m definitely excited to get back to playing hockey again. Sometimes that distraction is good and, sometimes, you’ve got to get through the tough days to appreciate it.”

One of those brighter days this summer came when he got a call in Ireland while on a golf trip with Morrissey, Eric Comrie and several friends to let him know he was one of the 42 players on the men’s side to receive an invitation to the Olympic orientation camp.

Although he was left off Canada’s roster for the 4 Nations Face-Off, Scheifele was on standby right up until the break last season, waiting to see if an injury might prevent Sidney Crosby or Anthony Cirelli from playing.

Ultimately, no spot was available for Scheifele at that event, but he continued his excellent season on a rampage — handling the disappointment like a true professional.

Scheifele left enough of an impression on Canada’s management team to have him firmly in the mix to make his way to Italy in February.

Receiving this invitation was the first step, and it will be incumbent on Scheifele to have an excellent start to the campaign to ensure he'll be among the 25 players on the final roster.

Morrissey firmly believes Scheifele is one of the best players in the NHL and would be thrilled to share the experience of being Olympians together in February.

"He really took his game to another level last year," said Morrissey. "Realistically, all year, but from when the team was announced and on, he really used it as motivation and went to another level that we all witnessed.

"He looks amazing on the ice right now and, hopefully, we can both be part of this team and have a chance to represent our country and win a gold medal."

Scheifele is excited to get back to the routine of being in Winnipeg and preparing for the new season.

He's eager to get on the ice with three-time Stanley Cup winner Jonathan Toews and to pick his brain about a number of topics.

Scheifele, who has spent a good chunk of the summer in Calgary, wasn't as surprised as some folks when pictures of Lowry's return to the ice three months after hip surgery were posted on social media.

"I knew it was coming very soon. I knew he was feeling really good," said Scheifele. "It's obviously promising news to see him on the ice."

Despite dealing with the frustration of getting knocked out of the second round of the playoffs after a Presidents' Trophy winning season last spring, Scheifele believes the latest batch of lessons learned by the Jets will help them as this latest pursuit begins in a couple of weeks.

"The goal is a Stanley Cup and that's what we want. I believe we have the team to do that," said Scheifele, who had 39 goals and a career-high 87 points in 82 games last season before adding five goals and 11 points in 11 playoff contests.

"That's the way you have to look at it. If you look at it any other way, it's just going to bring you down. We had a great season last year, we had a great team. A lot of big stepping stones to get to that ultimate goal.

"It's not easy to get there, but we have a group that is committed to that and we have an ownership group and management and coaches that are committed to that. And that makes it very special."

<https://www.winnipegfreepress.com/breakingnews/2025/08/27/its-definitely-something-i-want-to-be-a-part-of>

***'It's definitely something I want to be a part of'  
Jets' Morrissey determined to solidify spot on Olympic roster***

By: Ken Wiebe

CALGARY – Josh Morrissey is back to full health and has taken his rightful spot among the best players in the country as Hockey Canada gathers for its Olympic orientation camp.

With folks converging from the men's, women's and Paralympic teams this week, Morrissey was proudly sporting Team Canada gear as a media session was held at a downtown Calgary hotel — several months after a knee injury knocked him out of the Stanley Cup playoffs.

During a one-on-one conversation, the Winnipeg Jets defenceman reiterated that he was fortunate the injury wasn't worse after he got tangled up in Game 6 of the second-round series against the Dallas Stars.

"Everything is great," said Morrissey, who is one of 13 blue-liners in attendance on the men's side. "It was bad timing (for the injury to occur), but a good result, in that the injury wasn't too severe."

Morrissey had dealt with a similar injury during the 2023 playoff series against the Vegas Golden Knights to his other knee, which meant he already had the road map for the rehabilitation and road to recovery.

"I knew the protocol and I knew the plan," said Morrissey. "I've been skating for two months now and it feels as good or better than it did before."

Morrissey finished fourth in Norris Trophy balloting last season after producing 14 goals and 62 points in 80 games while averaging north of 24 minutes per game of ice time — further cementing his status as one of the top D-men in the NHL.

