

MANITOBA ABORIGINAL SPORTS & RECREATION COUNCIL



M A S R C
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JANUARY 2023
NEWSLETTER

Message from MASRC Leadership



MESSAGE FROM THE EXECUTIVE DIRECTOR, MEL WHITESELL

In the wake of the past two years, I am looking forward to a very busy spring and summer for our organization. In the next 5 months, we will be preparing to welcome Indigenous athletes from across the country to both the National Aboriginal Hockey Championships and Hoop It Up.

This summer, we will be bringing a cohort of 500 athletes to the North American Indigenous Games in Halifax. These athletes are best of their communities, and we are proud to have them represent our province!

Thank you to our sponsors & partners!

Funded by the
Government
of Canada

Canada 

Manitoba 

MANITOBA
LIQUOR
& LOTTERIES 



Immigration
Partnership
Winnipeg

ANTI-
RACISM
IN SPORT 

Sport
MANITOBA



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
E: info@masrc.com

Upcoming Events

Spring - Summer 2023

North End Basketball Registration Opens → February 3, 2023

North End Night @ U Manitoba Bisons Hockey → Feb 10, 2023

Indigenous Nights @ U Winnipeg → February 10 & 17, 2023

MASRC Offices Closed → Louis Riel Day, February 20, 2023

Indigenous Women & Girls Walking Program → Mondays & Thursdays in February

Hall of Fame Nominations Deadline → February 15, 2023

MASRC Scholarship Applications Open → March 1, 2023

Aboriginal Coaching Module NCCP Course → March 22, 2023

Aboriginal Coaching Module NCCP Course → April 22, 2023

National Aboriginal Hockey Championships → May 7-13, 2023

Hoop It Up → May 20-21, 2023

MASRC Scholarship Applications Close → June 1, 2023

North American Indigenous Games → July 14-23, 2023

Make sure you SUBSCRIBE to our email list and check out our events page on our website!

Aboriginal Coaching Module

March 22 & April 22, 2023 - Winnipeg, MB

**NCCP-ACCREDITED FREE
1-DAY COURSE COVERS:**

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

Contact: Hannah Chambers
P: 204-925-5689
E: hannah.chambers@masrc.com



INDIGENOUS WOMEN & GIRLS WALKING PROGRAM

Fitness-Instructor led program for Indigenous women & 2S ages 16+

Twice weekly
January-March 2023.

Located in West
Winnipeg- specific
dates & locations
released to registrants.

Contact: Season Kirkwood
P: 204-942-6615
E: season.kirkwood@masrc.com



20TH ANNIVERSARY



2023
NATIONAL
ABORIGINAL
HOCKEY
CHAMPIONSHIPS
WINNIPEG
MAY 7 - 13, 2023

**ALL NATIONS,
ALL HEART.**



WWW.NAHC2023.CA

2023 National Aboriginal Hockey Championships

Volunteers needed!

MAY 7 - 13, 2023 SEVEN OAKS ARENA, WINNIPEG, MANITOBA

Email volunteer@nahc2023.com for more information.

www.nahc2023.ca

[f](#) [@](#) [t](#) @nahc2023



CALL FOR NOMINATIONS



2023 CLASS OF INDUCTEES

CANADA'S FIRST
ALL-INDIGENOUS
SPORTS HALL OF FAME

WWW.MASRC.COM/AWARDS

DEADLINE: FEBRUARY 15, 2023

EVENT COUNTDOWN

as of January 31, 2023


2023 NAHC
MAY 7-13, 2023
95 DAYS


HOOP IT UP
MAY 20-21, 2023
109 DAYS

2023 JEUX
AUTOCHTONES
 INDIGENOUS
GAMES 2023
2023 NAIG
JULY 15-23, 2023
164 DAYS

2023 NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIPS



TEAM MANITOBA U18 FEMALE ROSTER

The Manitoba Aboriginal Sports & Recreation Council is proud to announce that the following athletes have been selected to represent Team Manitoba at the 2023 National Aboriginal Hockey Championships in Winnipeg, Manitoba.

