



GVMHA 2025

MARCH NEWSLETTER



GUNNER GROTTEROD

March 2025

MESSAGE FROM THE EXECUTIVE DIRECTOR

GREATER VERNON MINOR HOCKEY ASSOCIATION



March is the greatest time of the hockey season – **PLAYOFF SEASON!** Our athletes have navigated the regular season with their teammates, and persevered through the highs and lows of the long hockey season. Hockey is the worlds greatest tool in teaching our youth important life skills such as commitment, team work, adversity, work ethic, and leadership. It is these skills that will help our teams and athletes push through their respective playoffs schedules to chase our sports most coveted prize.

As the intensity of the playoff season ramps up, a reminder to simply love watching your child play. Sports goes by way too quickly, so enjoy every moment. Do so by simply saying “I love watching you play.” It changes everything.

Finally, congratulations to the two GVMHA teams who captured their regular season banners, the U13 Wildfire and the U15AA North Zone Kings.

Good luck to all teams in the playoff season, **GO VERNON GO!**



Written by: Brittany Caron

SYILX (OKANAGAN) SHARP SHOOTERS

Growing the Game for Indigenous Youth



About the Program

The Syilx Sharp Shooters are hockey teams made up of Indigenous youth to compete in Indigenous hockey tournaments. The program began in 2023 with U11 and U13 teams, providing Indigenous youth—primarily from the Okanagan Nation—an opportunity to compete together in tournaments. Following a successful first year, we expanded in 2024 to include U9, U11, U13, and U15 teams. In 2025, we proudly introduced our first all-female U11 team, creating more opportunities for Indigenous girls in hockey. Today, our program consists of 80 players and 17 coaches and managers across five teams, all dedicated to fostering meaningful and memorable experiences for our athletes.

Tournament Participation

Each season, we compete in the Nicola Valley Jr. Native Hockey Tournament in Merritt, BC. This year's tournament will take place over spring break, March 20-23, 2025, and we're eager to see what our teams can achieve. Looking ahead, we aspire to add the Prince George Aboriginal Hockey Championship to our tournament schedule.

Tournament Success

Over the past two years, our teams have had strong showings in competition:

2023 Results

- U11 – Silver
- U13 – Silver

2024 Results

- U9 – Bronze
- U11 – Gold
- U13 – Silver
- U15 – Silver

GVMHA Players in the Program

Many of our players also play for Greater Vernon Minor Hockey Association (GVMHA). The following GVMHA players are part of the Syilx Sharp Shooters program this year:

U9

- Anastasia Chelsea
- Cedar Faber
- Isaiah Wilson
- Jasper Whitney
- Jessie Marchand
- Orion Whitney
- Wynter Louis

U13

- Brielle Marchand
- Brody Fletcher
- Gabriel Heggelund
- Ivy Calihoo
- Max Callihoo
- Ruben Kashuba
- Sierra McRae
- SJ Vallier
- Tucker Sherriff
- Owen Marchand

U11

- Aiden Marchand
- Andrix Gregoire
- Isaac Kashuba
- Marshall Caron
- Samuel Antoine
- Wylie Marchand

U15

- Gus Linford
- Heath Louis
- Levi Kashuba
- Owen Kashuba



Many of our coaches and managers are also active members of GVMHA, supporting Indigenous athletes both within minor hockey and in the Sharp Shooters program.

U9

- Head Coach: Zach Wilson
- Assistant Coach: Mark Faber
- Manager: Sulinek Saddleman

U11

- Head Coach: Brendon Caron
- Assistant Coach: Wade Marchand
- Manager: Miranda Marchand

U11 All-Female Team

- Assistant Coach: Shayla Raine
- Manager & Program Coordinator: Brittany Caron

U13

- Head Coach: Casey Sherriff
- Assistant Coach: Jamie Fletcher
- Manager & Program Coordinator: Lindsey Crowe

U15

- Head Coach: Brittany Caron
- Manager & Program Coordinator: Janie McRae

“At the end of the day, our goal is to ensure these kids have an unforgettable experience, both on and off the ice, while continuing to strengthen the presence of Syilx (Okanagan) athletes in the hockey community”.



Faces in the Crowd: A Community Beyond the Game

In this month's edition of Faces in the Crowd, we're shining a spotlight on the families who make up the heart of the GVMHA community. From the rink to the sidelines, these families are the lifeblood of Vernon Minor Hockey, helping to build lasting friendships and foster an environment where kids not only develop as players but as individuals.