Paired mostly with St. Louis Blues defenceman Colton Parayko, Morrissey showed incredibly well as Team Canada captured the gold medal at the 4 Nations Face-Off, which was held in Boston and Montreal in February.

Unfortunately, for Morrissey, he was hit with a serious virus that knocked him out of the gold medal game with the United States — forcing him to watch the dramatic overtime victory from his hotel room.

So while he was thrilled to be part of the experience, Morrissey is even more determined to solidify his spot on the Olympic team to have another opportunity to chase gold in Milan in February.

"It's a dream come true playing for Team Canada on the international stage at the highest level of competition you can play," said Morrissey. "It's been nice to reconnect with the guys and reminisce about 4 Nations and to get to know some new guys and learn a little bit about the Olympics and what we have to look forward to."

Morrissey has never been one to get ahead of himself, but it's hard not to let his mind wander to what it would be like to have the chance to become an Olympian in a few short months.

"It's pretty crazy," he said. "I think back to some of my favourite hockey memories as a fan — the 2002 Olympics (in Salt Lake City), when I was six years old. Olympic gold in 2010 (in Vancouver) and 2014 (in Sochi). For me, as a kid who dreamed about winning a gold medal at the Olympics and winning a Stanley Cup, to think that the Olympics are right around the corner and the potential for me to be there, it's pretty exciting."

"It's definitely something I want to be a part of."

Morrissey's drive is what has allowed him to continue to push the limits as a player and he's spent the summer fine-tuning things as he prepares for his 10th full season with the Jets.

"Looking at last year, I liked how well-rounded my game was," said Morrissey. "Offensively and defensively, my game was in a really good place. For me, I've been looking to add a few more skills in. I've been working on some specific things for the power play and things like that."

"I'm just trying to continue to evolve my game and come into training camp in the best condition I can and try to continue to push the envelope. If you can do something eight times out of 10, work to do it nine (times). That's the goal. More consistent execution. I feel great on the ice and feel like I've made some big gains this summer."

With Jets teammate Mark Scheifele spending a good chunk of time in Calgary this summer, Morrissey has relished the additional time they've been able to spend together both on and off the ice.

There are also benefits to the on-ice relationship as well, given how much time Morrissey and Scheifele spend at both even strength and on the power play during the season.

"He's one of the best centres in the NHL and one of the best players in the NHL," said Morrissey. "Having him here helps me. We push each other and make each other better. We think the same way and we like to nerd out a little bit and dive into stuff, talk about the body and all of these different things that we can improve. So, that's been great."

Given what Scheifele has gone through in losing his father, Brad, to cancer in May, Morrissey has been able to share some expertise on dealing with the death of a parent.

While navigating the grieving process is different for everyone, Morrissey recognizes the value of having someone to lean on who has been through something similar.

“We’ve been spending a lot of time together and especially with what he went through, a lot of times, not much needs to be said,” noted Morrissey, who lost his father, Tom, to cancer in August of 2021. “Just being a friend and being there with him.”

<https://www.winnipegfreepress.com/breakingnews/2025/08/25/deal-to-make-connor-latest-jet-for-life-priority-on-roster-docket>

***Deal to make Connor latest ‘Jet for life’ priority on roster docket  
Title of largest contract in Winnipeg Jets’ history on table for left-winger***

By: Ken Wiebe

Provided he’s willing to put pen to paper — and there’s been no reason to suggest that’s not going to be the case — Kyle Connor is set to sign the richest contract in Winnipeg Jets’ history.

Although there’s still more than 10 months to go before the smooth-skating left-winger is eligible to become an unrestricted free agent, getting a deal that makes Connor the latest “Jet for life” is the top priority for Kevin Cheveldayoff and company.

It’s already been an eventful summer for the Jets general manager, with the roster in flux a bit more than in previous seasons.

But the majority of the core group is under contract for multiple seasons and getting Connor and captain Adam Lowry locked up on new deals would wrap up a pretty productive summer as it pertains to personnel.

