



FRIDAY MARCH 10TH 2023
**UZIMA ANNUAL
FUNDRAISING DINNER**

Abilities Center at 55 Gordon Street,
Whitby, ON L1N 0J2

PROGRAM

FRIDAY • MARCH 10, 2023 • 6:00 PM -1:00 AM

Abilities Center

6:00 PM TO 6:30 PM

MC to welcome Guests and inform them about the Exhibition Tables
Welcome and arrival of Guests
Board Member John Ndichu.
Mix and Mingle

6:30 PM - 7:00 PM

Welcome Remarks
Prayer (Any two Faiths)
Land Acknowledgement
National Anthem of Canada - Back of Program Book

7:00 - 8:00 PM

Dinner Service

8:00 - 8:30 PM

Remarks by Executive Director
UZIMA Videos
Remarks by Sponsors
Remarks by MP Shaun Chen
1st Raffle Draw

8:30 PM - 8:45 PM

Live Entertainment

8:45 - 9:15 PM

HONOURING INTERNATIONAL WOMEN'S DAY
AWARDS CEREMONY
Remarks by the Guest Speaker,

PROGRAM

FRIDAY • MARCH 10, 2023 • 6:30 PM -1:00AM

Abilities Center

9:15 – 9:20 PM

Musical Interlude
Raffle Number 2
Board Members Vote of Thanks to All

9:20 PM – 10:00 PM

Second Raffle
Door Prize
50/50 Prize
Vote of Thanks

10:00 PM – 1:00 AM –

Dance and Departure at Leisure



DINNER SERVICE BUFFET MENU:

ENTRÉS:

Cheese and Cracker Board
Vegetable Platter
Vegetable Salad (Garden/Kale)

MAINS:

Roasted Chicken
Chicken Curry
Goat Curry
Mixed Vegetables Curry
Seasoned Basmati Rice
Rice with Beans

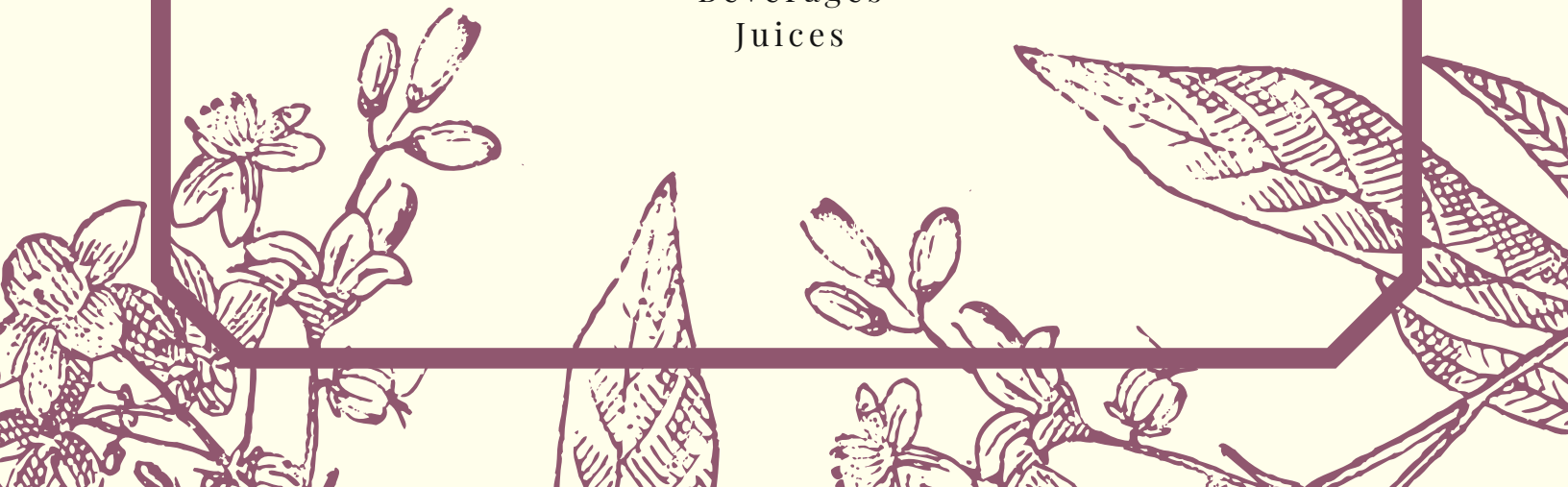


DESSERTS:

