

MANITOBA ABORIGINAL SPORTS & RECREATION COUNCIL



Lake St. Martin First Nation School Basketball Team,
Manitoba First Nations School System Tournament Champions



FEBRUARY 2023
NEWSLETTER



Message from MASRC Leadership



MESSAGE FROM OUR EXECUTIVE DIRECTOR, MEL WHITESELL

The Manitoba Aboriginal Sports & Recreation Council would like to extend our wishes of congratulations to schools across the province as they wrap up their basketball season. We are looking forward to the spring sports season.

Our Team Manitoba athletes have also been preparing for both the 2023 National Aboriginal Hockey Championships (this May in Winnipeg), and the 2023 North American Indigenous Games. Every team has such a high level of talent, and we are very excited to see our athletes compete. Thank you to the parents, coaches, and countless other volunteers that have dedicated their time and resources to Team Manitoba's journey.

Thank you to our Sponsors & Partners!



Have a story you want to share? Is your community hosting an upcoming event? Do you have questions about our newsletter?

Contact: Gabrielle Wishart
Communications Coordinator
P: 204-925-5737
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Upcoming Events

Learn to Play Basketball

Central Community Centre

Saturdays in March

Indigenous Women & Girls Walking Program

Winnipeg West

Mondays & Thursdays in March

MASRC Scholarships Applications Open

March 15, 2023

Mamawe Pimpahtan (Let's Run Together)

Run for Indigenous Youth

James Daly Fieldhouse, University of Manitoba

March 16th, 2023

Aboriginal Coaching Module

NCCP Course

145 Pacific Ave

March 22, 2023

M30 Tournament of Champions

Opaskwayak Cree Nation

March 31-April 1st, 2023

MASRC Winnipeg Minor Basketball Association Teams Registrations Closes

Central Community Centre

March 31, 2023

Aboriginal Coaching Module

NCCP Course

145 Pacific Ave

April 22, 2023

National Aboriginal Hockey Championships

Seven Oaks Arena

May 7 – 13, 2023

Hoop It Up Manito Ahbee Festival

Red River Exhibition Grounds

May 20 – 21, 2023

Redmen Fastball ISC Qualifier

Portage la Prairie, MB

March 26-28th, 2023

MASRC Scholarships Applications Close

June 1, 2023

North American Indigenous Games

Kjipuktuk, Halifax, Nova Scotia

July 14 – 23, 2023

To learn more about these events, please visit our events page on our website:

www.masrc.com/events

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- February Community Champion of the Month

Aboriginal Coaching Module

March 22, 2023 & April 23, 2023

NCCP ACCREDITED

FREE 1-DAY COURSE COVERS:

- Understanding the role of sport in Indigenous communities
- Responding to racism in sport
- Establishing a code of behaviour for your team that respects differences and addresses racism
- Helping those you coach make healthy lifestyle choices...
- **AND MORE!**

Contact:

Hannah Chambers

hannah.chambers@masrc.com

204-925-5689

www.masrc.com/aboriginal-coaching-module



MASRC Updates

Learn to Play Basketball Program Runs Until April 1st

You're invited!

Our Learn to Play Basketball Program runs until April 1st, 2023.

Join us on Saturdays to learn the fundamentals of basketball, all while having fun in a supportive environment.

Details are as follows:

Central Community Centre, 200 Isabel St, Door 3
3PM-4PM Ages 7-9
4PM-5PM Ages 10-12
5PM-6PM Ages 13-14



To register for either program, contact:
Quinton Denechezhe
204-925-5737
nestormcoordinator@masrc.com

MASRC Teams to Play in Winnipeg Minor Basketball Association (WMBA)



**SPRING 2023
YOUTH BASKETBALL
TEAMS**

PRACTICES BEGIN LATE MARCH/EARLY APRIL,
GAMES RUN LATE APRIL-EARLY JUNE.

