



We *LEAD* Wednesday

Weekly newsletter for LEAD (Leadership, Equity, Activity & Diversity)



KENZIE CAN!

- The first woman to call a Quebec Major Junior Hockey League game on television.
- Last year to commemorate International Women's Day, Sportsnet hosted a Sunday broadcast produced by an all-female team.
- Twitter Handle: @EastlinkKenzie

In 2020, we had many women breaking glass ceilings on a National and International level, but in their own communities as well. So far, 2021 is continuing that trend. We have seen many firsts, and as the saying goes, we know this won't be the last. Kenzie has now opened the door for young girls and women of all ages to see themselves having the option to call QMJHL games in the future. This will have an impact well into the future. [Read the article here.](#)

TARA SLONE'S "TOP OF HER GAME" IS A GAME CHANGER

- Top of Her Game is a weekly half-hour interview show that has been running for nine months.
- The guests and subjects discussed on Top of Her Game occupy a broad swath of the sports landscape.
- The notion of advocacy for racial and social justice is embedded in the show's DNA.
- Twitter Handle: @TaraSlone

It's not often that women's sports shows occupy a consistent time on a sports channel, making "Top of Her Game" a breath of fresh air to many female viewers, regardless of their background, race, religion, sexuality, and so on. When you turn on the show Sunday nights at 7:30pm AST, you'll see a wide range of guests including Christine Sinclair of Soccer Canada Senior Women's National Team, Saroya Tinker of "NHWL Metropolitan Riveters", Renee Hess of "Black Girl Hockey Club," Bilquis Abdul-Qaadir, a Muslim NCAA star who helped overturn the ban against hijabs on the court, and Gbbi Tuft, a transgender female bodybuilder and former WWE wrestler. [Read more about it here.](#)

CPRA YOUTH EMPLOYMENT EXPERIENCE

- Canadian Parks and Recreation Association (CPRA) has secured Government of Canada funding via the Youth Employment and Skills Strategy (YESS) Program to support job placements for youth, particularly those facing barriers to employment
- Hands-on training and each youth will be paired with a mentor at their place of employment to provide an immersive experience.
- 3-year program, with over 250 youth will be engaged.



This program will help provide job placements for youth, particularly those who are facing barriers. This is incredibly important as we know this past year between the global pandemic and the social justice issues, there has been an increase in barriers for this demographic. This program will help move youth into the job force with new or enhanced skill sets. [Visit their website](#) or [check them out on Twitter.](#)

FEATURE: MUSEMO (MO) HANDAHU A.K.A MISS LION HUNTER



- "Musemo uses her love for digital arts and fashion to inspire her community, especially by championing for the increased visibility of plus size women and African Nova Scotians in the arts, where a lack of representation is unmistakable."
- Miss Lion Hunter is a fierce advocate of social change, and tosses in some recipes to help fuel you along the way.
- Her list of accomplishments is so long we can't fit it here. She's an award-winning contributor to CBC, Huffington Post Canada, and others, as well as an established speaker, the list goes on!
- Instagram handle: @misslionhunter

Mo's blog, Instagram, and other virtual spaces are a haven for people in ALL kinds of bodies. Her bold and brilliant style inspires people to get creative and dress in ways that help them to feel comfortable and confident. [Read the blog here.](#)

SET RECORDS AT ANY AGE!

- These four women now hold a world record in the 800m relay clocking in at 26:03.52 for their W80 4x800m relay
- The ACT Masters Athletics Club caters to anyone over the age of 30 and has about 260 members — some of whom are still competing into their 90s.
- The four women already hold the Australian titles for the W80 4x100m and 4x400m and encourage each other in the sport.

At 85, 85, 84, and 83 years old, these women are not letting age hold them back. Too often do we assume that after a certain age we can no longer be physically active. These women and many others just like them have proven this stigma wrong. With clubs like the ACT Masters Athletics Club in Canberra, Australia providing a space for women over the age of 30, there is an opportunity to continue in sport and recreation as well as develop lifelong friendships. [Learn more.](#)





BIG



TAII



FAT



SMALL

POODLE SCIENCE HELPS US UNDERSTAND WHY THERE CAN'T BE ONE BODY IDEAL

- In a world of dogs, there are poodles, mastiffs, greyhounds, terriers, and lots of other dog breeds. They are built differently for different reasons, and having one universal "ideal size" for all of them just wouldn't work.
- A starving mastiff that maintains poodle weight won't have the same health as a poodle at poodle weight. A weight-centric model of health that encourages all people to work towards thinness doesn't account for all the other factors that impact health and wellbeing.

When explained in a world of dogs, it just makes so much sense! Focussing only on thinness as a way to achieve health and wellness excludes all of the things that contribute to our happiness and wellbeing, like friendship and social connection, consistent and reliable access to nourishment, hobbies and activities, somewhere safe and warm to sleep, and so much more! [Watch the video here.](#)



IMPORTANT EVENTS

UNB WOMEN IN SPORT, APRIL 9 - 22

WOMEN'S IIHF, APRIL 7-17

WOMEN IN BASKETBALL MONTH, CANADA BASKETBALL

CONVERSATIONS 2021 - WOMEN AND SPORT

