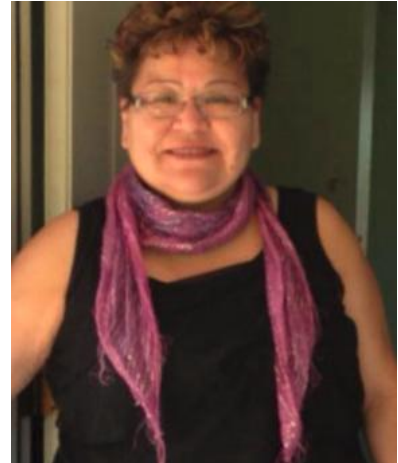




**Phyllis Castel – January 2015  
Cross Lake, MB (Norman)**

Phyllis Castel has been a tireless volunteer in the Norman Region for the last 23 years. She has coached and managed teams at all levels. Phyllis has also sat in all Executive positions with the Cross Lake Minor Hockey Association, many of those years were spent as Association President.

Phyllis also played a key role in the Cross Lake Jr. B Islanders of the KJHL. Her dedication to hockey in Cross Lake has been unmatched.



Hockey Manitoba congratulates Phyllis Castel as the January 2015 Volunteer of the Month.