

# Canu CONNECT

Winter 2023

Issue 2

## Back to School

Welcoming our 2023 participants back for Fall Learning Experiences

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Sharing inspiring stories with our Community

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Let's make White Bean Soup!



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FALL 2023  
**CANU EXPLORE**  
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HEALTH SCIENCES - PSYCHOLOGY - NUTRITION - TRACK AND FIELD - WISE  
WALL CLIMBING - COMPUTER SCIENCE - ASTRONOMY - LET'S TALK SCIENCE  
FINANCIAL LITERACY - DAIRY - FIT KIDS - CREATE

**EXPLORE NUTRITION**



**EXPLORE DAIRY**

**NEW!**



FALL 2023  
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ACTIVE ADVENTURES ACADEMY - GAME CRAFTERS ACADEMY  
ARCHITECTURE ACADEMY - COMPUTER SCIENCE ACADEMY  
REACH 1 & 2 HEALTH SCIENCES ACADEMIES

**ACTIVE ADVENTURES**



**CANU REACH**



# IMAGINE Stories Gala



## Our Stories of Strength

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

With the support of our generous supporters, the Imagine Stories Gala helped support the enrollment of over 250 participants in CanU.

[LEARN MORE](#)



# MANTARIO TRAIL CHALLENGE

16

Challengers

Hiking a Total

850

Kilometers

Raising Over

\$50K

in Scholarships

On September 9, 2023, **16 Challengers** embarked on the Mantario and Centennial Trail Challenges; two gruelling hikes (65km and 33km, respectively) in the wilderness of Manitoba.

This year, Challengers raised **over \$50,000** in support of the CanU Lead Awards and Scholarships.

[LEARN MORE](#)

*In partnership with The Winnipeg Foundation and our generous community donors*



# COUNTERSPACE

## WHITE BEAN SOUP

Creamy and comforting white bean soup, made in one pot and is freezer friendly too!



### METHOD

1. Rinse and drain 1 can of beans. Place in a blender or food processor with 1 cup of the broth. Blend until smooth and set aside. Don't blend all of the beans, just some to thicken up the soup.
2. Rinse and drain the remaining beans and set aside.
3. In a large pot, heat the olive oil over medium heat. Add the onion, carrots, and celery. Sauté until vegetables are tender, about 5 minutes.
4. Add garlic and cook for an additional minute.
5. Add the pureed bean mixture, whole beans, remaining broth, rosemary, thyme, salt, pepper, and crushed red pepper. Let simmer for 15 minutes.
6. Add the spinach (or kale) and simmer for 10 more minutes.
7. Stir in the fresh lemon juice and Parmesan. Taste and season with additional salt and pepper, if necessary.
8. Ladle the soup into bowls and garnish with a little fresh parsley and extra Parmesan cheese, if desired.
9. Serve warm and enjoy every bite

### INGREDIENTS

- White Beans** - 2 cans (about 30 oz)
- Vegetable Broth** - 4 cups
- Olive Oil** - 2 tbsp
- Onion (diced)** - 1 medium
- Carrots (sliced)** - 2 medium
- Celery (sliced)** - 2 stalks
- Garlic** - 4 cloves (minced)
- Rosemary (fresh or dried)** - 1 tsp
- Thyme (fresh or dried)** - 1 tsp
- Parsley (fresh, for garnish)** - 2 tbsp
- Crushed Red Pepper Flakes** - 1/2 tsp (adjust to taste)
- Spinach** - 2 cups (fresh, chopped)
- Fresh Lemon Juice** - 1 tbsp (adjust to taste)
- Parmesan Cheese** - 1/2 cup (optional, for garnish)

# STORY SELECT

## BRISHA'S PIGGY BANK

**Meet Brisha**, a Grade 12 student and CanU Ambassador! Over the course of 12 weeks, Brisha immersed herself in a story telling workshop, honing her skills in public speaking and performance. Today, we shine a spotlight on her story.



This piggy bank represents my values of determination, patience, and pursuing my dreams.

Back in the sixth grade, I was desperate to go to camp. My parents had their doubts, but I decided to use my piggy bank to save up for the summer camp adventure and prove to my parents that I can be independent.

My motivations were a bit shaky at first, but because of CanU I was able to stay consistent and not lose my focus.

At CanU, I was given the opportunity to tackle a climbing wall. I was uncertain, looking up at the colorful holds that seemed to go on forever.

That's when my CanU mentor told me, "You may look at the top and think it's impossible, but remember, if you focus on the next rock, and then the one after that, and keep moving upward, you'll definitely reach the top."

The wall seemed daunting, but with each movement I focused on the immediate challenge and not the enormity of the task.

When I reached the top, with my body suspended high above the ground, I realized the profound significance of my mentor's guidance.

The same principles helped me with my savings goal. Instead of dwelling on the total amount, I focused on one coin at a time. I shoveled a lot of snow and walked a lot of dogs.

When my piggy bank was so heavy that it physically hurt to hold it, I counted up the dollars with my parents. They decided that my hard work and determination proved that I could handle being independent. And I got to go to camp!

It's a reminder that dreams can be achieved, no matter how far-fetched they may seem, as long as you are willing to put in the effort.

# WHAT'S NEXT?

## BISON HAMPER PROJECT

This holiday season, CanU and the University of Manitoba Bison Athlete Teams joined together in assembling and delivering **50 holiday hampers!** A big thank you to all those that supported the Bison Hamper Project with their donations of time, funds and food items.



## FAMILY FESTIVAL

### Celebrating the CanU Community

In March 2024, CanU will be inviting all Volunteer, Program Partners, Participants and their families to participate in the 12th Annual CanU Family Festival, an interactive showcase of our CanU Experiences over the past year.

Date to be determined. Stay tuned!



## WINTER EXPERIENCES

New Year, New CanU Winter Experiences! Participants will explore a world of possibilities as we offer weekly learning experiences across diverse disciplines.

### INCLUDING:

ENVIRONMENTAL SCIENCES - BAKE-OFF  
BOTANISTS ACADEMY - ART IN PAPER  
STORYTELLING - CLAYMATION - NUTRITION  
HEALTH SCIENCES - COMPUTER SCIENCES  
AND SO. MUCH. MORE!