We reached out to several families to hear what they love most about being part of the GVMHA and what makes this community so special to them.



GVMHA - a place where my kids get to play a sport they love, and we all get to meet new people, and build long lasting friendships. I love watching them do what they love. Amanda - U11, U13 mom.



For me, GVMHA means so much more than just hockey. As a father, I've seen firsthand how much it has helped our daughter grow, not only as a player but as a person. Her confidence has really blossomed since joining the league, and it's amazing to see her excitement every time she asks when the next practice or game is. Watching her thrive both on and off the ice has been an incredibly rewarding experience. Ryan - U13 Female dad

GVMHA fosters growth in children, building skills on and off the ice. It gives my kids a safe space to be themselves while learning sportsmanship and life lessons. Landon - U7, U11, U13 dad

DAD





Would you like to be featured in our newsletter? Send pictures to community@gvmha.com



GVMHA ANNUAL GOLF TOURNAMENT



Event Date: Friday, May 23rd, 2025

Event Time: 10:00 am, shotgun start

Event Place: The Rise Golf Course 8800 Rising View Way, Vernon, BC

Dinner: On-site: The Edge Restaurant & Bar

Includes 18 holes, golf cart, lunch, dinner, swag, contests, prizes and so much fun!

[Website Link! - GVMHA Annual Golf Tournament](#)





Downtown Realty

GVMHA



Downtown Realty

50/50 CASH RAFFLE

SUPPORTED BY ROYAL LEPAGE DOWNTOWN REALTY
DRAW TO BE HELD AT GVMHA GOLF TOURNAMENT ON MAY 23RD



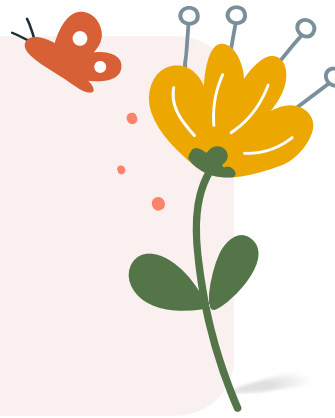
[HTTPS://WWW.RAFFLEBOX.CA/RAFFLE/GVMHA](https://www.rafflebox.ca/raffle/gvmha)

GVMHA ONLINE 50/50 – SUPPORTING CONCUSSION MANAGEMENT IN MINOR HOCKEY!

GVMHA IS EXCITED TO ANNOUNCE THE GOLFING FOR THE GAME – ONE HOLE AT A TIME ONLINE 50/50 RAFFLE! THIS IS YOUR CHANCE TO SUPPORT YOUTH HOCKEY DEVELOPMENT IN GREATER VERNON WHILE MAKING A MEANINGFUL IMPACT. EVERY TICKET PURCHASED WILL HELP FUND BASELINE CONCUSSION TESTING AND IMPROVED CONCUSSION MANAGEMENT PROTOCOLS, ENSURING THE SAFETY AND LONG-TERM WELL-BEING OF OUR YOUNG ATHLETES.

DON'T MISS YOUR CHANCE TO WIN BIG WHILE GIVING BACK TO MINOR HOCKEY IN OUR COMMUNITY! GET YOUR TICKETS TODAY AND HELP US BUILD A SAFER, STRONGER FUTURE FOR YOUTH HOCKEY.

HOCKEY READS & PODCASTS



Whether you're looking to dive into the personal journeys of hockey legends or stay up to date with the latest insights in the game, there are plenty of great books and podcasts to explore. From inspiring player memoirs to deep dives into hockey strategy and culture, these recommendations offer something for every fan.

Check out these must-read books, featuring powerful stories of perseverance, leadership, and the love of the game. Plus, tune into top hockey podcasts for expert analysis, behind-the-scenes stories, and lively discussions about the sport we all love.

Disclaimer: Some of the books and podcasts listed may contain mature themes or language that may not be suitable for all ages. Listener and reader discretion is advised.