There’s a vocal segment of the fan base that’s already shifted into “what’s taking so long” mode when discussions about Connor’s future are taking place — partly due to the off-season departure of fan favourite Nikolaj Ehlers to the Carolina Hurricanes in free agency.

As is normally the case in negotiations such as this one, squeezing out information from either the Jets or the players’ camp has been tough to come by.

That Connor doesn’t already have a deal in place doesn’t mean he’s assured of following Ehlers out of town, nor does it mean his extension is imminent.

This next deal for Connor is a bit of a delicate dance, even if it’s one both sides are interested in completing.

When it comes to moving the goal posts for organizations and its franchise players, there are a multitude of factors to consider when finalizing a contract of this magnitude.

What we know for sure is that Connor is going to eclipse the matching seven-year, US\$59 million deals that foundational pillars Connor Hellebuyck and Mark Scheifele signed on Thanksgiving weekend in 2023.

With a rising salary cap and Connor's remarkably consistent levels of production, the stage is set for the Michigan product to become the first Jets player with an average annual value north of US\$10 million.

Just how much higher than that remains to be seen, though something that reaches — or approaches — \$US12 million isn't out of the question when you look at a few recent examples.

This next deal for Connor is a bit of a delicate dance, even if it's one both sides are interested in completing.

The most highly coveted winger scheduled to become an unrestricted free agent this summer was Mitch Marner and he got a sign-and-trade deal between the Vegas Golden Knights and Toronto Maple Leafs that was for eight years and is worth US\$96 million.

This is not an apples to apples comparison, but it's one of the examples that will be under consideration — given the age and aptitude of the players in question.

Both elite wingers are 28 years old, with Connor turning 29 in December and Marner doing the same in early May.

Marner has an additional half season of experience (657 regular-season games played to 613) and holds an edge in assists (520 to 298) and points (741 to 582), though Connor leads in goals (284 to 221).

Marner is an exceptional passer that can score, while Connor is a sensational sniper that has an underrated ability to distribute the puck.

Looking for other comparables, how about David Pastrnak, who inked an eight-year, US\$90 million deal (with an AAV of US\$11.25 million) to remain with the Boston Bruins on March 2 of 2023 — just a few months before he could have become a UFA for the first time in his career.

Pastrnak is the poster child for getting a deal done late into the process and it not becoming a distraction for either the player or the team.

Also 29 (until May 25), Pastrnak has scored north of 30 goals on eight separate occasions, eclipsing 40 five times and delivering a career-best of 61 during the 2022-23 campaign (when he signed his current contract).

The Jets don't have another winger in the system that is as dynamic as Connor, who was chosen 17th overall in the 2015 NHL draft.

Pastrnak also has a penchant for coming up big in monumental moments, with 64 game-winning goals in 756 games.

That's another thing the two players have in common, since Connor already has 60 game-winning goals in his nine seasons to go along with five in the playoffs — including two overtime winners.

The last time a winger this productive actually reached unrestricted free agency was Artemi Panarin, who left the Columbus Blue Jackets for the New York Rangers on July 1 of 2019 and is about to finish off his seven-year contract that was worth US\$81.5 million and carried an AAV of US\$11.64 million.

That ended up being a wise investment for the Rangers, who rapidly sped up the rebuilding process by bringing in a perennial all-star who plays with panache.

So, where does that leave Connor and the Jets?

Well, Connor is a cornerstone player who has put himself in position to earn a significant raise from the US\$7.142 million AAV he will carry this season in the final year of the long-term contract he signed in fall of 2019.

Connor is coming off the best season of his career, leading the Jets with 41 goals, 56 assists and 97 points (all of which was the highest point total to date) and he followed that up by adding five goals and 17 points in 13 playoff games.

Plus, there's no signs of Connor slowing down, as he's taken great pride in evolving as a player and working to find new ways to score.

Certainly, the player has a fair share of leverage here, recognizing how valuable he's been to contributing to team success for a club that has championship aspirations. That's why extending him is essential to extending the window of contention.

The Jets don't have another winger in the system that is as dynamic as Connor, who was chosen 17th overall in the 2015 NHL draft.

