

MASRC

NEWSLETTER

JANUARY 2024



NEW PROGRAMS
INDIGENOUS ATHLETE OF THE MONTH
COACH DEVELOPMENT OPPORTUNITIES
COMMUNITY UPDATES



January 2024 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy New Year! MASRC Offices Closed	2 MASRC Staff Back in Office	3	4	5	6
7	8	9	10	11	12	13
14 Train to Perform 1-2PM	15 SSD Community Visit Pine Creek	16 SSD Community Visit Pine Creek	17 SSD Community Visit Pine Creek	18	19	20 Aboriginal Coaching Modules
21 Train to Perform 1-2PM	22	23	24	25 Athlete of the Month Nominations January Close	26	27
28 Train to Perform 1-2PM	29 SSD Community Visit God's Lake	30 SSD Community Visit God's Lake	31 SSD Community Visit God's Lake	Coming Soon: Self Defence Program Learn to Skate Program Girls' Softball Family Bowling Yoga with the MASRC		

February 2024 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Churchill Community Visit TBD Skownan Community Visit TBD				1	2	3 Spirit of the Bison Sports Day
4 Train to Perform 1-2PM	5	6	7 Coach's Corner Coffee Chat 8:00-9:00PM via Zoom	8	9	10
11 Train to Perform 1-2PM	12	13	14	15	16	17
18 Train to Perform 1-2PM	19 Louis Riel Day MASRC Offices Closed	20	21	22	23 Aboriginal Justice Awareness Day MASRC Offices Closed	24
25 Athlete of the Month Nominations January Close	26	27	28 MASRC Annual Sports Awards Nominations Close Hall of Fame Nominations Close	29		

Upcoming Programs

We are so excited to be hosting the following programs in the upcoming months! **All program details, including dates, locations, and any costs, will be shared along with information on how to register sometime over the next month- so stay tuned!**



Indigenous Women, Girls, and 2S Self Defence Program

Get ready for empowerment and self-defence with the Manitoba Aboriginal Sports & Recreation Council's upcoming Indigenous Women, Girls, and 2Spirit Self Defence Program! This program is designed to foster confidence, resilience, and physical well-being among Indigenous women, girls, and 2S individuals. Led by experienced instructors, the program aims to provide essential self-defence skills. Join us as we create a safe and supportive environment, empowering participants to navigate the world with strength and knowledge.



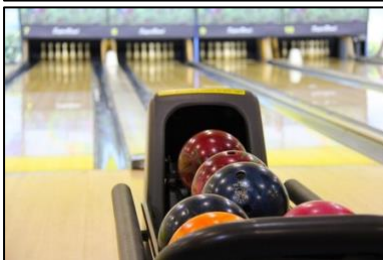
Learn to Skate Program

Whether you're a beginner taking your first strides on the ice or aiming to enhance your skating prowess, our expert instructors are here to guide you. Discover the joy of gliding gracefully on the ice, building confidence, and embracing a fun-filled activity for everyone. Join us as we create an inclusive and supportive environment, where the thrill of learning to skate transforms into a lifelong love for the ice. Lace-up your skates and let the adventure begin!



Girls' Softball Program

Get ready to step up to the plate with our upcoming Girls' Softball Program! Brought to you by the Manitoba Aboriginal Sports & Recreation Council, our coaches will provide expert guidance, coaching skills, rules, and strategies of the game. Join us as we swing into action, fostering a love for softball and building a community of enthusiastic players.



Family Bowling

Strike up some family fun at our upcoming Family Bowling Night, complete with pizza and drinks! Hosted by the Manitoba Aboriginal Sports & Recreation Council, this event promises an evening of laughter, friendly competition, and delicious treats. Gather your loved ones for a memorable time at the bowling alley, where strikes and spares are just the beginning of the excitement.



Yoga with the MASRC

Whether you're a seasoned yogi or stepping onto the mat for the first time, our inclusive sessions are designed to enhance flexibility, balance, and mindfulness. Join us in creating a supportive community where everyone, regardless of their expertise, can embrace the transformative benefits of yoga for a healthier and more centered lifestyle.