NAME	POSITION	IDENTIFIED HOME COMMUNITY	BAND/METIS REGION
Haley Braun	F	Nisichawayasihk Cree Nation, MB	Nisichawayasihk Cree Nation
Anya Misner	F	Springfield, MB	Metis - Southeast Region
Breigh Rank	F	Brandon, MB	Metis - Southwest Region
Sophia Anderson	F	Glenboro, MB	Metis - Southwest Region
Phoenix Parisian-Freis	F	Winnipeg, MB	Metis - Winnipeg Region
Selene Wozney	F	Winnipeg, MB	Fort Alexander First Nation
Braya Kapusta	F	Winnipeg, MB	Metis - Winnipeg Region
Jessica Anderson	F	Roland, MB	Metis - Southwest Region
Caitlyn Anderson	F	Roland, MB	Metis - Southwest Region
Addison Dyck	F	Winnipeg, MB	Metis - Winnipeg Region
Seanna Price	F	Winnipeg, MB	Metis - Winnipeg Region
Kirby Gray	F	Elkhorn, MB	Metis - Southwest Region
Julianna Herman	D	The Pas, MB	Metis - The Pas Region
Ella Stewner	D	East St. Paul, MB	Metis - Interlake Region
Linnea Misner	D	Springfield, MB	Metis - Southwest Region
Kurtia Yetman	D	Nisichawayasihk Cree Nation, MB	Nisichawayasihk Cree Nation
Ravis Constant-Kuba	D	Opaskwayak Cree Nation, MB	Opaskwayak Cree Nation
Sofie Thompson	D	Thompson, MB	Metis - Thompson Region
Jenna Goertzen	G	Winnipeg, MB	Metis - Winnipeg Region
Rachel Halldorson	G	Lundar, MB	Metis - Interlake Region

TEAM MANITOBA U18 FEMALE COACHING STAFF

NAME	POSITION	IDENTIFIED HOME COMMUNITY	BAND/METIS REGION
Dale Bear	HC	Peguis First Nation, MB	Peguis First Nation
Katie Bassett	AC	Winnipeg, MB	Metis - Winnipeg Region
Keyanna Lea	AC	Berens River First Nation, MB	Berens River First Nation
Jacinta Bear	M	Peguis First Nation, MB	Fisher River Cree Nation
Christina Keeper	T	Winnipeg, MB	Nisichawayasihk Cree Nation

2023 NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIPS



TEAM MANITOBA U18 MALE ROSTER

The Manitoba Aboriginal Sports & Recreation Council is proud to announce that the following athletes have been selected to represent Team Manitoba at the 2023 National Aboriginal Hockey Championships in Winnipeg, Manitoba.

NAME	POSITION	IDENTIFIED HOME COMMUNITY	BAND/METIS REGION
Carter Zalischuk	F	Dauphin, MB	Metis - Northwest Region
Cole Robertson	F	Winnipeg, MB	Metis - Winnipeg Region
Dawson Andries	F	Killarney, MB	Metis - Southwest Region
Ben Roulette	F	Sandy Bay Ojibway First Nation, MB	Sandy Bay Ojibway First Nation
Carter Campbell	F	La Salle, MB	Metis - Southwest Region
Marlen Edwards	F	Lake Manitoba First Nation, MB	Lake Manitoba First Nation
Peyton Allard	F	Winnipeg, MB	Metis - Winnipeg Region
Dayton Desjarlais	F	Winnipeg, MB	Brokenhead Ojibway Nation
Ian Buors	F	St. Laurent, MB	Metis - Interlake Region
Maxx Hamelin	F	Winnipeg, MB	Metis - Winnipeg Region
Jett Lajoie	F	Winnipeg, MB	Muskeg Lake Cree Nation #102
Hayden Paupanekis	F	Norway House Cree Nation, MB	Norway House Cree Nation
Darian Sinclair	D	Peguis First Nation, MB	Peguis First Nation
Luke Wagner	D	Winnipeg, MB	Metis - Winnipeg Region
Tavon McCorrister	D	Winnipeg, MB	Peguis First Nation
Hubert Clarke	D	Norway House Cree Nation, MB	Norway House Cree Nation
Ayden Collins	D	Winnipeg, MB	Metis - Thompson Region
Gage Sutherland	D	Winnipeg, MB	Muskoday First Nation
Francois Gagnon	G	Richer/St. Anne, MB	Metis - Southeast Region
Mariko Bercier	G	Opaskwayak Cree Nation, MB	Opaskwayak Cree Nation

