



#TeamOnt

# ASWCO

*Aboriginal Sport & Wellness  
Council of Ontario*

Vol. 3



Feb. 2016



## Welcome to the Aboriginal Sport & Wellness Council of Ontario newsletter

Aanii Boozhoo – I am Anishinaabe-kwe from Wikwemikong (Manitoulin Island) and represent ‘Central Region’.

My involvement with ASWCO began in 2009, before we even had a name for the new organization we were working hard to develop and establish – and now, here we are: preparing to host the top Indigenous bantam/midget hockey players from across Canada in May 2016 at the National Aboriginal Hockey Championships; and Turtle Island at the 2017 North American Indigenous Games.

As I look back on where we were, and forward to where we are going, I am both grateful and proud to be a part of ASWCO. As a mother with two young daughters (ages 4 and almost 2), and as a volunteer board director that chairs our hockey committee, I am always aware that the time taken away from my family to commit to numerous tele-conferences and travel for meetings and events, is well spent in trying to build the sport, recreation, physical activity and leadership capacity for Indigenous people in Ontario. I am especially thankful to have the support of my spouse and family.

Miigwetch,  
Marcia Trudeau  
Central Region Rep. Hockey Committee Chair



### Inside

The 2016 National Aboriginal Hockey Championships are almost here!

Check inside to find out how you can become involved in the 2016 NAHC.

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### Regional Updates

The regional coordinators have been busy all winter planning & developing exciting new programs for 2016!

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# ASWCO SET TO HOST NAHC

**“We can’t wait to host the Country’s top Aboriginal Athletes in Mississauga. We’re committed to making this the best NAHC ever!”  
- Operations and Communication Coordinator, Wes Marsden**

**The Aboriginal Sport and Wellness Council of Ontario (ASWCO)** is pleased to host the 2016 National Aboriginal Hockey Championships in Mississauga from May 2-7.

The secret to any successful event is an amazing team of volunteers, and you can never have too many. If you’re interested in taking part in the #TeamOnt experience and volunteering, please visit:

<http://nahc.aswco.ca/nahc-2016/volunteers/>

Along with all the work gone into hosting the 2016 NAHC, ASWCO is also pleased to unveil the 2016 NAHC site.

At [www.2016nahc.com](http://www.2016nahc.com) visitors will be able to look at team rosters, stats, results, as well as stream the games live.

Obviously we would love to have our fans there in person to cheer on #TeamOnt as we go for double gold on home soil. Updates on ticket prices will be available online at [www.aswco.ca](http://www.aswco.ca)



## What Regions?

ASWCO has divided up the vast province of Ontario into six regions in order to guarantee the same focus, effort, and commitment of programming and events to each community within the province.

- Southeast Region
- Southwest Region
- Central Region
- North Central Region
- Northwest Region
- Northeast Region

## #TeamOnt

### Coordinator Update

ASWCO has hired seven of the brightest and best minds in the province in order to execute our mandate of providing equal programming throughout Ontario



**Mekwan Tulpin**

*Southeast Regional Coordinator*

ASWCO Booths have been popping up at various events in in the province with exciting new initiatives taking place! I've arranged a few cultural games presentations within elementary and high school settings full of culture, history and demonstrating physical mastery. FREE Programming from Boxing Ontario is being offered to those interested within the Greater Toronto Area. From this, fifteen (15) individuals will be eligible to receive free training and certifications! Lacrosse Sticks are being accessed to offer Activation Sessions within our Southeast Regional communities, as there has been a demand for it; this further connects to Multi-Sport Camps that take place this summer! These camps will feature many available sports leading up to NAIG 2017! You can reach me @ [mekwan.tulpin@aswco.ca](mailto:mekwan.tulpin@aswco.ca)

**Steve Tooshkenig**

*Southwest Regional Coordinator*

January has been a busy month planning and preparing for sports and leadership programs. We just finished an Aboriginal Coaching Module for Six Nations this month and look to keep the momentum going by providing the same program to Saugeen and Chippewa's of Nawash. We are excited to move into our second stream of funding for the Power 2 Play leadership grant. We encourage you to send your applications and build on your previous success' already happening in First Nation communities. If you have any questions about events happening in the Southwest Region please contact me: [steve.tooshkenig@aswco.ca](mailto:steve.tooshkenig@aswco.ca)



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**Andy Rickard**  
*Central Regional Coordinator*

Aanii/Boozhoo! Hoping everyone enjoyed your holidays with loved ones. Planning and development have been ongoing to create the North Shore Basketball League for ages 12-18 for both male and female divisions. 7 First Nation communities have been contacted to develop their community teams. The goal of the league is to develop our players, provide a recreation based sporting activity along with contributing to community development through sport. I've also been busy hosting Aboriginal Coaching Modules throughout my region, as well as developing the Ontario Native Volleyball Invitational being held in Sault Ste. Marie from Apr. 2-3. For more information contact me: [andy.rickard@aswco.ca](mailto:andy.rickard@aswco.ca)