TEAMS:

- AGES 7-8 COED
- AGES 9-10 MALE
- AGES 9-10 FEMALE
- AGES 11-12 MALE
- AGES 11-12 FEMALE
- AGES 13-18 MALE OR FEMALE* *DEPENDS ON REGISTRATION

\$50.00 REGISTRATION FEE INCLUDES GYM TIME & JERSEYS

VISIT WWW.MASRC.COM/NORTH-END-SPORTS TO REGISTER
CONTACT: QUINTON.DENECHYZHE@MASRC.COM

For the first time ever, the Manitoba Aboriginal Sports & Recreation Council will be hosting teams to play in the Winnipeg Minor Basketball Association (WMBA).

Each team will practice once a week and play one game a week. Teams will practice out of the North End/Central area.

The teams will range in age from youth 7 years old to 18 years old. Applicants that are Indigenous and living in or around the North End/Central areas are strongly encouraged to apply. Registration fees will be subsidized by the Manitoba Aboriginal Sports & Recreation Council.

Each team will be capped at a maximum of 12 players. Spots are filling up fast- so make sure you register today!

North End & Central Storm Hockey Teams Host Successful Season

This winter, the Manitoba Aboriginal Sports & Recreation Council partnered with Central Community Centre to host 5 youth hockey teams! The teams played in the Seven Oaks Minor Hockey Association. All youth in the program are from the Central or North End of Winnipeg.

A HUGE THANK YOU goes out to Central Community Centre, the Seven Oaks Minor Hockey Association, the Canadian Tire Jumpstart Charity, as well as the Federal Government of Canada and the Province of Manitoba for ensuring this program was able to happen.

We would also like to thank the parents, families, friends, and of course our wonderful coaches and safety reps that dedicated time, effort, and resources to making this program such a success.

This year, we had over 100 athletes play as a part of our program! If you would like to contribute to or be involved in the success of the program in the future, please contact Quinton, Program Coordinator at nestormcoordinator@masrc.com. Coaches and volunteers are always welcome to join our program.



**U7 North End & Central
Timbits**
Head Coach: Allan Constant
Assistant Coach: Robert Easter



U9 North End & Central Storm
Coaches: Rob Nervas, Noel Ngo,
Joey Sutherland, Josh Wilson



U11 North End & Central Storm
Head Coach: Robert Easter
Assistant Coach: Josh Wilson



U13 North End & Central Storm
Head Coach: Brighton Desjarlais
Assistant Coaches: Quinton Denechezhe, Will Kantimere, Adam Graboweicki



U15 North End & Central Storm
Head Coach: Sean Steeves
Assistant Coach: Will Kantimere

Registration for next season's program will take begin in June of 2023. For more information on the program, please visit our website: www.masrc.com/north-end-sports.

20TH ANNIVERSARY



**2023
NATIONAL
ABORIGINAL
HOCKEY
CHAMPIONSHIPS**

WINNIPEG
MAY 7 - 13, 2023

**ALL NATIONS,
ALL HEART.**



In the Community

MASRC Staff Community Visits

Over the course of the last month, our MASRC staff visited Red Sucker Lake First Nation, Brandon (Brandon Aboriginal Youth Achievement Centre & Sioux Valley First Nation School), and O-Chi-Chak-Ko-Sipi First Nation.

In Red Sucker Lake, Josh and Robyn played volleyball with the youth in the community.

While in Brandon, our Sport for Social Development staff spent the day snowshoeing and playing outdoor winter games with the youth despite the -30C weather!

Lastly, Cadin visited O-Chi-Chak-Ko-Sipi First Nation to meet with community leaders and to develop their badminton skills.



Lake St. Martin First Nation School Wins MFNSS Basketball Tournament

Over February 22nd - 23rd, the Manitoba First Nations School System (MFNSS), along with the Manitoba First Nations Education Resource Centre, hosted their fourth annual basketball tournament in Roseau River First Nation. The teams battled hard and faced tough competition. At the end, Lake St. Martin went home with the tournament banner!