Assorted Fruit Platter
Assorted Dessert Platter

DRINKS:

Water
Beverages
Juices



WORD OF WELCOME BY THE EXECUTIVE DIRECTOR:



We would like to welcome everyone to this year's fundraising dinner. We are happy to hold this event since 2020 when we held the last one. Due to the pandemic we were not able to continue with many in-person events. Please join us in celebrating this year's International women's day under the theme: Embrace Equality:

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women - while also marking a call to action for accelerating gender equality. We are working hard to develop new strategies as well as implement new ones to ensure more women improve their health and economic status globally. We do this through a gender equality lens recognizing the immense support from our male counterparts and uplifting the Boy child along side the Girl child.

Uzima Women Relief Group International is aimed at supporting efforts to empower women domestically and globally so that women can contribute to the global fight for women's health, education and human rights. Over the years, Uzima staff and the board have worked diligently to bring the annual fundraising events to a success. We have raised over \$30,000 through these events. All proceeds go to support rural women overseas in alleviating poverty.

Many of you are members, volunteers and supporters of our cause and we sincerely appreciate your support. We continue to build partnerships locally and internationally in order to reach the most vulnerable families.

We would hereby deeply and sincerely like to thank all those who have supported us since Uzima was founded in 2012. We would like to thank all our donors and community partners for their on-going support throughout these busy and economically challenging times. Last but not least our most sincere thanks go to our volunteers who continue to work in diaspora communities in Canada as well as traveling abroad to work with impoverished communities.

Thank you all.

Sincerely,



Jacobet Edith Wambayi, PhD
Executive Director



INFORMATION ABOUT UZIMA

Uzima Women Relief Group International is an organization aimed at empowering women and young girls both domestically and internationally to contribute to the global efforts on women's health, education and human rights. Women all over the world bear the brunt of the aftermaths of disease, war, conflicts & terrorism. Uzima is a Kiswahili word meaning wellness/ fullness. The organization works to alleviate poverty and augment wellness among at-risk populations facing health challenges brought about by a lack of access to medical care and medicines, good nutrition and education for women and girls.

Our goals are:

- To help alleviate poverty by empowering women and girls to attain higher education
- To train women in methods of improved living conditions and better lifestyles for their families through educational workshops.
- To offer unique volunteer trips to developing countries that allow volunteers to participate in the relief of poverty through education, better agriculture, health practices and income generating activities.

Achievements

- Uzima has been supporting grass roots women in rural Africa in the following areas:
- Home-based care for people living with HIV/AIDS and other illnesses
- Capacity building in the areas of Human Rights of women and girls as part of advancing Health and Sexual & Reproductive Rights
- Increased access to education for AIDS orphans and women
- Better methods of farming
- Income generating Activities

Please donate to Uzima Women Relief Group International at CIBC 02532 51-48219

For More Information, Please Contact us at:

108 Corporate Drive Suite 12 & 15, Toronto ON M1H 3H9 Office: +1 647 748-8870 Cell: +1 647 721-6826

info@uzimawomeninternational.org/jacobetatieno@gmail.com

<http://www.uzimawomeninternational.org>



March 10, 2023



ShaunChen

Member of Parliament / Député
Scarborough North / Scarborough–Nord



A Personal Message from MP Shaun Chen

As the Member of Parliament for Scarborough North, I am pleased to extend my warmest greetings to the organizers and attendees of Uzima Women Relief Group International's annual International Women's Day fundraising dinner.

Tonight's event is a wonderful opportunity to support Uzima Women Relief Group International, a non-profit organization that strives to empower families, women, and young girls in developing countries. The organization has been pivotal in raising awareness and funds for women who are living in poverty and war.

I congratulate the organizers for hosting such an important event. Gatherings such as this one are a reminder of how much stronger we are as a country because of our shared values of compassion, selflessness and diversity.

Please accept my best wishes for a most successful event.

Sincerely,

A handwritten signature in black ink that reads "Shaun Chen".