Trying to replace a player of Connor's calibre — especially a club-grown talent — isn't easy to do, which is why the two sides will continue to chip away at a deal that satisfies both parties.

<https://www.winnipegfreepress.com/featured/2025/08/24/the-guys-out-here-are-unbelievable-comrie>



***The guys out here are unbelievable: Comrie  
Jets backup goalie finishes last at Manitoba Open, develops new appreciation for  
pro golfers***

By: Mike McIntyre

Eric Comrie was quick to find a silver lining moments after his 184th and final shot of the Manitoba Open dropped into the cup.

“First Jets player to play the weekend,” he told the Free Press on Sunday with a sheepish grin.

True, even if that accolade is going to come with a giant asterisk we suspect all of his teammates will be quick to point out. The club’s backup goaltender only got to tee it up on Saturday and Sunday at Breezy Bend because play on Thursday and Friday was washed out by heavy rain, turning the 72-hole event into a 36-hole affair with no cut.

Comrie, 29, fired rounds of 96-88, finishing dead last in the field of 156 players at 42-over par.

“It was fantastic. I had a lot of fun. You get an appreciation for how good the guys are out here,” he said. “They’re unbelievable. They hit it right where they want every single time.”

Not so much for a hockey pro who carries a five handicap but admits he’s in the middle of a rough summer on the golf course. The main reason: less time following the birth of his second child this spring.

“It’s harder to get out and practice like I used to, it’s harder to work on chipping and tough shots like that,” he said. “It’s a game where if you don’t play it a lot it’s hard to get good. I did the best I could.”

Comrie is the fifth Winnipeg player to compete in the Manitoba Open, which has True North as its charitable partner. Defenceman Dylan Samberg remains the clubhouse leader after shooting 10-over last year. The Minnesota product was at Breezy Bend on Sunday, following Comrie’s round and cheering him on.

Centre Mark Scheifele sits second with an 18-over showing in 2022, while winger Morgan Barron finished 22-over in 2023. Scheifele also played in 2018, when he shot 29-over.

Comrie boasted that he wasn’t the “highest-scoring Jet” to tee it up. Technically true: sniper Kyle Connor also needed 184 strokes to complete his two rounds at the 2019 event. But Connor played Southwood, a par-72, while Breezy Bend is a par-71. We’ll let those two settle it.

"This course played hard for two days. It was windy, the rough is thick," said Comrie. "Kudos to the staff here, they did an amazing job making sure this course was ready to go. They gotta be proud of the product they put in front of us."

The lowlight for Comrie was an ugly 10 he made on the par-four 14th hole in Saturday's opening round. The highlight was his lone birdie, which came on the 10th hole Sunday as a result of an 80-yard chip-in from the rough. He joked that his caddy — Jets director of communications Scott Brown — "gave me a good number for once" on the distance.

"I kind of went into this without knowing what it was going to be like. Honestly, I got less and less nervous as the days went on," said Comrie, who signed plenty of autographs and posed for numerous photographs for the large gallery following him around.

Comrie was paired both days with Braxton Kuntz, a four-time Manitoba Amateur champion making his professional debut after finishing his collegiate career at Ball State University in Indiana.

Kuntz, a Breezy Bend member, posted rounds of 73-70 to finish at one-over par, tying for 103rd — four shots shy of the top 60 and ties who would have collected a cheque.

"A little upset because I hit it incredibly well. My ball striking was great. The putter wasn't co-operating but that's the way it goes sometimes," said the 22-year-old.

"I have a lot to learn from this week again. I think I can take some positives from it."

With school now behind him, Kuntz plans to chase spots on either the Asian Tour or Korn Ferry Tour through qualifying schools this fall. Breezy Bend pro Cory Johnson is organizing a fundraiser for him next month to help cover expenses.

"They've been so generous helping me out with pro golf, because it really takes a team to put this all together," said Kuntz.

The other local entry in the field was reigning Manitoba Amateur champion Evan Nachtigall of Brandon. He shot 76-74 to finish at eight-over and in 153rd.