Congratulations to everyone that participated on a great tournament!



1st: Lake St. Martin First Nation School



2nd: Keeseekoowinin First Nation School



3rd: Berens River First Nation School

Frontier Mosakahiken School Varsity Basketball Records Stellar Season

Mosakahiken Cree Nation (Moose Lake) is a small First Nations community in northern Manitoba- but that hasn't stopped the Frontier Mosakahiken School Varsity Grizzlies from dominating on the court this season.

Coached by Adam Khan and Dale Naskepow, the team boasts an impressive record- winning 6 of 7 regular season tournaments, and their Zone Championships. The team was virtually undefeated until competing in a AA/AAA tournament, where they were still able to rack up points and win against both AA & AAA teams from both in and outside of Winnipeg.

Extraordinarily, this varsity team consists of athletes from all grades. Their youngest athletes are in grade nine, and though new to playing at the high school level, they manage to keep up with their junior and senior teammates.



Now, the team of 10 athletes is shifting their focus towards the upcoming 'A' Provincial Championships, which will take place March 16-18 in Grandview, Manitoba. In the 2021-2022 season, the team made it to the finals at the Championships, losing a close match to the Glenboro Panthers.

This year, they're hoping for a rematch; and to return home with the provincial championship banner.

Minegoziibe Anishinabe Talons Basketball Team Breaks Records

Minegoziibe Anishinabe (Pine Creek First Nation) is quickly becoming known for their basketball skills within the province.



For the first time in 5 years, the Minegoziibe Anishinabe School hosted a varsity girls' basketball team. The team quickly proved themselves after winning their Zones, and for the first time in the program's history, are headed to the 'A' Provincial Championships in Gilbert Plains.

The Minegoziibe Anishinabe School also hosted a varsity boys' basketball team. The boys' team had a successful season, winning all exhibition games and competing in every tournament. Sadly, the boys' team lost in the first round of the Provincial Qualifiers.

Les Rouges are Golden: Another Championship Win for the University of St. Boniface Women's Volleyball Team



The University of St. Boniface Les Rouges are an all-French speaking collegiate volleyball team that compete in the Manitoba Colleges Athletic Conference (MCAC). The university is the only French post-secondary institution in the province. The MCAC is a part of the Canadian Collegiate Athletic Association (CCAA), which includes colleges and smaller universities from across Canada. For the second year in a row, Les Rouges' women's volleyball team had another stellar year of competition- culminating in yet another conference championship. This win has awarded them another shot

at the CCAA National Championships, hosted this year in Nanaimo, British Columbia by Vancouver Island University.

Season highlights for Les Rouges included finishing with 14 wins and 4 losses during their regular season, and leading the conference in kills, assists, and service aces. Unique to this college team is their roster- 4 of the team's 15 players are alumni of Team Manitoba & the North American Indigenous Games, and one-third of their team are Red River Métis.

Next season, Madison Hefferman, of Lord Selkirk Regional Comprehensive Secondary School (LSRCSS), will join Les Rouges. Madison will also be representing Team Manitoba at the 2023 North American Indigenous Games this summer in Halifax.



NAIG Alumni on the team include:

- # 4, Sophie Morrice, 4th year outside, NAIG Bronze Medalist (pictured above cheering)
- # 14, Lynne Wallack, 4th year setter (pictured right, with USB head coach Evan Turenne)
- # 19, Janique Lariviere, 1st year setter
- # 9, Madelyn Senecal, 2nd year outside

Other NAIG Alumni playing women's volleyball in the MCAC include:

Canadian Mennonite University Blazers

- # 13, Annikah Reimer, 2nd year setter
- # 15, Tammy Mitchell, redshirt right side
- # 2, Sahra McKenzie, 2nd year right side



Thank you to the University of St. Boniface Les Rouges for allowing us to share their photos in our newsletter!

Indigenous Athletes Announce Commitments to Universities & Colleges

This spring, graduating grade 12 athletes are announcing their commitments to play university and college sports next season. Over the past month, 3 athletes announced their commitments to playing volleyball, softball, and hockey at the post-secondary level.