Aboriginal Coaching Modules to be hosted January 20th, 2024



The professional development of Indigenous coaches through NCCP certification has been identified by the Aboriginal Sport Circle (ASC) as a national priority. In order to educate and promote the value of the NCCP and to establish meaningful participation of Indigenous peoples in this national program, the ASC embarked on a multi-year process to develop supplemental training material for Indigenous coaches taking NCCP workshops. The result of this process is the Aboriginal Coaching Modules (ACM), which responds to the need for a national training curriculum with content that reflects the uniqueness of Indigenous cultures, values, and lifestyles. The ACM is a professional development training tool for Indigenous and non-Indigenous coaches who coach Indigenous athletes, as they become certified through the NCCP.

The material in the ACM has been developed to meet the following learning objectives:

- Understanding the role of sport in Indigenous communities;
- Understanding and positively influencing the community in which you coach;
- Coaching the whole person; coaching beyond the physical to include the mental (intellectual and emotional), spiritual and cultural;
- 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.

To register for the ACM, please contact Cadin at 204-925-5737, or at cadin.dupasquier@masrc.com. You can also register online by visiting www.masrc.com/events.php.

WE WANT TO CONNECT WITH RECREATION LEADERS ACROSS OUR PROVINCE!

We are looking for communities and recreation leaders that are interested in joining our Sport for Social Development Mentorship Program! Through our program, we connect recreation leaders with mentorship, growth, and opportunity, and will travel to your community as needed to help with program development.

We can assist with sports and recreation program development, accessing and applying for grants, subsidies, and equipment donations, and sports and recreation-related training opportunities.

If you are interested, or would like more information, please contact Robyn Cruz, SSD Manager, at 1-204-942-6615 or robyn.cruz@masrc.com. This program is funded by Sport Canada & the Federal Government of Canada.



New! Join the MASRC's Monthly Coach's Corner!

Join us monthly at Coach's Corner for a fantastic opportunity to connect with fellow coaches! This virtual gathering is a welcoming space where coaches come together to share insights, success stories, and discuss the ins and outs of coaching. It's a supportive atmosphere where you can grow, learn, and strengthen your coaching skills. Don't miss out on the chance to be a part of Coach's Corner—we look forward to connecting with you!

The Coach's Corner will be hosted on the first Wednesday of every month from 8:00 – 9:00 PM over Zoom, starting February 7th. For a Zoom link and more information, please contact Cadin Dupasquier at cadin.dupasquier@masrc.com.

Train to Perform: Elevate Your Game with the MASRC's High-Performance Training Program

Get ready to take your athletic prowess to new heights with the MASRC's "Train to Perform" program! Hosted by the Manitoba Aboriginal Sports & Recreation Council, this high-performance training initiative is designed for Indigenous youth of all genders, aged 15-19, who are eager to enhance their skills and reach their peak potential.



About the Program:

Led by the accomplished Michelle Braithwaite of BMHOP Fitness, this non-sport specific dry land and weight training program is your ticket to unlocking your full athletic potential. Whether you're an aspiring athlete or just looking to elevate your fitness game, "Train to Perform" is tailored to meet your needs.

Key Details:

Who: Indigenous youth of all genders, ages 15-19

What: High-performance non-sport specific dry land and weight training

When: Sundays, 1-2 PM, between January 14 - February 18

Where: Canlan Sports, 1871 Ellice Ave, Winnipeg, MB R3H 0B9

Cost: Secure your spot with a \$50.00 deposit

How to Register:

Simply fill out our Registration Form to secure your spot in this transformative program. Visit www.masrc.com/events.php to access the form and take the first step towards reaching your athletic goals.

Limited spots are available, so act fast and invest in your growth. "Train to Perform" is not just a training program; it's a commitment to your personal development and a pathway to realizing your true potential. For inquiries or more information, contact Tia at 204-942-6615, or at tia.murdock@masrc.com.

Let's make 2024 the year you train, perform, and excel!



Norway House Cree Nation Band Member Named to Canadian Olympic Wrestling Team

The Manitoba Aboriginal Sports and Recreation Council (MASRC) congratulates Justina di Stasio, a proud member of the Norway House Cree Nation from British Columbia, for earning her spot in the 2024 Olympics for wrestling. Justina's hard work and talent make her a source of inspiration for Indigenous athletes across Manitoba.



As an organization dedicated to supporting Indigenous sports, the MASRC is excited about Justina's journey to the Olympics. Her success is a point of pride for Indigenous communities, showcasing the determination and resilience that the MASRC encourages in its athletes.