"It was a blast, but just played terrible," said Nachtigall, who received the other sponsor's exemption along with Comrie.

"There was a lot of good and bad. But when it's windy like this, your bad just turns into really bad. Just can't make some of those mistakes that I made, Struggled with my short game, and my pace was terrible on the green."

Nachtigall's opening round was a roller-coaster: six birdies, five bogeys, four pars and three doubles. His Sunday round was steadier, with 15 pars and three bogeys.

“At the end of the day a great experience and great to be out here with these guys,” he said.

“These (pros) don’t hit it that much different than we (amateurs) do. It’s just the mistakes. They’re not three-putting from 20 feet. They’re cosyng everything up to the hole, everything looks like it’s going to go in. They’re missing it in all the right spots. And they basically always have a good chance of getting up and down. It was definitely a learning experience.”

Michigan’s Brett White — who we’ll describe as an honorary local as a result of being married to a Winnipeg woman — finished tied for 16th at six-under par after rounds of 67-69.

<https://www.winnipegfreepress.com/breakingnews/2025/08/22/long-road-to-rejuvenation>

### ***Long road to rejuvenation***

### ***Jets centre Toews regains balance on, off NHL ice via Indian holistic system Ayurveda***

By: Mike McIntyre

For Jonathan Toews, the road back to the NHL didn’t just run through the hockey rink and weight room — it took a mysterious, life-altering detour halfway around the world, into the heart of India’s ancient healing traditions.

The result? An unexpected fan club thousands of kilometres away, rooting for the 37-year-old Winnipegger as he prepares to suit up with his hometown Jets this fall.

“I’m really happy that Jonathan Toews has finally recovered with Ayurvedic and Panchakarma treatment,” Dr. Rajni Jalota told the Free Press in an interview from India. “I wish him the very best and that he emerges more successful than before.”

Jalota admits she knows nothing about hockey — in her region, ice is for drinks and cricket reigns supreme — but like many of her medical colleagues, she’s intrigued by Toews’ comeback attempt.

“He has undergone a complete rejuvenation,” said Jalota, who didn’t work directly with Toews but is one of the world’s most prominent experts in this form of alternative medicine. Her resumé includes two decades of practising and promoting Ayurveda through clinical work, television appearances and public lectures.

“The (medical) fraternity would have all eyes on the player and his performance,” she said.

Ayurveda — which translates to “science of life” and dates back more than 5,000 years — is a holistic system aimed at balancing the body’s energies through diet, lifestyle,

herbal remedies and cleansing techniques. Panchakarma, one of its most intensive therapies, is designed to remove toxins, strengthen digestion and restore vitality.

It's not for the faint-hearted.

"Treatment is customized according to the body type of an individual. It can mean different treatment for two persons even if they have the same disease," Jalota explained. "But the aim is to cure the disease from the root and not just suppress the symptoms. Maintain harmony of doshas so that the body can heal itself."

Facing the possible end of a hall of fame career — three Stanley Cup titles in 15 seasons with the Chicago Blackhawks (883 points in 1,067 regular-season games), two Olympic gold medals and two world junior championship titles — Toews took desperate measures to heal from the lingering effects of long COVID and Chronic Inflammatory Response Syndrome (CIRS).

He detailed his journey in a piece published last winter in GQ magazine. Beginning in September 2023, he spent five weeks in India undergoing a series of treatments that included daily enemas, blood-letting, induced vomiting, a steady diet of laxatives and painful massages that bordered on physical abuse.

There were also gentler elements: morning yoga, prayer, mud baths and fireside meditation.

"There is focus on spiritual aspects, too. It is believed bad karmas can lead to diseases," said Jalota.

In Toews' case, the goal was to flush lingering toxins and reduce inflammation left in the body after COVID-19, which had caused persistent fatigue, brain fog and other symptoms.

"With long COVID, the virus can remain in the body even after treatment. The toxins generate a hyper response from the immune system, thus causing CIRS," Jalota explained.

That's hard enough for anyone to manage in daily life — let alone a professional athlete.

