



We LEAD Wednesday



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



WHALE OF A NWHL DEAL FOR YARMOUTH'S ALLIE MONROE

- Allie is a 24-year-old defence player from Yarmouth. She has signed on with the Connecticut Whales in the NWHL.
- Before this deal, she played for two years in Sweden as part of the Swedish Women's Hockey League.
- Her new head coach said that Allie provides a "work ethic and competitive level that is hard to match."

It's so exciting to see another Nova Scotian pursuing their passion in North America's highest level hockey league. Allie's success is inspiring and encouraging to young Nova Scotians! [Read more here.](#)

KEEPING COOL THIS SUMMER

- This list may be a few years old, but the lakes aren't going anywhere (hopefully for a long time).
- No vehicle, no problem. This list tells you which bus to take to get to a lake in your area so you can cool off.
- Don't forget to wear sunscreen and stay hydrated!



[Find the list here.](#)



ALL BODIES ARE BIKINI BODIES

- Speaking of swimming, as we head into the season of hot, hot days, this is your reminder to focus on staying cool and enjoying the sunshine and to stay away from commenting on other people's bodies.
- If you're looking for some inspiration or to reframe your social feed with content that will empower you to feel comfortable in your body, this article features some amazing women you can follow. Creating diversity in your scroll is a great way to quiet some of the voices that may tell you that you need to look a certain way in order to rock a swimsuit and hit the beach this summer.

Whether you chose to rock a bikini or not this summer, remember that all bodies are good bodies. [Read Toni Wilson's article 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

IMPORTANT EVENTS

JUNE 1-24: AFROCENTRIC MIND
BODY BREATH

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