Mya Kubrakovich
Minagoziibe (Pine Creek) Anishinaabek Nation
 Hockey, McKendree University Women's Hockey

Pine Creek First Nation's Mya Kubrakovich is headed to the United States to play hockey in the American Collegiate Hockey Association. The division 1 hockey team is based out of Lebanon, Illinois, and is one of the top teams in their division.

Mya is graduating from the Athol Murray College in Saskatchewan as a member of the Notre Dame Hounds.

Hannah Lytwyn
Norway House Cree Nation, Winnipeg
 Volleyball, Universite du Moncton

Hannah Lytwyn, a member of Norway House Cree Nation, will be joining the Universite du Moncton women's volleyball team next season.

Before she heads east for university, Hannah will be suiting up as a member of Team Manitoba and attending the 2023 North American Indigenous Games in Halifax this summer.

Hannah is graduating from College Jeanne-Sauve in Winnipeg.



Ryanne Bass
Red River Métis, Winnipeg
 Softball, Mayville State University

Ryanne Bass, a Red River Métis softball player from Winnipeg, will journey down south next fall to join the Mayville State University women's softball team.

Ryanne will also be attending the 2023 North American Indigenous Games this summer. She joins two other Team Manitoba teammates who will also be playing collegiate softball south of the border this fall.

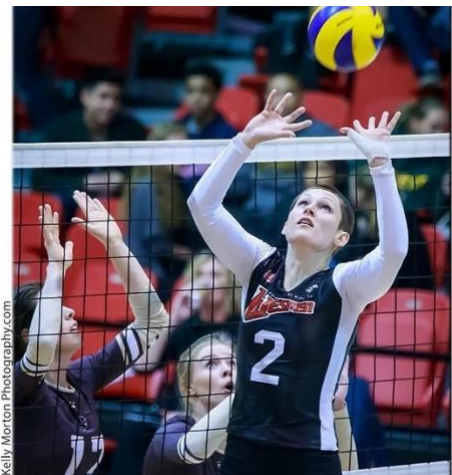


Indigenous Manitobans Named to North American Indigenous Athletics Hall of Fame

The following Manitobans have been inducted into the North American Indigenous Athletics Hall of Fame for their dedication to the pursuit of excellence in sport in 2023. Visit www.naiahf.org to read their stories.



Theodore “Ted” Niizhotay Fontaine
Sagkeeng First Nation
Anishinaabe hockey player, Chief, Elder, author, educator, public speaker



Jayme Menzies
Red River Métis
Lawyer, athlete, coach, community advocate



Gerald (Jerry) Gourneau
Turtle Mountain Chippewa
Teacher, administrator, project coordinator, director, and self-employed horse trainer

It Was All a Dream: Red River Métis Athlete Averie Allard Goes Pro in Europe

For the past 6 years, Averie Allard of Winnipeg, Manitoba, has been a part of the University of Saskatchewan's women's volleyball team and was most recently a part of Team Canada's NextGen National Team. Averie graduated from Sisler High School in 2017 and grew up playing many different sports in her youth. As a Red River Métis woman, Averie was the only Indigenous athlete playing on Canada's National Volleyball Team. Now, as she wraps up her U-Sports career, she prepares to head overseas to join Vero Volley- one of the top professional volleyball teams in Italy.



We caught up with her in-between university classes to chat about her upcoming transition from full-time student to professional athlete.

Averie, how does it feel to be wrapping up your university career?

"It's really bittersweet wrapping up my U-Sports career, especially since I spent an extra year there, that normal athletes don't usually get to do. I spent six years at the University of Saskatchewan- building a new home and a new family, so leaving it all is really sad... but being able to move onto something else is also so new and exciting.



What was your favourite memory as a university athlete?