"(Athletes) can have aggravated (symptoms) due to exercise and their intense training and physical stress, thus further increasing the inflammation," said Jalota. "So in this case, hats off to Ayurveda for showing such marvellous results."

Toews first took leave from the sport in December 2020, and missed the pandemic-shortened 2020-21 season.

The star centre returned in the fall of 2021, but saw his production plummet over the next two years, eventually announcing in summer 2023 that he was taking another

indefinite break to focus on his health. At the time, it looked like that might be it for the player known as “Captain Serious” due to his intense demeanour.

The path to India began during a trip to Costa Rica, when a friend of a friend — an Austrian who had studied Ayurveda while living as a monk — suggested the treatment. Toews, a self-described health nut who has battled digestive and immune issues since childhood, was willing to try anything.

“It was very intense. It was an emotional roller-coaster, a physical roller-coaster, it was all the things,” Toews told GQ — singling out the fact he had to drink multiple litres a day of ghee butter, milk, salt water and a herbal tonic that tasted like licorice as part of the intense detox process, which caused him to lose more than 20 pounds.

“For me, personally, the whole time has been a really huge shift in my ability to take back my own life. And claim my own energy and my own awareness and my own attitudes.”

Toews — who is still using some of the key Ayurvedic practices — resumed skating last winter, ramping up his training and declaring his intentions to sign with an NHL team. That ended up being the Jets, who inked him to a one-year deal that pays a base salary of US\$2 million, plus incentives that could add another US\$5 million.

At the news conference announcing his signing, Toews reflected on his long journey back to the NHL.

“In my mind, I had kind of accepted that I might not play again,” he said in July. “It’s easy to play the victim card. A lot of people go through difficult times and it’s something that I try to keep the mindset and that attitude that it’s not happening to me, it’s happening for me. I try to learn from it and I try to grow.

“When you have a health issue, that’s what healing is, you’re just taking a look at your life and trying to find balance within it all.”

To Jalota, Toews’ recovery “is a shining example” of Ayurvedic and Panchakarma treatment.

Such treatment in India can cost between 100,000 and 200,000 rupees (about \$1,600 to \$3,200) for a 21-day program, though simpler adaptations are possible in private with the guidance of an Ayurvedic practitioner.

“My aim is to globalize Ayurveda and spread its less-known glory to the world,” said Jalota.

However, not everyone can jump on a plane and commit to five weeks in India.

Naturopathic medicine is the closest local parallel, focusing on chronic inflammatory and immune conditions while recognizing the interconnectedness of the body's systems.

"They share some philosophical overlap — both aim to treat the whole person and seek to address root causes — but they are fundamentally different in origin, training and scientific grounding," said Dr. Hayley Warren, a licensed naturopathic practitioner with Nature Doctors in Winnipeg.

"Ayurveda is an ancient, tradition-based system rooted in Indian philosophy and lifestyle practices, with its own unique diagnostic language and treatment logic. Naturopathic doctors are extensively trained in the same biomedical sciences as conventional physicians — including anatomy, physiology, pathology, microbiology, pharmacology and clinical diagnosis — while also studying clinical nutrition, botanical medicine, physical medicine, lifestyle counseling and other therapeutic modalities."

Warren and her team have worked with many professional and amateur athletes and will be pulling for Toews — not just for the Jets' sake, but for the message his experience could provide.

"This comeback will inspire many people and athletes, in ways he probably never imagined. His recovery will certainly set him up for success," Warren said.

"We love hearing these stories and it's important for society to hear them. We all know someone who is dealing with long-term health issues and it's important they know that help is out there. Stories like this are very inspiring to all health professions to spread awareness of chronic inflammatory conditions."

That's especially true given the growing wave of people suffering long COVID and/or CIRS, which Warren said now represents the majority of her practice.

"Too many people suffering from chronic health issues feel unheard, dismissed or gas-lit by the very systems meant to help them," Warren said. "They've learned to simply live with persistent symptoms — fatigue, pain, digestive troubles, hormone issues, mental health concerns, brain fog — that silently erode their quality of life."