TEAM MANITOBA U18 MALE COACHING STAFF

NAME	POSITION	IDENTIFIED HOME COMMUNITY	BAND/METIS REGION
Micheal Ferland	HC	Vogar, MB	Ebb and Flow First Nation
Hayden Yaremko	AC	Brandon, MB	Sapotaweyak Cree Nation
Daniel Chartrand	AC	The Pas, MB	Metis - The Pas Region
Kevin Monkman	M	Dauphin, MB	Metis - Northwest Region
Eric Favel	T	Peguis First Nation, MB	Peguis First Nation

SAFE SPORT SURVEY

Are you an Indigenous athlete, coach, volunteer, or involved in sports & recreation in some other capacity?

We want to hear your thoughts on Safe Sport!

Complete the survey below to be entered for a chance to win a Winnipeg Jets jersey!



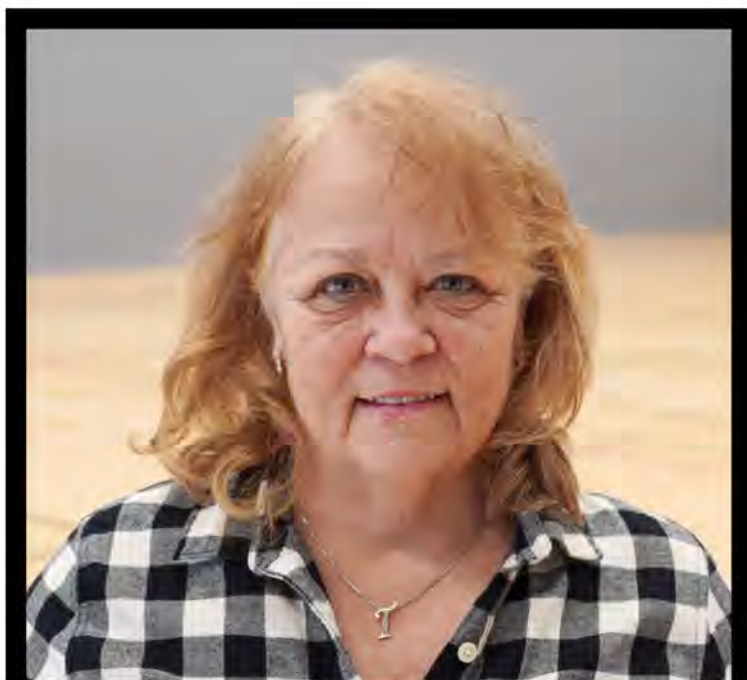
Visit our website or scan the QR code for more information!

www.masrc.com



TM True North Sports & Entertainment

MASRC TEAM UPDATES



Thérèse Trudeau
Métis - St. Boniface Local
Coach Coordinator & Administrative Assistant

Our newest addition to our team is Thérèse Trudeau! Thérèse will be assisting our administrative team as we prepare for a busy year. She will be working closely with our Team Manitoba mission staff in preparation for both the 2023 National Aboriginal Hockey Championships and the North American Indigenous Games.

Thérèse also has an extensive history of playing and supporting sports! Growing up, she played many sports- including softball, broomball, and soccer, to name a few. She has also worked extensively in administration, and brings a wealth of knowledge and expertise to her position.