The MASRC recognizes the impact Justina's achievement has on breaking barriers for future Indigenous athletes. Her journey serves as a powerful example for youth, illustrating that with dedication, they can reach their dreams.

As Justina prepares for the Olympics, the MASRC offers unwavering support and eagerly anticipates celebrating her accomplishments in 2024. The MASRC is confident that Justina's success will motivate a new generation of Indigenous athletes in Manitoba and beyond.

The Manitoba Aboriginal Sports and Recreation Council extends warm congratulations to Justina di Stasio and wishes her continued success as she represents her community and province at the 2024 Olympics.

Nominate Now for the Manitoba Indigenous Hall of Fame!

Join us in celebrating Indigenous excellence! The MASRC is honoring talent and resilience in sports.

Why Nominate?

- Respond to the 87th Call to Action from the Truth and Reconciliation Commission of Canada.
- Empower Manitoba's Indigenous communities through the recognition of their sports history.
- Value Indigenous Peoples as vital contributors to our society.
- Raise leaders within Indigenous communities to promote overall wellbeing.



Be part of history! Nominate now to honor Indigenous athletes and inspire future leaders. Visit <https://www.masrchof.com/nominations> to celebrate Indigenous success and shape a brighter future!



Nominate Your Champions: Manitoba Indigenous Sports Awards 2024!

In the spirit of celebration and recognition, we're excited to announce that nominations for the Manitoba Indigenous Sports Awards are officially open! This is your chance to shine a spotlight on the outstanding individuals who have made a significant impact in the world of sports.

Categories:

- 1. Indigenous Athlete of the Year**
- 2. Indigenous Coach of the Year**
- 3. Indigenous Volunteer of the Year**

How to Nominate:

Submitting a nomination is easy! Head over to the MASRC Awards Page (www.masrc.com/awards) to find the nomination forms. Fill out the details, share why your nominee deserves the recognition, and let us know how they've contributed to the Indigenous sports community.

Deadline for Submissions:

Make sure to get your nominations in by February 28, 2024. We want to ensure every deserving individual has a chance to be considered for these prestigious awards.

This is your opportunity to acknowledge the hard work, dedication, and passion of those who have made a difference. Let's celebrate our champions together!

2022 Award Winners:

1. Indigenous Athlete of the Year: Abigail Sweeney & Alexander De La Ronde
2. Indigenous Coach of the Year: Mamie Kroeker-Tom & William Whiteway
3. Indigenous Volunteer of the Year: Trechelle Bunn & Ray Starr



Stay tuned for the big reveal of this year's winners at our upcoming Awards Ceremony! Your participation in the nomination process and presence at the event help make our Indigenous sports community even stronger.

Thank you for being a part of this exciting journey!

Coming in January: The Summer of Excellence!



Get ready to relive the incredible moments and achievements of Manitoba's outstanding athletes in the upcoming special edition: *The Summer of Excellence*! This fully illustrated, in-depth look at the summer's triumphs will showcase the remarkable results from two major events: the National Aboriginal Hockey Championships in Winnipeg and the North American Indigenous Games in Halifax.

What's Inside:

Exclusive Interviews: Hear from the key figures who made this summer unforgettable.

Stunning Photography: Capturing the essence of the competitions, our visuals will transport you to the heart of the action.

Behind-the-Scenes Stories: Explore the hard work, dedication, and camaraderie that fueled Team Manitoba's success.

How to Get Your Copy:

Once every member of Team Manitoba gets their hands on this must-have edition, you can grab your copy for just \$30.00 (plus shipping). Alternatively, if you're eager to dive into the excitement, pick-up your copy at our office located at 145 Pacific Ave. Be among the first to experience this epic journey through the eyes of our incredible athletes!

Availability:

Copies will be ready for distribution mid-January. Don't miss the chance to commemorate the Summer of Excellence and celebrate the achievements of our exceptional athletes. For more information or to reserve your copy, email us at info@masrc.com. Be part of this extraordinary journey and relive the pride, passion, and victories of Manitoba's summer in the world of Indigenous sports.

