

CanU CONNECT

Fall 2023

Issue 1

Welcome to CanU Connect

Launching our first ever
quarterly newsletter!

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Awards and Summer
Leadership Experience

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Let's make Chickpea Noodle Soup!



Issue 1
Fall 2023

WELCOME TO CANU CONNECT

CONNECTING YOU WITH CANU

Welcome to CanU's first ever quarterly newsletter - CanU Connect - a place for CanU to share stories, highlights, ongoing initiatives, and exciting news with you!

New issues scheduled for release throughout the year in September, December, March and June!





LEAD AWARDS

159

Lead Awards
Awarded in 2023

\$180K

in Scholarships
(all-time)

700

Lead Awards
(all-time)

Our CanU leaders inspire us with their unwavering commitment to social service, continued learning, and inspiring hope and confidence in others.

The CanU Lead Award recognizes outstanding members of the CanU community. CanU leaders are young people who go above and beyond in all that they do.

CanU Lead Awards support the leaders of tomorrow as they seek to pursue further studies.

Since 2016, CanU has had the honour of handing out over **700 Lead Awards and scholarships.**

In partnership with The Winnipeg Foundation and our generous community donors

[LEARN MORE](#)

"I hope to become a CanU volunteer and help out the same way my mentors did."

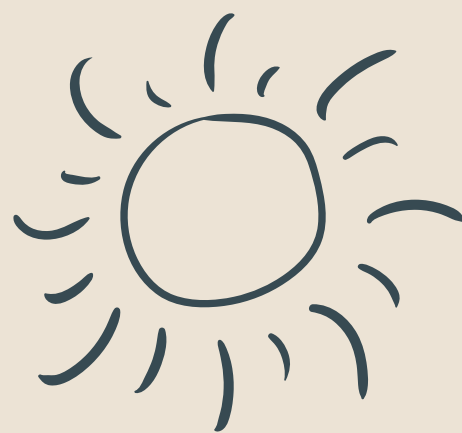
CANU LEAD
AWARD RECIPIENT



SUMMER LEADERSHIP EXPERIENCE

THIS SUMMER...

has been filled with rich learning opportunities ranging from storytelling, nurturing our CanU garden, crochet, spin class, nature hikes, book club, and even live action role play in the park!



SUMMER EXPERIENCES

CAMP BRERETON



This summer, CanU participants had the opportunity to visit Variety's Camp Brereton! Participants spent four days immersed in a variety of activities ranging from canoeing, kayaking, outdoor sports, sunset bonfires, outdoor cooking, and even a water balloon battle!

SUMMER LEADERSHIP

CanU's summer has been filled with countless learning opportunities. Participants taught each other about their cultures as we celebrated on Culture Day, we performed live action role play in the park, and nurtured our very own CanU garden!



STORY SELECT



BEN'S SURPRISE

Ben has been selected to receive an Amazon Canada Future Engineer scholarship valued at \$30,000, along with a paid internship at Amazon after his first year of university. The Amazon Future Engineer Scholarship recognizes individuals who have demonstrated exceptional academic performance exemplary leadership within their community, workplace, and school.

CARMEN'S PILOT

Carmen has been involved in CanU for six years. As the spearhead of the pilot architecture experience, she recruited her own volunteers, found primary funding for the program, and all while only having only been a mentor for one year! Carmen mentions how "it is not hard to sell CanU". As a past recipient of the CanU B. History Award in 2021, Carmen recalls the feelings of being seen and valued.



AMA'S COMMUNITY

As a newcomer to Winnipeg, Ama quickly immersed herself in the CanUniverse. After participating in Grade 10, and becoming a junior mentor in Grade 11, Ama has encountered countless opportunities that have allowed her to network with professionals, acquire scholarships, speak at CanU's Imagine Stories Gala in 2022, and raise awareness for the importance of volunteerism. Of all 200 applicants, Ama was one of four individuals who received the B. History Award in 2023.



COUNTERSPACE

CHICKPEA NOODLE SOUP

What better way to transition into the fall season than with a hearty soup recipe! This simple recipe incorporates all of the food groups.

METHOD

1. Warm the olive oil in a large deep saucepan or soup pot over medium heat, let it warm for about 1 minute, add the onion, celery, carrots, and 1/4 teaspoon salt.
2. Cook, stirring often until the onions are turning translucent, and soften about 7 minutes.
3. Add the turmeric and curry powder if used, and stir constantly for about 30 seconds to wake up their flavors. Add the bay leaf, chickpeas, pasta, parsley, poultry seasoning, and broth.
4. Raise the heat to high and bring the mixture to a boil, then reduce heat to medium-high, and continue simmering until the pasta is pleasantly tender.
5. Remove the pot from the heat and season generously with pepper.
Add more salt, to taste.
Serve while hot, with some parsley and pepper on top, as garnish.

INGREDIENTS

- 2 tablespoons** olive oil
- 1** medium yellow onion, chopped
- 1 cup** sliced celery (about 2 stalks)
- 1 cup** carrot sticks or 2 medium carrots peeled and cut into thin rounds or cubes
- 1/4 teaspoon** salt, more to taste
- 1/2 teaspoon** ground turmeric
- 1/2 teaspoon** curry powder (optional)
- 1** bay leaf
- 1 can** chickpeas, rinsed and drained
- 3/4 cup** spiral pasta or penne or farfalle or elbow
- 1 teaspoon** "poultry" seasoning
Note: "poultry" seasoning is vegetarian.
- 8 cups** vegetable broth
- Ground black pepper, to taste (about 1/4 tsp)
- 2 Tablespoons** of chopped parsley or cilantro (optional for garnish and extra flavour)



WHAT'S NEXT?

CANU TRAIL CHALLENGES

On September 9, 2023, challengers will embark on the Mantario and Centennial Trail Challenges! Two gruelling hikes in the wilderness of Manitoba. Each year, teams are set out to complete this challenge in support of CanU Lead Awards and Scholarships.

All donations raised by the CanU Trail Challenges go towards the **CanU Lead Awards and scholarships.**

Something very challenging for **one day** to identify with and support the challenges amazing kids and families face in Winnipeg on an ongoing basis.



[LEARN MORE](#)

IMAGINE STORIES GALA

STORIES THAT SPEAK FOR THEMSELF

On November 15, 2023, CanU will host the **second annual** Imagine Stories Gala. The Gala provides CanU participants with the opportunity to experience hope and confidence first hand by sharing stories on their journey of self-reflection.

[LEARN MORE](#)



FALL EXPERIENCES

As Fall approaches, so do our Fall experiences! Experiences are carefully curated by a variety of University faculties, departments and student groups. From hands-on workshops, to outdoor programs, to continued community engagement, CanU is beaming with excitement! Let's get started!

**ONWARDS
AND
UPWARDS**