"I think my favourite memory about being at the University of Saskatchewan would definitely have to be hosting playoffs at home last year. For the past couple of years, our team did not qualify for playoffs, so hosting them at home was electric. It was a really great opportunity for the volleyball community in Saskatoon."

What are you most looking forward to in heading overseas to play pro?

"I'm looking forward to travelling more and playing more volleyball! I've always gone to different cities in Canada to play on different teams, but I've never really left the country to play anywhere else. I'm someone who likes to travel so I think it will be a great opportunity to see the world, and to be immersed in other cultures, cities, and ways of life, while continuing to play volleyball."

Are you playing with anyone you know?

“I know three other athletes from the US that are on my team that I’ve seen play. Just from watching their games, I’m excited to really excited to meet them. There are a few other names that I’ve heard of that I’ve never met before either on this team, so just to put faces to names will be a little bit comforting. Just being able to say, “Oh yeah, I’ve seen her play, I know that name,” will bring me a little comfort while moving across the world. The team is based out of Italy, so I will have to learn some Italian, but fortunately the staff and some of the players speak English, so I will be OK.”



Being a student-athlete can be hard, let alone being an Indigenous student-athlete. How did you bridge being Indigenous and a student athlete? Has your identity changed at all?

“I would say that it has changed tremendously. Since being at the University of Saskatchewan, I went through the SUNTEP¹ program. It’s for aspiring Indigenous teachers, so the education program has an Indigenous focus. The main point of the program is to learn how to Indigenize our classrooms as much as possible. Honestly, it completely changed me as a person. Just being around other Métis women, Métis students, and Métis educators was so inspiring and so empowering, that I literally felt like whatever I wanted to advocate for, I could.”

“I think that is a huge reason why I was able to write MMIW on my leg, and speak about multiple injustices in the community, and play. Universities weren’t originally built for or designed for Indigenous people to be a part of- but at the end of the day, being vocal about who I am and what is important to me creates that space.”



I WANT OTHER INDIGENOUS PEOPLE TO KNOW THAT IN UNIVERSITY, WHETHER ITS ATHLETICS, OR JUST CLASSES, THERE IS SPACE FOR US HERE.

¹ The Saskatchewan Urban Native Teacher Education Program (SUNTEP) is over forty years old. It is a four-year, fully accredited program through the Gabriel Dumont Institute that has a strong emphasis on Métis history, Michif language, and social justice, anti-racist/anti-oppressive education. The program combines superior academic education with extensive classroom experience and a thorough knowledge of current educational issues. For more information, please visit <https://gdins.org/programs-and-courses/what-we-offer/suntep/>.

The issue of Missing and Murdered Indigenous Women & Girls (MMIW) is an important topic both in and outside of the Indigenous community, especially considering recent events in Winnipeg. What was the inspiration behind writing “MMIW” on your leg? When did it start and what did it feel like to publicly support that cause?



Lauren Schad, Volleyball Nantes, 2020.

“It started the year before COVID- so 2019. I was in Langley, BC with my team when it came up on my Instagram explore page. I had been thinking of doing something after my friend, Tracie Leost, had ran from her home community of St. Laurent to Winnipeg in support of Missing and Murdered Indigenous Women and Girls in 2016. I wanted to use my athletic platform to something, to make a difference, and to bring awareness to something.”

“I saw that there was an athlete in the US, who now plays professional volleyball in Europe, and she had a red print on her arm². It was like this huge deal because professional clubs usually like you to look the exact same. I don’t want to say it’s frowned upon, but it’s not a part of the volleyball culture, standing out in