BOOKS

Fighter- Aaron Volpatti

All the Way- Jordin TooToo

Burke's Law- Bryan Burke

**Freedom to Win - Ethan
Scheiner**

Life in Two Worlds- Ted Nolan

Playing with Fire- Theo Flury

**Over the Boards- Hayley
Wickenheiser**

**No One Wins Alone- Mark
Messier**

PODCASTS

32 Thoughts

The Sheet

Spittin' Chiclets

The Hockey Think Tank





20
25

👑
**PLAYER
OF THE
MONTH**

**GUNNER GROTTEROD
U9 TIMBERWOLVES**

Do you like being the goalie? What's your favorite part about it? **I love being the goalie, I just like stopping pucks.**

What's the coolest part of wearing all that goalie gear? **Im really big when I wear it, and I get to be first in line for the handshake.**

How do you feel when you stop a puck?
Awesome

What do you do if the puck is coming really fast at you? **Be ready and cover it up.**

How do you stay calm when the other team has a break away? **I feel confident.**

Do you have a goalie celly? **Not Yet.**

Who is your favorite NHL goalie? **Ron Hextall**

Who would be easier to stop on a shootout, your Mom or your Dad? **Mom**





PENALTY BOX

Refs, Rules, & Risk Management

REF-IN-CHIEF: CHRIS ASHBURN

I want to thank all the officials who worked in the Coca Cola tournament last weekend. You all did a great job, and the tournament was deemed a success. Everyone's dedication and hard work is always appreciated.

As we move onto the final weeks of the season, we now have the addition of weekday games, so please ensure you have your availability set. I ask that you accept your assignments right away as we don't want to scramble for officials last minute. We have come across more situations where officials show available but decline their games. Please be accurate with your availability. These are playoff games, and we want to be our best for the teams on the ice.

Keep up the hard work! Great job GVMHA refs!



[Come join our team! Click here for more info.](#)



LET IT GO! LET IT GO! LET IT GO!

Rule 8.1: HOLDING

Holding is any action by a player that restrains an opposing player by impeding their progress whether or not they are in possession of the puck, or by such action prohibiting their ability to pass, shoot, receive, or otherwise propel the puck.

Players are permitted to use their arm in a strength move, by blocking an opponent, provided they have body position and are not using their hands to hold.

Players can use their arm or body to "block" an opponent's stick, but can not grab their stick!

At risk of being called a HOLD:

- One hand on stick and other hand free
- Use free hand to clutch, grab, or pin
- Pin an opponent against boards, without playing the puck

[Watch the Full Video Here! "HC Rule of the Week"](#)

TIPS FROM LARRY KRAUSE, BC HOCKEY REF MENTOR

Partnerships. Teammates. Serving others.

The goal of our team is to serve the game, to be the best team, representing BC Hockey Officiating and ambassadorship. Our goal should be to strive to make each other better, the team better.

Without excuse, without blame, simply being better by lifting up the team and ensuring the team is the best unit for a full 60 minutes regardless of caliber, gender, age, or experience.

Working together, should be an opportunity to lift the team up to be better.



LARRY-ISMS

6-3-1 - Offside Procedure

When working the lines:

6 - inches off the boards

3 - feet inside the zone

1 - foot outside the zone after

This allows room for the puck to go behind you, a better angle of the play at the line, and then get out of the zone.

SSCL - *Split Second Check List*

Before dropping the puck, check:

- **Right amount of players**
- **Everyone is stationary**
- **Time / Score / Penalties**
- **Partner is ready**

2-2-2 - Penalty Procedure

After blowing the whistle:

2 - Stop for 2 seconds

2 - Identify player for 2 seconds

2 - Signal penalty for 2 seconds

Don't rush the process!

FRAME - At The Net Procedure:

Make sure that when the puck is closer to the net and a possible goalmouth scramble may occur, that you are in close proximity to the net to ensure we know if the puck is **FROZEN, LOOSE, or IN**.
Keep the puck in frame!

250-542-0754

riskmanager@gvmha.com

www.vernonminorhockey.com

REFEREE SPOTLIGHT

**Jacob Wowryk
Jesse Vandenbrand
Logan Collins**



**Hayden Sedawie
Emily Schwartz**



**Christopher Curtis
Adam Sizer
Larry Henry**



REFEREE SPOTLIGHT

March 2025



Jacob Mazu
Keagan Mazu



250-542-0754



riskmanager@gymha.com



www.vernonminorhockey.com

COACH'S CORNER WITH JASON GILBERT



Advice for Aspiring Coaches

We need all types of coaches and skill sets. If you are not the best hockey player or strongest skater, it does not matter. I have seen the most 'unlikely' of assistant coaches bring so much value to the team. So much of sport is the belief that the players can succeed. Having a positive coaching team helps create a successful season.