Thérèse Trudeau
P: 204-925-5689
E: coachcoordinator@masrc.com

NAIG 2023 HALIFAX UPDATES



On January 17th, 2023, at the M3 NAIG Summit, the NAIG Host Society released the medals for the 2023 North American Indigenous Games in Halifax.

A tentative sport schedule has been released- visit www.naig2023.ca for more information

INDIGENOUS UNIVERSITY & COLLEGE ATHLETES TO WATCH FEBRUARY 2023

TREHELLE BUNN, UM W HOCKEY
 LINDEN MCCORRISTER, UM M HOCKEY
 TONY APETAGON, UM M HOCKEY
 PAYTON LEFLAR, LAKEHEAD WVB
 AVI PLETT, UM WVB
 CHLOE ELLERBROCK, UM WVB
 AVERIE ALLARD, USASK WVB
 PHIL SUTHERLAND, OLDS MVB
 SAHRA MCKENZIE, CMU WVB
 ANNIKAH REIMER, CMU WVB
 TAMMY MITCHELL, CMU WVB
 CAM GAYLEARD, CMU MVB
 SOPHIE MORRICE, USB WVB
 MADELYNE SENECAL, USB WVB
 LYNNE WALLACK, USB WVB
 JANIQUE LARIVIERE, USB WVB
 ROBYN BOULANGER, UW WBBALL
 ANNA KERNAGHAN, UW WBBALL
 LEAH MILLER, U MICHIGAN ROWING
 SIMONE TURNER, ACC W HOCKEY

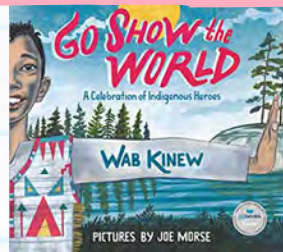
HAVE A NAME TO ADD TO THIS LIST?
 EMAIL INFO@MASRC.COM TO SEE IT IN
 OUR NEXT NEWSLETTER!



I LOVE TO READ MONTH BOOK RECCOMENDATIONS

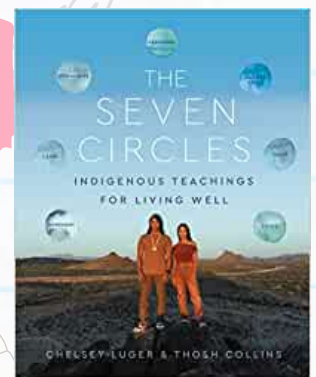
A History of Excellence: The Untold Story of Manitoba's Indigenous Sport
 By: Carriera Lamoureux, Scott Taylor, & Janice Forsyth

Detailed histories of Manitoba's top Indigenous athletes, coaches, and sport builders across millennia.



Go Show the World: A Celebration of Indigenous Heroes
 By: Wab Kinew

Highlighting Canada's unsung Indigenous heroes- from the NHL to NASA!



The Seven Circles: Indigenous Teachings for Living Well
 By: Chelsey Luger & Thosh Collins

Incorporating holistic wellness & Indigenous teachings in your everyday life!

COMMUNITY UPDATES



2023 NAIG ATHLETES HEADED TO THE UNITED STATES FOR POST-SECONDARY SPORTS

Every athlete's dream of playing college is now a reality for three Indigenous athletes. During their grade 12 year, athletes interested in pursuing college and university sports make their declarations and choose what college or university they would like to attend- and over the last two months, three 2023 NAIG athletes have announced their commitments.

U19 Softball athletes Hope Ransome and Finley Folkett have signed to the University of Jamestown (North Dakota) and the University of Southern Maine.



Both athletes are standouts on their team, and currently play for the MN Waves out of the US.

Joining them in the United States is U19 baseball team member Matt Thompson. Matt will be headed to Williston State College in North Dakota to continue his baseball career. All three athletes are members of the Manitoba Metis Federation.

Make sure you keep an eye out for these athletes as they'll be the ones to watch at the 2023 North American Indigenous Games!

Do you know of an Indigenous athlete living in Manitoba that is pursuing post-secondary athletic career? We'd love to share their story! Please send an email to gabrielle.wishart@masrc.com to have them featured in our next newsletter.