"Every person deserves to experience their best health, to feel vibrant and empowered in their body. The good news is that help is available. With the right support, understanding and treatment tailored to the root causes of chronic illness, healing and renewed vitality can become a reality. No one should have to settle for less than their fullest well-being."

Toews is banking on that — with a cheering squad as unique and global as his incredible journey.

**Sioux Falls Live**

<https://www.siouxfallslive.com/sports/sioux-falls-native-walker-duehr-gears-up-for-jets-training-camp-after-signing-one-year-deal>

## ***Sioux Falls native Walker Duehr gears up for Jets training camp after signing one-year deal***

By Trent Singer

SIOUX FALLS — For the first time in his professional career, Walker Duehr got to experience the life of a journeyman in the NHL last season.

After playing in 16 games for the Calgary Flames, the 27-year-old native of Sioux Falls was waived by the organization in January before being picked up by the San Jose Sharks. However, in March, Duehr ended up on waivers again, finishing out the 2024-25 season with the American Hockey League's San Jose Barracuda but without a two-way contract.

When the summer arrived, Duehr found himself in unfamiliar territory as an unrestricted free agent, but on July 2, a new deal had been reached with the Winnipeg Jets.

Contract in hand, Duehr is now zeroed in on his offseason regimen as he looks to make his mark at Jets training camp this fall.

"I think everything was kind of new to me, and there was a lot of stuff happening quickly," said Duehr, who signed a one-year, two-way contract with Winnipeg worth \$775,000. "I'd been a restricted free agent with Calgary a couple times and ended up getting signed back with them, so it was just about trying to figure out the best fit for me and my family as well.

"It ended up being Winnipeg."

Bouncing around between the AHL and NHL ranks, Duehr is entering his sixth season as a pro in 2025-26. The former Minnesota State standout has appeared in 92 NHL games during his five seasons, amassing 21 points on 11 goals and 10 assists.

This new opportunity, though, is one Duehr is eager to have. He'll be joining a Jets organization that just won its first Presidents' Trophy in franchise history after finishing with a league-best 116 points in the regular season, during which they went 56-22-4.

However, that also means there will be plenty of competition to make the team when Duehr heads off to camp on Sept. 4. For him, one of the added perks of signing with Winnipeg is how close it brings him to home.

"It's only a six and a half hour drive," said Duehr, who remains the first and only South Dakota-born player to reach the NHL. "That'll be nice for the family, but I'm joining a team that's had a lot of success in recent years.

"They've got a good core, and they play a style that really embraces the style I play as well. It's kind of one of the reasons I signed there. I'm excited to get going with them."

Duehr's two-way deal is no different than his previous pro deals, giving Winnipeg the option to call him up to the Jets' roster or send him down to the AHL for more skill refinement.

If Duehr is unable to make the team out of camp, he'll start the season with the Jets' AHL affiliate, the Manitoba Moose.

Since the middle of May, Duehr has been back in Sioux Falls for the summer. He took about a month off, training lightly in order to give his body some time to recover. In June, though, he began working out full-time at the Sanford Fieldhouse, and over the last month, he's ramped up his ice time.

"I'm skating three or four times a week and working out three or four times a week," Duehr said, "so training is back in full force as I get ready for training camp."

At the Fieldhouse, Duehr has been working closely with lead strength and conditioning coach Brad Rilling.

"I've been able to use the turf and weight room they have here," Duehr said. "It's a great combo for me to have to be able to work on speed stuff. Obviously the weights and being able to use some of the recovery stuff they have here has helped me keep my body feeling good throughout the summer."

Duehr saw action in a total of 24 NHL games last season (16 with the Flames and eight with the Sharks), averaging just under nine minutes on the ice per game. With San Jose, he scored two goals, including a first-period tally in his Jan. 23 debut with the team at home against Nashville.

After spending more than three years with Calgary, Duehr got his first taste of life with another organization when he landed in San Jose. It was a bit of a chaotic experience that turned out to be eye-opening in more ways than one.