**Heather Collins**  
*Northcentral Regional Coordinator*

I've successfully arranged for an Aboriginal Coaching Module at the Rocky Bay Community Hall on Mar. 5<sup>th</sup> from 9-5. I have also been working on getting an after school drop in sport organized. I am always looking for committed partners and volunteers for these programs, as these programs are difficult to sustain without quality partners. If you are interested, please contact me: [heather.collins@aswco.ca](mailto:heather.collins@aswco.ca)



**Richard Jourdain**  
*Northwest Regional Coordinator*

I've been spending the majority of my time working with Canadian Sport 4 Life, developing programming that integrates academics with hockey. It is a model that has been moderately successful in this region previously, as it inspires higher attendance in order to take the ice. If you have any comments or suggestions you can reach me: [richard.jourdain@aswco.ca](mailto:richard.jourdain@aswco.ca)



## Power 2 Play

**\$100,000 available to all six regions in the province of Ontario**

This program is based around the principles of quality programming, equitable access, sustainability, and effective use of public dollars.

Preference will be given to programs that meet multiple objectives. The Power 2 Play is designed to have more physically active Aboriginal people and communities across Ontario.

To download the full program guideline and application package visit our website.

[www.aswco.ca/community-development.p2p/](http://www.aswco.ca/community-development.p2p/)

**Mar. 16, 2016, 5pm**

Deadline to submit your Power 2 Play application.

# Coordinator Updates (cont.)

## Jocelyn Cheechoo

*Northeast Regional Coordinator*

Wah-chay from the Northeast Region! I hope the beginning of 2016 is off to a healthy start and you had a peaceful holiday season with family and friends. Most recently, ASWCO partnered with the Southern Ontario Aboriginal Diabetes Initiative to offer Yoga Exercise Specialist phase 1 in Moose Factory - the first time a Yoga Instructor certification was offered in the Mushkegowuk region. It was extremely well attended and we can't wait to bring more wellness initiatives to the area.



In the month of February, I will be spending a great deal of time on the road in my region. In addition to attending the Mushkegowuk Cup tournament in Timmins from Feb. 19-21, ASWCO and the Mushkegowuk Council are hosting the Ontario Native Basketball Invitational in Timmins, Ontario. We are hoping that northern communities who rely on winter roads can participate in this event in Timmins from Feb. 26-28<sup>th</sup>. In closing, I am looking for communities to host NAIG sport camps this summer. If you're interested in a partnership to host a camp, please contact me: [jocelyn.cheechoo@aswco.ca](mailto:jocelyn.cheechoo@aswco.ca)



## Keir Johnston

*ASWCO, NAIG project Assistant*

Recently, I have been working with Chippewa of the Thames on the Canoe building program pilot. We have

started the construction of a 24-foot cedar strip canoe. Once the canoe is complete, we will know the cost and man-hours it takes to complete the canoe and hopefully offer the program to other communities. Cultural teachings will be provided around the importance of the canoe in First Nation history and the ceremonies involved in asking for materials and naming the vessel. The canoes will then be used to teach paddling technique and development opportunities in communities.

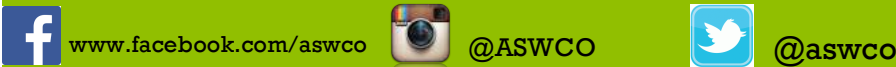
Additionally, I have been working diligently taking the lead on organizing the Ontario Aboriginal Summer Games. Tentatively, we are planning on having the games in Six Nations from July 19<sup>th</sup>-21<sup>st</sup>. If you're interested in a canoe building program in your community or more information about the Ontario Aboriginal Summer Games please contact me: [keir.johnston@aswco.ca](mailto:keir.johnston@aswco.ca)



## Message from the Honorable Carla Qualtrough, Canada's Minister of Sport & Persons with Disabilities

"Congratulations to the Host Society on today's announcement about the Toronto 2017 NAIG, leveraging the legacies from the Toronto 2015 Pan AM and Parapan Am Games. The NAIG play an important role in engaging Aboriginal Youth through sport & celebrating Aboriginal Culture."

The 2017 NAIG will be held in Toronto from July 16<sup>th</sup>-23<sup>rd</sup>  
For more information email: [rob.lackie@naig2017.to](mailto:rob.lackie@naig2017.to)



Aboriginal Sport & Wellness Council of Ontario

FEB 2016 VOL. 3

MEET OUR FEATURED ATHLETES AT  
[WWW.ASWCO.CA/SPORT-PROGRAMS/ATHLETE-PROFILES/](http://WWW.ASWCO.CA/SPORT-PROGRAMS/ATHLETE-PROFILES/)

#TeamOnt  
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Athlete Profile

**Mathieu Plamondon**

MEET MATHIEU