Shaun Chen
Member of Parliament
Scarborough North



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JESSE KIOME - MEMBER
JOHN NDICHU - MEMBER

UZIMA WOMEN RELIEF GROUP INTERNATIONAL WOULD LIKE YOU TO JOIN ITS BOARD OF DIRECTORS.

UZIMA IS GROWING AND NEEDS YOUR CONTRIBUTION TO ITS GROWTH. YOU ARE ALL WELCOME TO APPLY.

PARTNER AGENCIES

- KENYAN COMMUNITY IN ONTARIO - WWW.KCOCANADA.ORG
- ABEINGO ASSOCIATION OF CANADA - WWW.ABEINGOCANADA.ORG
- INUA COMMUNITY ASSISTANCE AND DEVELOPMENT SERVICES - WWW.INUA.CA
- NORTHWOOD NEIGHBOURHOOD SERVICES - WWW.NORTHW.CA
- TAIBU COMMUNITY HEALTH CENTRE - WWW.TAIBUCHC.CA -
- AFRICANS IN PARTNERSHIP AGAINST AIDS (APAA) - WWW.APAA.CA
- AFRICAN CANADIAN SOCIAL DEVELOPMENT COUNCIL - WWW.ACSDC.CA



INTERNATIONAL WOMEN'S DAY AWARDS

MATIDA DAFFEH

AWARDEE NUMBER 1



MATIDA DAFFEH IS A FIRST-YEAR MA STUDENT, AT THE DEPARTMENT OF SOCIAL JUSTICE EDUCATION OISE - U OF T. SHE IS AN FGM SURVIVOR AND ONE OF THE COORDINATORS FOR THE CENTRE FOR INTEGRATIVE ANTI-RACISM STUDIES (CIARS) - OISE.

SHE CO-FOUNDED THE GIRLS' AGENDA (TGA), A YOUNG FEMINIST GRASSROOTS MOVEMENT THAT PUSHES FOR THE ELIMINATION OF FGM AND OTHER TRADITIONAL PRACTICES THAT NEGATIVELY IMPACT THE RIGHTS AND WELL-BEING OF WOMEN AND GIRLS IN THE GAMBIA

. SHE HAS OVER TEN YEARS OF EXPERIENCE WORKING IN THE FIELD OF WOMEN AND CHILD RIGHTS WITH NON-GOVERNMENTAL ORGANIZATIONS IN THE GAMBIA AND WITHIN THE SUB-REGION (CASAMANCE/SENEGAL AND GUINEA BISSAU) INCLUDING WASSU GAMBIA KAFO -A RESEARCH-BASED ORGANIZATION WHERE SHE SERVED AS A LEAD TRAINER ON FGM WORKING WITH BOTH HEALTH CARE PROVIDERS AND COMMUNITIES.



PHOEBE KAGUMBA-SIBANDA

AWARDEE NUMBER 2



PHOEBE KAGUMBA-SIBANDA IS 1ST GENERATION CANADIAN, AND A MEMBER OF THE KENYA COMMUNITY IN ONTARIO INTERIM COMMITTEE. PHOEBE HAS A FINANCIAL/BUSINESS BACKGROUND AND WORKS AS A CONSULTANT WITH ONE OF CANADA'S "BIG FIVE" BANKS. HER INTEREST IN COMMUNITY ENGAGEMENT SPANS FROM HER MOTHERLAND KENYA, WHERE SHE WAS INVOLVED IN EDUCATING AND ENHANCING GRASSROOT COMMUNITIES ON FINANCIAL PRUDENCE AND MANAGEMENT IN THE EARLY STAGES OF HER CAREER. ON HER RETURN TO CANADA, SHE CONTINUED HER COMMUNITY ENGAGEMENT WHEN SHE JOINED KENYA COMMUNITY IN ONTARIO IN ITS INFANCY IN 2002, WHERE SHE VOLUNTEERED HER TIME IN SUPPORTING THE ORGANIZATION GROW. SHE HAS ALSO SERVED AS A 2 TERM PRESIDENT OF THE WASHIRIKA COMMUNITY ASSISTANCE GROUP, AND IS CURRENTLY ON THE ASSOCIATION'S ADVISORY TEAM.