The best way to get started is to get your feet wet by offering to help out.

Team Culture

For me culture starts on day one. We focus on being team players, being positive with one another and trying to cultivate friendships early in the season. We usually start the year with an early team gathering away from the rink - something as simple as a BBQ at the ball park or renting the Dogwood Gym. An early tournament is also great to help build those relationships



Challenges

One of the biggest challenges I have faced over the years is how to build a practice plan that really helped the goalies. As you progress through the years - goaltending and defence becomes more and more important. The best thing I did to help is attend the Goalie 1 and Goalie 2 clinics with BC Hockey, then to complement it I asked other coaches how they implemented it within their lesson plans.



*ARE YOU THE NEXT
city champions?*

HOCKEY DAY IN GREATER VERNON IS INTENDED TO BE A FLAGSHIP EVENT FOR GVMHA'S RECREATION PROGRAM. THE EVENT WILL CROWN CITY CHAMPIONS IN AND INCLUDE A SINGLE ELIMINATION TOURNAMENT FORMAT AT EACH AGE DIVISION.

**THANK YOU TO OUR
EVENT SPONSORS!!**



FIVE STAR AWARDS





RINK

SUMMER HOCKEY CAMPS

[click here](#)

Limited Spots Available.

WWW.THERINK.CA/CAMP



SKILLS:GAME

Spring Programs

[click here!](#)



Winfield Arena



8 Weeks: April - May



therink.ca/KELOWNA

VERNON 2025 SPRING BALL HOCKEY LEAGUE



MENS [18+ YRS]

16 Game Season

- INDIVIDUAL, GROUP OR TEAM REGISTRATIONS
- DIVISIONS FOR ALL SKILL SETS
- MINIMAL EQUIPMENT
- MON - THURS 7-10 PM, TWO DAYS/WEEK

\$260/individual or \$3,800/team
(\$224/player with a 17 player roster)

GST and Jersey Fee (\$30) are added to cost during online registration process.



WOMENS [18+ YRS]

10 Game Season

- INDIVIDUAL AND GROUP REGISTRATIONS
- DIVISIONS FOR ALL SKILL SETS
- MINIMAL EQUIPMENT
- ONE GAME PER WEEK, DAY TBD

\$160/individual + \$30
(Jersey fee) + GST

GST and Jersey Fee (\$30) are added to cost during online registration process.



YOUTH [3-YRS]



16 Game Season

- IMPROVE HOCKEY SKILLS (PASSING, SHOOTING, VISION, GAME PLAN)
- MEET NEW FRIENDS
- REGISTER WITH FRIENDS
- GREAT INTRODUCTORY SPORT FOR ASPIRING ICE HOCKEY PLAYERS.
- NON-CONTACT AND MINIMAL EQUIPMENT

\$260/individual + \$30 (Jersey fee) + GST



AGE	CATEGORIES	DAYS OF WEEK*	COSTS	GAMES
U5	2020/2021/2022	Sundays	\$260	16
U7	2018/2019	Sundays	\$260	16
U9	2016/2017	Sundays	\$260	16
U11	2014/2015	Sundays	\$260	16
U13	2012/2013	Sundays	\$260	16
U15	2010/2011	Sundays	\$260	16
U18	2007/2008/2009	Sundays	\$260	16

** Times are projected game times based on having 4 teams per age category*
GST added to all above registrations*

SEASON RUNS
MID APRIL – END
OF JUNE, 2025



— **Registration Deadline is March 20, 2025** —

For more information or to register please visit: vernonballhockey.com



Vernon Ball Hockey is a registered member of the BC Ball Hockey Association, players have access to Provincial, Regional, National and World Championships.

[Click here to watch Youtube video!](#)

REGISTER TODAY!



