



# We LEAD Wednesday

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



## INSPIRED BY HER

- Thursday, May 6 @ 7 PM AST
- Tickets are \$25 with opportunities to win door prizes
- Invite a youth free of charge to help inspire the next generation!

Inspired by Her is a signature YWCA Halifax event that serves as an opportunity for organizations to recognize exceptional women in the area of sport and recreation. YWCA Halifax Women Active Nova Scotia (WANSAs) is proud to advance the participation of girls and women in sport, recreation and physical activity, and empower them to take on leadership roles across these sectors. [Purchase your ticket here.](#)

## LANGUAGE MATTERS

- More Canadians will hear hockey called in their own language
- For the first time in the long-storied history of our nation's Saturday night hockey tradition, Molson Canadian, in partnership with Sportsnet, is presenting Hockey Night in Canada in 7 additional languages



Hockey can be a way to forge new connections for the nearly 350,000 people new to Canada each year. We recognize Canada as having a diverse population and initiatives like this create an environment which allows different communities to enjoy the game their own way. It's worth others following suit on a more consistent basis. Inclusion matters. [Watch the game here.](#)



## LIVING SKIES INDIGENOUS BASKETBALL LEAGUE

- The Indigenous community is our focus. In the spirit of reconciliation, we welcome all athletes and coaches that have a passion for basketball
- The curriculum will be grounded in Indigenous ways of knowing to help our youth stay connected to our culture and learn our Indigenous values
- This program will not only involve basketball, but it will also help to address the social and economic issues of Indigenous youth across the Friendship Centre communities & surrounding areas

This is an excellent example of intentional programming, while understanding the importance of connecting with community members first. The league is organized in collaboration with Aboriginal Friendship Centres of Saskatchewan and One Love Basketball Inc. with support of the Government of Canada and other community stakeholders, including former Canada Basketball members Paige Crozen and Laura Dally.

[Learn more here.](#)



## GERMAN GYMNASTS' OUTFITS TAKE ON SEXUALIZATION IN SPORT

- Feeling increasingly uncomfortable in her suits, Sara Voss decided to wear a suit that covers her legs, and her teammates followed. Previously, religion was the only reason a gymnast would wear a suit covering their legs
- It's within the rules of the International gymnastics federation, and after Voss sported her new leotard at a competition in Switzerland, other gymnasts around the world are considering the same switch to full length pieces.
- Gymnasts have often had points deducted for adjusting their suit during a competition, in attempt to make themselves more comfortable or avoid unwanted exposure during a routine. Shifting to a full length leotard is helping members of the German team (and beyond) to feel more comfortable performing and fight the objectification of their bodies.

The sexualization of women's bodies takes away from their demonstration of skill and talent exhibited in all kinds of sports. Normalizing costumes/outfits/uniforms that are functional and aren't focussed on simultaneously sexualizing women's bodies is crucial to help athletes who are women feel comfortable, and allows them to focus on their talent/skills without worrying about unwanted exposure. [Read more here.](#)

## GIRLS ON BOARDS OFFERS FREE WORKSHOPS FOR YOUTH, WITH A FOCUS ON "HOW IT FEELS, NOT HOW IT LOOKS"

- Girls on Boards is a non-profit organization "empowering girls and women to love their bodies, trust their core and feel their power using immersive recreation experiences and vulnerable conversations"
- Having previously focussed on stand-up-paddleboarding, Girls on Boards in expanding to offer skateboarding this spring/summer, and snowboarding in the winter
- The founder, Mia Lockhart, of Wolfville, says that these sports are less about competition and more about how you feel, which is the goal of Girls on Boards. Programs and camps for youth are funded by paid paddleboard tours GoB offers, and include conversations on being in your body and celebrating what it can do, instead of focusing on how it looks. [Learn more here.](#)



# FEMALE LEADERSHIP NETWORKS

VALLEY FEMALE LEADERSHIP NETWORK

FUNDY FEMALE LEADERSHIP NETWORK

SOUTH SHORE FEMALE LEADERSHIP NETWORK

# VOLUNTEER, EMPLOYMENT, AND MENTORSHIP OPPORTUNITIES

SPORT INFORMATION RESOURCE CENTRE — CAREER PORTAL

MARINERS CENTRE — AQUATICS MANAGER AND FACILITY SUPERVISOR

# IMPORTANT EVENTS

AFROCENTRIC MIND BODY BREATH, BLACK WELLNESS CO-OPERATIVE OF NOVA SCOTIA  
MAY 4-27 AND JUNE 1-24, 2021

INSPIRED BY HER AT HOME, YWCA HALIFAX  
MAY 6TH, 2021

#MOMSGOTGAME, SPORT INFORMATION RESOURCE CENTRE  
MAY 9, 2021

CONNECTIONS 2021, CANADIAN PARALYMPIC COMMITTEE  
JUNE 5-6, 2021

CONVERSATIONS 2021: WOMEN AND SPORT  
JUNE 10-11, 2021

# AFROCENTRIC MIND BODY BREATH

with LEELEE OLUWATOYOSI EKO DAVIS  
and NIKKI MARTIN

**Program 1 : May 4 - 27**

**Program 2 : June 1 - 24**

\*drop ins welcome



This program is provided FREE by the  
Black Wellness Co-operative of NS and  
is open to ALL LEVELS of practitioners

BIPOC centered space allies welcome

## BREATH & MOVEMENT

**Tuesdays & Thursdays**

**9 - 10am ADT**



## GUIDED MEDITATION

**Engaged through daily  
practice and available via  
Facebook**

Email [blackwellnesscoop@gmail.com](mailto:blackwellnesscoop@gmail.com) to  
register, for zoom room drop-in link, or for  
more information



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