Get ready to be inspired! **The Summer of Excellence awaits you.**



Cabazon, California

November 27, 2023- The North American Indigenous Games Council hosted its Annual General Meeting on the traditional land of the Morongo Tribe of Mission Indians, California, where they appointed Marc Laliberte (Region 5 Canada, Ontario) as NAIG Council President. Marc lives in Thunder Bay, Ontario, in the Traditional Territory of the Anishinaabe of Robinson Superior Treaty alongside the Metis people with his spouse Gloria, son Alexander and daughter, Sage. Marc is a Nehiyah / Anishnaabe (Plains Cree / Saulteaux) member of Cowessess First Nation, Treaty 4 Saskatchewan. Other members of the executive chosen at the NAIG Council election include:

Treasurer - Melodye Whitesell (Region 4 Canada, Manitoba - Red River Métis)

Vice President - Awhenjiosta Myers (Region 10 USA - Haudenosaunee)

Secretary - Virgil Morgan (Region 3 USA, Colorado)

At Large Members - Aaron Wells (Region 12 Canada, Northwest Territories)

Matt Roberson (Region 6 USA, Minnesota)

Shannon Dunfield (Region 2 Canada, Alberta) remains as past president.

*** About the North American Indigenous Games (NAIG) Council: The NAIG Council is the International Governing Body for NAIG and helps actualize the collective potential of the bodies, minds, and spirit of our people and their hopes and dreams. The Council oversees all matters pertaining to the Games, including the inclusion of purposes and philosophies during the event that are consistent with the cultural, spiritual, and traditional values of the peoples represented in the games. In all activities, the Council ensures the promotion and encouragement of holistic, individual development that assures mental, physical, emotional, and spiritual growth.

Media Contact:

Marc Laliberte, President

lalibertemd@gmail.com



Indigenous Athlete of the Month: Bentleigh Keffer – A Beacon of Leadership, Sportsmanship, and Creativity

In the heart of our community, we are proud to shine a spotlight on Bentleigh Keffer, a remarkable young athlete from Sprague, Manitoba, and a member of the Manitoba Metis Federation's Southeast Region, South Junction Local. Bentleigh's dedication, leadership, and passion make her our Indigenous Athlete of the Month for December.

Bentleigh's journey in sports began at the age of 4 in Roseau, Minnesota, where she laced up her skates and took to the ice. However, when the borders closed during the challenging times of the COVID-19 pandemic, Bentleigh found a new home with the La Broquerie Habs, joining their U11A team. For her, the joy of playing hockey and honing her skills takes precedence, regardless of the team or location.

Beyond the rink, Bentleigh's commitment to her community is truly commendable. As the daughter of two teachers at her school, she arrives early, often before the buses, offering her assistance to various school activities. Whether it's helping with the breakfast program, assisting her teacher, or any other task that arises, Bentleigh's eagerness to contribute and lead sets her apart.

Bentleigh's leadership extends to her role as a defender on her co-ed U11A team and as a forward on her all-girls team in Ste. Anne. Her love for the game goes beyond playing – she seeks challenges, craves learning experiences, and aims to develop both on and off the ice.

In addition to her prowess on the hockey rink, Bentleigh's intellectual curiosity is evident. A bookworm at heart, she often immerses herself in the world of literature, with a special admiration for Louis Sanchar, her favorite author. Her creative spirit flourishes through various projects, from beading and sewing to painting and creating resin art, showcasing her multifaceted talents.

Physically and mentally, Bentleigh's dedication is awe-inspiring. With up to six hockey sessions per week, she doesn't shy away from hard work. She even crafted a rink in her front yard to practice her skills independently, underscoring her commitment to continuous improvement.

Bentleigh's connection to her Indigenous heritage is evident through her embrace of the teachings of the medicine wheel, where she ensures her spiritual, emotional, mental, and physical aspects are in harmony. She also walks in a good way, guided by the seven teachings, ensuring her actions align with principles such as respect, humility, and love.

In every aspect of her life, Bentleigh embodies the spirit of our community. As our Indigenous Athlete of the Month, she exemplifies leadership, sportsmanship, and creativity, inspiring us all to strive for excellence in every endeavor.