"Between my agent and I, we thought there was a good chance I'd get picked up somewhere. It ended up being San Jose, so it was a whirlwind," Duehr said. "I got picked up at noon Calgary time, and I was on a flight by 7 p.m. Calgary time. I kind of had to pack up my life and go on the road and get in at 1 a.m. to play the next day.

"I ended up scoring, though, so it's funny how that stuff works out."

**TSN.ca**



<https://www.tsn.ca/nhl/winnipeg-jets-eric-comrie-connor-hellebuyck-is-the-best-goalie-in-the-world-1.2348298>

## ***Jets' Comrie: Hellebuyck is 'the best goalie in the world'***

By TSN.ca Staff

As the days in August wind down to a close, the National Hockey League's offseason hits its home stretch with training camps set to begin next month.

The Winnipeg Jets enter this season fresh off of a banner 2024-25 campaign that saw them claim the franchise's first-ever Presidents' Trophy with the top record at 56-22-4 among the league's 32 teams.

Winnipeg's roster underwent significant change over the offseason, marked by the departure of Brandon Tanev, Mason Appleton, and Nikolaj Ehlers. In the wake of those losses, general manager Kevin Cheveldayoff shored up his forward group in free agency with the signings of Gustav Nyquist, Tanner Pearson, and Winnipeg native Jonathan Toews.

Toews is attempting an NHL comeback with the Jets after sitting out the past two seasons while dealing with health issues, including a bout with Chronic Immune Response Syndrome.

The three-time Stanley Cup champion inked a one-year deal with his hometown team over the summer and figures to slide into the top six while captain Adam Lowry recovers from offseason hip surgery.

"I think we're in a really good spot again," goaltender Eric Comrie said on the state of the Jets Wednesday morning on TSN1050's First Up. "I think we have a veteran team, I know we've lost a few really good players and big, key pieces but I think our GM does an amazing job of bringing in some really good players.

"The core of our group is still the same and if you have Connor Hellebuyck in net, I think you have a chance to win every single night. He's the best goalie in the world and he just does an amazing job of building confidence in our group and giving us a chance to win every single night."

Comrie had a front-row seat to one of the great goaltending seasons in recent memory from Hellebuyck, who posted a 2.01 goals-against average and a .925 save-percentage in 63 games played.

He took home his third-career Vezina Trophy as the NHL's best goaltender, the most among active players, and the Hart Memorial Trophy as the league's most valuable player.

The Commerce Township, Mich. native became the first netminder to win the Hart since Carey Price did so in 2015, and the fourth overall at the position in the expansion era.

Winnipeg's 2024-25 season ended in a six-game series loss to the Dallas Stars in the second round, the further the team has gone since a Western Conference Final loss to the Vegas Golden Knights in 2018.

"I think we still have a very good team and a very good chance of doing some great things," Comrie added. "Last year was such an amazing season, we're just looking to build off that success."

A second-round pick of the Jets in the 2013 draft, Comrie made his NHL debut during the 2016-17 season. He played sparingly behind Hellebuyck in his first stint with the team, making just five appearances over three years before being placed on waivers in 2019.

The Edmonton native would then bounce around the league, spending time with the Arizona Coyotes, Detroit Red Wings, New Jersey Devils, and Buffalo Sabres, as well as another stint with the Jets in 2021-22.

The 30-year-old netminder signed a two-year deal with the Jets in the summer of 2024, once again in back-up role behind Hellebuyck, who Comrie says has played a big role in his development.

"Just learning from [Hellebuyck] on a day-to-day basis is unbelievable," he said. "He's built my game more than any goalie coach or anything like that because I can watch him every day in practice. How he works, how efficient he is in the net, even just every single game we talk all the time.

"I ask, 'What did you think on that play, why'd you play it like this' and he's so open with me and tells me everything he's thinking, which is unbelievable. You don't get that a lot. Just the relationship we have has been so close, we're really good friends off the ice. We golf together, we hang out together, we just have a lot of fun, and I think it really helps having that relationship.

"Some guys, it's less of a partnership. We're truly a partnership and we're cheering for each other every single night. It's special that we have that and I'm super excited that he's willing to help me that much and make me grow as a player and as a person."