IF NHL TEAMS WERE EASTER CANDIES



Eastern Conference

- 🍫 **Boston Bruins** – Dark Chocolate. Classic, strong, and a little bitter if you're not a fan. Their physical, no-nonsense style has been a staple for years.
- 🍬 **Toronto Maple Leafs** – Jelly Beans
Every year, they come in with a ton of hype, but not every flavor (or playoff run) is a hit.
- 🍰 **Montreal Canadiens** – Macarons
Elegant, historic, and a little fancy. Some love them, some think they're overrated.
- 🍫 **Tampa Bay Lightning** – Cadbury Creme Egg
Explosive, rich, and packed with skill—sometimes messy, but always a fan favorite.
- 🍬 **Florida Panthers** – Kinder Surprise
You never quite know what you're going to get, but the surprises have been exciting lately!
- 🔥 **Carolina Hurricanes** – Hot Tamales (Spicy Jelly Beans). Fast, aggressive, and full of energy. They leave a burn on their opponents.
- ⚡ **New York Rangers** – Chocolate-Covered Almonds. Refined, strong, and built to last. They're the perfect mix of grit and skill.
- 🐰 **New York Islanders** – Marshmallow Peeps
Simple, reliable, and a bit old-school—some love them, others leave them on the shelf.
- 🐧 **Pittsburgh Penguins** – Lindt Gold Bunny
A premium classic—always in the mix, and it feels weird when they're not around in the playoffs.
- 🍫 **Washington Capitals** – Ferrero Rocher
A little older but still elite. When Ovi is on the ice, it's like unwrapping a golden treat.
- 🦅 **Detroit Red Wings** – Caramel Eggs
Smooth and full of history—took time to rebuild but are getting sweet again.
- 🍭 **Ottawa Senators** – Lollipops
Fun and full of potential, but they need more time to develop into a real Easter basket favorite.
- 🍌 **Philadelphia Flyers** – Orange Tic Tacs
Hard to predict—sometimes refreshing, sometimes frustrating, but always full of energy.
- 🍭 **Buffalo Sabres** – Tootsie Rolls
Been around forever, always there, but never the most exciting option in the basket.
- 🐞 **Columbus Blue Jackets** – Black Licorice
A very acquired taste. Only true fans stick around for this one.
- 🔥 **New Jersey Devils** – Red Hot Cinnamon Hearts
Spicy, fast, and relentless. When they're on a roll, they burn through the competition!

Western Conference

- 🍫 **Colorado Avalanche** – Golden Chocolate Bunny
Rich, smooth, and a top-tier contender. Everyone wants one in their Easter basket.
- 🍬 **Vancouver Canucks** – Sour Patch Kids
First, they're sour (past seasons), then they're sweet (this season). You never know what's coming!
- 🍭 **Vegas Golden Knights** – Rock Candy
Flashy, exciting, and built to shine—Vegas knows how to put on a show.
- 🍬 **Arizona Coyotes** – Mystery-Flavored Jelly Beans
Still waiting to see where they end up, but the experience is unpredictable.
- 🍫 **Anaheim Ducks** – Chocolate-Covered Marshmallow Eggs
Soft and young, but there's potential for something great inside.
- 🍌 **Nashville Predators** – Banana-Flavored Taffy
A bit different, but uniquely fun and entertaining. Smashville is always a wild ride!
- 🐙 **Seattle Kraken** – Gummy Sharks
A fresh addition to the candy bag, and they've got bite!
- 🍬 **Winnipeg Jets** – Smarties (Canadian version)
An underrated classic—if you know, you know.
- 🔥 **Calgary Flames** – Atomic Fireballs
Hot one moment, cold the next, but always bringing the heat when it matters.
- 🌰 **Edmonton Oilers** – Reese's Peanut Butter Egg
A little messy at times, but undeniably elite when it's in its best form.
- 🐱 **Minnesota Wild** – Green Apple Jelly Beans
Solid, dependable, and always in the mix, but rarely anyone's absolute favorite.
- 🐙 **San Jose Sharks** – Blue Cotton Candy
Fun and flashy in the past, but melting away in the rebuild phase.
- 🍫 **Los Angeles Kings** – Fancy Easter Truffles
A mix of old and new—still carrying a level of prestige from their golden days.
- 🍫 **St. Louis Blues** – Chocolate Pretzels
Tough, gritty, but with just the right amount of sweetness to surprise you.
- 🍫 **Dallas Stars** – Starburst Jelly Beans
Consistently good, full of flavor, and always one of the best options in the mix.
- 🍫 **Nashville Predators** – Honeycomb Candy
Tough, hard to break, but when you get into it, there's something sweet inside.



HOCKEY HISTORY

Both of these iconic goals exemplify the passion, skill, and determination that define Canadian hockey, creating unforgettable memories for fans across the nation.