COMMUNITY UPDATES

COMMUNITY GROWS LOVE OF HOCKEY AT ALL-INDIGENOUS TOURNAMENT



The Dakota Nation Winterfest has been a staple for Indigenous Manitobans for over 10 years. Hosted by the Sioux Valley Dakota Nation, the winter event boasts a powwow, super-sized bingo, square dance competitions, basketball and volleyball, and of course, hockey.

Across all ages, communities send the best of the best for a chance to claim one of the Winterfest Hockey Championships championship.

The Birdtail Sioux Dakota Nation is one of these communities. One of six Dakota nations (Dakota Tipi, Dakota Plains, Sioux Valley, Canupawakpa, Birdtail) living in Manitoba, the community is located almost an hour north of Virden. The community is home to just over 500 on-reserve members.



Last weekend, for the first time ever, the Birdtail Sioux Dakota Nation sent 5 full teams to the tournament! Doug Hanksa Junior, community member and volunteer, has focused on growing the game in his community. Just last year, Birdtail only had 8 hockey players in their whole community. Thanks to Doug, and the work of NAHC alumni Trechelle Bunn, hockey is becoming a mainstay in their community.

Thank you to the Southern Chiefs Organization for sharing their photos and this story with us.



January in Review

Basketball Skills & Coaching Clinic in Opaskwayak Cree Nation



Basketball season is in full swing- and our staff are busy running coaching clinics in communities across the province.

Regional Strategy Consultant Joshua and Indigenous Community Sports Consultant Kaelei travelled to Opaskwayak Cree Nation to run a two-day clinic for the teachers, coaches, and students of Oscar Lathlin Collegiate and Mosakahiken Cree Nation.

Over the course of the two days, Josh and Kaelei focused heavily on teaching coaches team development through team-building drills. They also had the opportunity to run the athletes through some conditioning exercises.

Thank you to Opaskwayak Cree Nation giving us such a warm welcome, to Oscar Lathlin Collegiate for inviting us into their school, and Frontier Mosakahiken School for joining us!



Thank you to the Winnipeg Sea Bears for outfitting our clinic participants with some Sea Bears' gear!



January in Review

Safe Sport Community Forums

Brochet (Barren Lands First Nation)

On the northeastern corner of Reindeer Lake in northern Manitoba, the small community of Brochet and Barren Lands First Nation rests. MASRC staff were invited into the community to build relationships with the youth, and to participate in their sports programs. Thank you to Brochet for the warm welcome, and we can't wait to be back in the future!



Red Sucker Lake First Nation

Our Sport for Social Development staff were invited to Red Sucker Lake to participate in their 2023 Youth Summit! As a part of the Youth Summit, SSD Program Leader Jazmyn shared her story as a First Nations athlete growing up on reserve and playing high-level sports.

Our staff took part in many activities while there- including playing hockey and volleyball, participating in gym classes at the school, and learning from local leaders about their community.

Thank you to the community of Red Sucker for hospitality! We are excited to continue building relationships with the youth of Red Sucker Lake.



January Athlete of the Month

ROBYN BOULANGER

Robyn Boulanger is a Berens River First Nations member and basketball player from Winnipeg.

Robyn Boulanger is currently in her fifth year of playing with The University Of Winnipeg Wesmen women's basketball team. Last year Robyn helped her team to the National Championships, and ultimately won a silver medal. This month, Robyn has made her mark in Canada West, and U Sports history by making her way into the top 10 for threes made in the conference, and into the top spot in U Sports for three-pointers made this season (42). During that same weekend against the no. 1 ranked team Regina Cougars, Robyn had a career high game of 26 points and the first game with 13 points, averaging 24.5 points and 2 steals. The outstanding performance by Robyn has earned her spot as Canada West Player of the Week and also U Sports National Player of the Week!