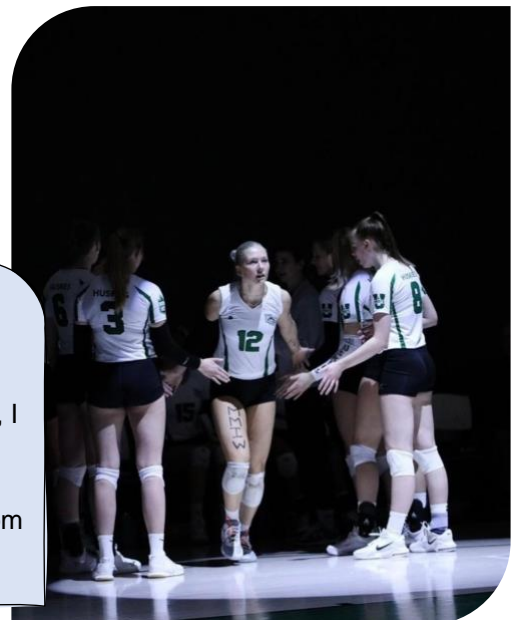
such a political way. I remember looking at that and being like “wow, she’s literally not allowed to do that, or not supposed to be doing that, and she’s doing it anyways... what’s stopping me?”

“I asked my coach if I could write “MMIW” on my leg, and he was all for it. He was so supportive, and from then on it’s kind of just been a constant reminder for myself and my teammates that we are always playing for something bigger. In my case, community is such a big part of where I’ve gotten to, and I think that using my platform is a good way to show my appreciation for the support.”

Did you experience any pushback, or have people been mostly supportive?

“I’ve never had pushback from it from my coaches or teammates. I was only in my second year when I started writing it on my leg, and it was so nerve-wracking. I was so scared that somebody was going to say something negative or push back. I’ve had a lot more people either thank me for bringing awareness, or ask me about it, and were interested in knowing more about it.”

“When we were in Brandon, one of the fans in the stands was heckling me about it. Obviously, he didn’t know what it meant, and after the game, he came up to me and was like “I googled what it meant, and I just want to say I’m so sorry. If I had known, I would not have gone that route.” I thought, you know, that’s honestly the point. At the end of the day, if you Google that, and now you know, then at least it became a learning opportunity from it.”



² Lauren Schad (Lakota, Cheyenne River Lakota Nation, South Dakota). Retired professional athlete, activist, N7 member.

If you reflect on your journey as an athlete, what would be your biggest inspiration? What motivates you?

“Honestly, I think my biggest motivation in general was just proving people wrong. I had so many people tell me that I played too many sports when I was younger, and that I didn’t focus enough in high school, and that sports would never get me anywhere. I just want to show to everyone that sports can be a huge part of your life in a good way.”

Averie, you’ve overcome barriers and played at a level most athletes can only dream of. What would you like to tell young Indigenous athletes who dream of a career as a professional athlete?

“The barriers they face, no matter where they’re from, or what they are, they can overcome them, and it is going to be so incredibly worth it.”



**“ YOU HAVE SO MANY PEOPLE,
WHETHER YOU KNOW IT OR NOT,
WHO ARE CHEERING YOU ON.
THEY ALL WANT YOU TO SUCCEED—
MORE THAN THE SYSTEM
WANTS YOU TO FAIL.
”**

Do you want to see your story shared next month?

Contact **Gabrielle** at **gabrielle.wishart@masrc.com** to feature your story in our next monthly newsletter.







BASKETBALL COACHES NEEDED!

WINNIPEG MINOR BASKETBALL ASSOCIATION
YOUTH TEAMS HOSTED BY MASRC

HEAD & ASSISTANT COACHES NEEDED. TEAMS WILL PRACTICE AND PLAY 1X A WEEK.

CONTACT QUINTON AT
NESTORMCOORDINATOR@MASRC.COM
OR 204-925-5737 FOR MORE INFORMATION.

March-June 2023

TEAMS:
AGES 7-8 COED (1-2 TEAMS)
AGES 9-10 MALE & FEMALE (1-2 TEAMS)
AGES 11-12 MALE & FEMALE (1-2 TEAMS)
AGES 13-18 COED (1 TEAM)







Volunteers needed!

Email volunteer@nahc2023.com for more information.

www.nahc2023.ca

MAY 7-13 2023 | WINNIPEG

February Indigenous Athlete of the Month

Our February **MASRC Indigenous Athlete of the Month** is **Mason Foreman!**

Originally from Selkirk, Manitoba, Mason is a Red River Métis athlete in his 5th year of university basketball at the University of Calgary.