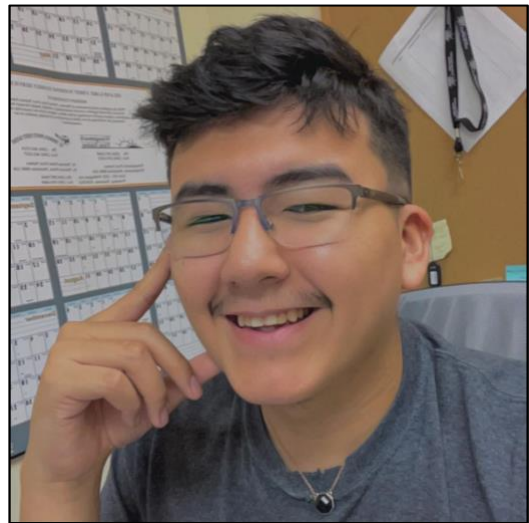
Congratulations, Bentleigh Keffer, for your outstanding achievements and for being a role model for aspiring athletes in our community!



Joshua Snowbird: Building Community as Our Indigenous Community Champion of the Month

Meet Joshua Snowbird, our Indigenous Community Champion of the Month—a charismatic and caring individual with a passion for family, friends, and community. Originally from God's Lake First Nation, Joshua has embraced his role in Garden Hill First Nation with enthusiasm. Despite living in Garden Hill for only a few years, Joshua has become a living repository of community history, showcasing his deep commitment to the well-being of its residents.

In his day job with the Family Enhancement program, Joshua demonstrates his genuine concern for the welfare of others, especially the younger generation. Despite his youth, he is already recognized as an up-and-coming leader, driven by a desire to contribute to the growth and success of his community.



Beyond his professional duties, Joshua dedicates his free time to volunteering, particularly in coaching and teaching youth sports, with a focus on basketball and other activities. He opens the gym doors at least once a week, providing a safe space for the youth to stay active and engaged. Joshua's efforts extend beyond the court—he serves as a positive role model, inspiring young minds to embrace sports and an active lifestyle.

A proud graduate of South East Collegiate, Joshua has always been involved in sports, having played on their basketball and volleyball teams. His love for sports is not only a personal passion but also a tool to foster community engagement and well-being.

In summary, Joshua Snowbird embodies the spirit of our Indigenous Community Champion of the Month, showcasing leadership, community dedication, and a commitment to the positive development of the younger generation. His infectious enthusiasm and caring nature make him a standout figure in Garden Hill First Nation, leaving an indelible mark on the community he now proudly calls home.

Nomination Alert! Celebrate Indigenous Excellence!

Do you know an outstanding Indigenous athlete or community champion making waves in their community? It's time to shine the spotlight on their achievements! Whether they've demonstrated exceptional skills on the field or gone above and beyond to uplift their community, we want to hear about them!

Nominate someone who embodies resilience, dedication, and community spirit. Help us recognize and honor those making a positive impact in Indigenous communities. Together, let's celebrate the remarkable achievements of our athletes and champions!

Nominate now at <https://www.masrc.com/monthly-awards> and be a part of honoring Indigenous excellence. The deadline for submissions is the 25th of every month. Don't miss this chance to highlight the incredible stories within our community!



Message from MASRC Leadership



MESSAGE FROM OUR EXECUTIVE DIRECTOR, MEL WHITESELL

Happy New Year! I hope this message finds you well and that you enjoyed a wonderful holiday season filled. As we look forward to a new year, I am excited about the possibilities and opportunities that lie ahead for our organization.

Your dedication and support have been the driving force behind our successes, and I am genuinely excited about the strides we will take together in the coming months. Here's to a year of growth, collaboration, and continued impact. Thank you for being an integral part of our 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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E: info@masrc.com



SPORTS EQUIPMENT WAREHOUSE PROGRAM

The MASRC Sports Equipment Warehouse Program aims to empower youth in Manitoba by offering new and gently used sports equipment at no cost.

By providing access to these resources, the program not only promotes physical activity but also fosters a sense of community and inclusivity, ensuring that all young individuals have the opportunity to engage in sports and recreation.

URGENTLY NEEDED:

***HOCKEY STICKS,
HOCKEY GLOVES,
HOCKEY ELBOW PADS,
HOCKEY SKATES,
HOCKEY HELMETS, &
SOFTBALL GLOVES.***



WE DO NOT ACCEPT BROKEN OR EXCESSIVELY ODOROUS EQUIPMENT. FOR A LIST OF DROP-OFF LOCATIONS, CURRENTLY ACCEPTED DONATIONS, AND MORE, EITHER SCAN THE QR CODE ON THE LEFT OR VISIT WWW.MASRC.COM/WAREHOUSE-EQUIPMENT.



**SCAN
ME!**