Outside of basketball, Robyn is an amazing and down to earth person who loves her family and friends and would do anything for the people she loves. Robyn is also an amazing mentor who frequently gives back to the youth on her free time. She's an amazing role model who leads by example, living a healthy and active lifestyle. She continually puts in work daily to be the best possible person she could be, on and off the court.

Congrats Robyn! We're looking forward to seeing your future achievements in sport and academics.

To read her complete story, or to nominate your Athlete or Community Champion of the Month, visit <https://www.masrc.com/monthly-awards>. Nominations close every month on the 25th.

CALL-OUT FOR HOCKEY EQUIPMENT DONATIONS!

WE ARE CURRENTLY RUNNING LOW ON:

SHIN PADS - SIZE 9-11 INCHES
 HOCKEY GLOVES - ALL SIZES
 SHOULDER PADS - JUNIOR & YOUTH SIZES
 HOCKEY SKATES - ALL SIZES

HELMETS - ALL SIZES
 STICKS - ALL SIZES
 ELBOW PADS - ALL SIZES
 NEW & USED HOCKEY BGS



VISIT WWW.MASRC.COM/WAREHOUSE-EQUIPMENT FOR DROP-OFF LOCATIONS & HOURS OF OPERATION.

January Community Champion of the Month

REBECCA KANTIMERE

Our January Community Champion of the Month is Rebecca Kantimere! Rebecca currently lives in Winnipeg, and is a member of Waywayseecappo First Nation.

Rebecca is the parent of 3 players in the North End Hockey Program: Layla of the U9 Central Storm, Olivia of the U13 Central Storm, and Bridgette of the U15 Central Storm team. She has developed a new found passion for hockey and is a first time hockey parent this season. She loves how much each of her daughters enjoy the game and is a proud parent of the improvements they have made. She is reliable, responsible, takes initiative, very supportive, and communicates well with coaches, the players, and other parents. She is always friendly to everyone and will go out of her way to say hi and make players feel welcome, comfortable, and part of the team. Besides her daughters, she loves seeing the improvements being made by the entire team, especially those who are also in their first year who have grown so much over the season. She is always willing to lend a helping hand, ensuring everyone is able to make it to rink for practices or games, and always has kind and encouraging words to players during games. Rebecca is the team safety rep of the U15 Central Storm team and was filling in as the team safety rep for both the U9 and the U13 team until others filled the role. Without being asked, she offered to provide snacks and drinks after each game for all 3 teams that she has daughters on.

She picks up and drops off players of the U13 and U15 team every game, practice, and events and has been 100% reliable with it. As a result we have been able to play every game this season without having to forfeit. She has even gone so far as to pick players up, drop them off at the rink, and then go back to pick up more players and bring them to the rink to ensure everyone is there. She inclusive and supportive of all the players on each team and is friendly to all players.

Congrats Rebecca! Thank you for your hard work and dedication to to making sports a fun and positive experience for your children and their teams.



To read her complete story, or to nominate your Athlete or Community Champion of the Month, visit <https://www.masrc.com/monthly-awards>. Nominations close every month on the 25th.



MASRC WORD SEARCH



Teamwork

Courage

Support

Agility

Sprint

Jump

Humility

Respect

Running

Love

Lunge

Physical

Honesty

Active

Hope

Truth

Skip

Thanks to SSD Program Leader Jazmyn Desjarlais for this month's wordsearch!

WE'VE HIDDEN FOUR

**2023 JEUX
AUTOCHTONES**
de l'Amérique du Nord
HALIFAX • NOUVELLE-ÉCOSSE



North American
**INDIGENOUS
GAMES 2023**
HALIFAX • NOVA SCOTIA

**FIND ALL FOUR AND EMAIL YOUR
FINDINGS TO INFO@MASRC.COM
TO BE ENTERED INTO A DRAW
FOR FREE TEAM MANITOBA
GEAR!**

THROUGHOUT OUR NEWSLETTER!



MAY 20 - 21, 2023
RED RIVER EXHIBITON PARK
WINNIPEG

WWW.MASRC.COM/HOOP-IT-UP