SIDNEY CROSBY'S

2010

"GOLDEN GOAL"

On February 28, 2010, during the Winter Olympics in Vancouver, Sidney Crosby etched his name into Canadian hockey lore by scoring the game-winning goal in overtime against Team USA. This 2-1 victory secured the gold medal for Canada on home ice, igniting nationwide celebrations and solidifying the moment as one of the most memorable in the sport's history.



Fast forward to February 20, 2025, and another thrilling chapter was added to Canada's hockey legacy. In the final of the 4 Nations Face-Off tournament held in Boston, Team Canada faced off against their perennial rivals, Team USA. The game was a nail-biter, culminating in a 3-2 sudden-death overtime victory for Canada. Connor McDavid, showcasing his exceptional skill and poise under pressure, netted the decisive goal off a pass from Mitch Marner, clinching the championship for Canada. This moment not only highlighted McDavid's prowess but also reinforced Canada's dominance in international hockey.



Code of Conduct Parents

1. I will not force my child to participate in hockey.

2. I will remember that my child plays hockey for his/her enjoyment, not mine.

3. I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.

4. I will teach my child that doing one's best is as important as winning so that they will never feel defeated by the score.

5. I will make my child feel like a winner every time by offering praise for competing fairly and hard.

6. I will never ridicule or yell at my child for making a mistake or losing a game.

7. I will remember that children learn by example and will applaud good plays by both my child's team and opponents.

8. I will never question the official's judgment or honesty in public. I recognize officials are being developed.

9. I will support all efforts to remove verbal and physical abuse from hockey games.

10. I will respect and show appreciation for the volunteers who give their time.

11. I will not condone the use of alcohol, drugs or banned performance-enhancing substances.

12. I will observe the rules of the BC Hockey such as the Zero Tolerance to alcohol and banned substances.

13. I will respect the coaches decisions and will not discuss ANY issues before the 24hr cool down period.

14. I will not enter the dressing rooms at any time, without the coaches permission.

15. I will not coach from the stands.

16. I understand that I can be removed from attending GVMHA games for an undetermined time if I break these rules.

Thank You!



**GVMHA WOULD LIKE TO EXTEND THEIR
APPRECIATION TO THE FOLLOWING SPONSORS**

**Boston Pizza
Training House
Armstrong Regional Co-Op
Summit Financial
H&L Glass
Butcher Boys
Bannister GM
Watkin Motors
Interior Savings
Five Star Awards
Sun Valley Source for
Sports
Corbett Office Plus
Darby Photos
Authentic Plaques
Johnston Meier Insurance
KCW Construction
Theresa Fabian Realtor
Monashee Optometry
Jespersen Electrical
CSN Collision
Integra Tire Vernon
Mr. Mikes**

**Subway
Quality Inn Hotel
The Tile Guy
Nixon Wenger
Okanagan Restoration
Best Western Premier Hotel
Sandman Hotel
The Rink
Scotia Bank
McDonalds
Tim Hortons
Printech Printing Corp
Iron Ghost Construction
Revolution Machine works
Vantage One
Diner on Six
Aberdeen Dental
Ratio Coffee
Butcher Boys
Brentwell Construction
Browns Social House
Ricky's All Day Grill**



10% TEAM DISCOUNT



We are pleased to announce that GVMHA and Beyond Belief Escape Rooms are partnering to provide a 10% discount to our hockey teams! **CODE: GVMHA2425 (888) 944-9565**

FULL CIRCLE SPORTS & APPAREL

Full Circle Sports offers a diverse range of high-quality team apparel, including hoodies, hats, t-shirts, and track suits at various price points to fit your teams financial needs. Full Circle Sports will donate 10% of the proceeds back to GVMHA



team@fullcirclesports.ca



1-778-581-3706



Are you renovating any time soon?!

Check out this local and family owned business, The Tile Guy Flooring and Renovations. This business is supporting our teams by giving 5% of purchases directly back to your team! In return, they are giving you a 10% discount on top of any other deal they have going on in their showroom or on their website!

BROWNS SOCIALHOUSE

restaurant . bar . socialize

When you are in Vernon and attending a GVMHA Hockey Tournament- book a week in advance for parties 8 and more and receive 15% off your order!

INTEGRA TIRE

GVMHA FUNDRAISING CAMPAIGNE

Integra Tire will donate 10% of every tire purchase (including tires & Rims). Simply provide GVMHA unique code GVMHA2025 when you book a service at Integra Tire. www.integratire.com 250-542-1989