“In addition to Mason's drive and being able to overcome injury Mason has been an academic All-Canadian and graduated with a Bachelors of Kinesiology (Science) in 2022. Mason now awaits a decision of acceptance to the University of Manitoba - Medicine. He is such a great role model on and off the court.

Mason has wanted to be a doctor since overcoming a life-threatening surgery when he was in grade 4 and has maintained this goal. He recognizes the need for role models and aspires to practice medicine in a small community. Mason is always the first to volunteer and to help others.

“Mason played five years with the Calgary Dino's. In 2018, he was named to the All-Rookie Team, and Second Team All-Star Team for CanWest the following three years. Mason competed his last year with a severed ligament in his right wrist as he did not want to let his coach or his teammates down. In his final year (2022-2023), Mason returned after surgery to play out his last year of eligibility. It should be noted, that prior to his return he sat on the bench with the Women's Calgary Dino's Basketball Team as an assistant coach. Although he only played 10 games, he amassed 207 points and 122 rebounds - and scored double-double every game. This earned him a third team All Star for CanWest with only a third of the games played.”

While competing and maintaining high grades, Mason both volunteered with the Siksika First Nation and competed on the Alberta Indigenous Games team winning a gold in 2021. In 2022, Mason was no longer eligible to compete in the Indigenous Games and therefore took up a role of assistant coach. Upon graduation from the University of Calgary, Mason was acknowledged for his community involvement with the Siksika First Nation.”

Michelle Foreman, parent

Congratulations Mason on a successful university career Mason!

If you would like to nominate an Indigenous Athlete of the Month, please visit www.masrc.com/monthly-awards.

February Indigenous Community Champion of the Month



Our February **MASRC Indigenous Community Champion of the Month** is **Antonina Kandeurin!**

Antonina is a member of York Factory First Nation and originally from Churchill, Manitoba.

Currently, Antonina is in her fourth year of Athletic Therapy at the University of Manitoba. Antonina has also been a member of our Ambassador Program because of her commitment to promoting healthy lifestyle choices.

Aside from her studies, Antonina most recently was a recipient of the Manitoba Indigenous Youth Achievement Award for her dedication to health in the north in December of 2022 (pictured below).

She is also a member of the University of Manitoba Indigenous Circle of Empowerment, and their Physical Education Recreational Kinesiology Student Council (PERKS).

Over the past month, Antonina has been running 3.5 kilometers a day to raise funds for York Factory First Nation & Tataskwayak Cree Nation. The Cree communities are located almost 12 hours north of Winnipeg, on the shores of Split Lake. Last month, both communities were rocked by the deaths of two youth, sending them into a state of crisis. Due to their isolation, resources and programming can be hard to come by and are limited.

Antonina has been successful in raising over \$3,000.00 to go towards programming and supports for youth living in both communities. Despite battling through running-related injuries, Antonina will continue her runs until March 16th, marking one month since the beginning of her journey.

On **March 16th**, Antonina and the **University of Manitoba Kinesiology Faculty** will be hosting a running event in support of Indigenous youth in both communities at the **James Daly Fieldhouse, University of Manitoba at 6:00PM**. **Donations of gently used sports and recreation equipment will also be welcomed and will go towards supporting youth programs in both communities.** For more details on the event, including how to donate, please visit **@umkinrec** on Instagram.



Antonina is pictured here with her grandparents, Patricia Kandeurin (left) & Dmytri Kandeurin (right).

Thank you, Antonina, for your dedication to youth empowerment and health.
If you would like to nominate an Indigenous Community Champion of the Month, please visit www.masrc.com/monthly-awards.



MAY 20 - 21, 2023
RED RIVER EXHIBITON PARK
WINNIPEG

WWW.MASRC.COM/HOOP-IT-UP