PHOEBE IS A MEMBER OF THE LIONS CLUBS INTERNATIONAL, WHERE SHE HAS SUPPORTED THE WIDER CANADIAN COMMUNITY THROUGH HER LIONS CLUB, THE MISSISSAUGA COOKSVILLE LIONS CLUB. SHE SERVED THE CLUB AS ITS TREASURER AND 3 TERM PRESIDENT. SHE HAS SERVED HER LIONS A711 DISTRICT AS A ZONE CHAIR AND REGIONS CHAIR AND IS CURRENTLY THE CHAIR OF THE NEW VOICES INITIATIVE COMMITTEE. AS THE NEW VOICES COMMITTEE CHAIR SHE AND COMMITTEE MEMBERS PROMOTE THE GENDER PARITY AND DIVERSITY, SEEKING TO INCREASE THE NUMBER OF WOMEN, YOUNG ADULTS AND UNDER REPRESENTED POPULATIONS WITHIN THE LIONS ASSOCIATION. THROUGH HER COMMUNITY SERVICE, SHE HAS GOTTEN TO APPRECIATE THE IMPORTANCE OF SERVICE AND SUPPORT SYSTEMS IN UPLIFTING THOSE IN NEED OF A HELPING HAND ALONG THEIR LIFE JOURNEY. PHOEBE HAS RECEIVED SEVERAL RECOGNITIONS AND AWARDS FROM HER EMPLOYER AND COMMUNITY FOR HER COMMUNITY SERVICE AND LEADERSHIP. OF MENTION ARE RECOGNITION AWARD AS A BLACK CANADIAN ROLE MODEL AWARD, COMMUNITY SERVICE AWARD FROM THE MAYOR OF BRAMPTON, MELVIN JONES LEADERSHIP AWARD FROM LIONS CLUBS INTERNATIONAL.

IN NOVEMBER 2021 PHOEBE SERVED ON THE COMMUNITY OF PEEL, PEOPLE'S PANEL, SPONSORED BY THE TAMARACK INSTITUTE. THE INSTITUTION SPONSORS GRANTS FOR THE SUPPORT OF COMMUNITY SERVING ORGANIZATIONS WITHIN THE REGION OF PEEL THAT MEET ITS' FUNDING CRITERIA. PHOEBE IS MARRIED TO DAN SIBANDA WHO IS ALSO A SERVICE-ORIENTED COMMUNITY MEMBER AND MEMBER OF KCO. SHE AND DAN HAVE THREE ADULT CHILDREN AND ARE GRANDPARENTS TO THEIR SEVEN (7) YEAR OLD GRANDSON. PHOEBE ENJOYS TRAVELLING, SWIMMING, HIKING AND INTERACTING WITH LIKE MINDED INDIVIDUALS. SHE IS AMONGST FOUR SISTERS WHO HAVE SPEAR HEADED THE WAKANDA MUD GIRL TEAM. SHE HAS BEEN A LEAD IN ENCOURAGING QUEENS AND PRINCESSES AMONGST THE KENYAN COMMUNITY PARTICIPATE IN THE INTERNATIONALLY RECOGNIZED MUD GIRL OBSTACLE RACE DEDICATED TO WOMEN IN 2018 AND 2022.

SHIRELY GILLET

AWARDEE NUMBER 3



FOR ALMOST 15 YEARS, SHIRLEY GILLETT HAS BEEN ASSISTING CANADIANS FACING A FORCED MARRIAGE ABROAD TO RETURN SAFELY TO CANADA. WORKING WITH THE I DO! PROJECT, SHE ALSO TRAINS SERVICE PROVIDERS, GOVERNMENT PERSONNEL AND COMMUNITY MEMBERS TO INTERVENE SAFELY AND EFFECTIVELY IN CASES INVOLVING FORCED MARRIAGE.

SHE COORDINATES THE FORCED MARRIAGE SURVIVORS' GROUP AND SHE CREATED THE SURVIVORS' INITIATIVE, A PROGRAM WHICH TRAINS SURVIVORS OF FORCED MARRIAGE TO SHARE THEIR STORIES IN A MANNER THAT IS SAFE AND EMPOWERING FOR THEMSELVES AND INSTRUCTIVE FOR OTHERS. IF YOU WOULD LIKE MORE INFORMATION ABOUT FORCED MARRIAGE, OR IF YOU ARE INTERESTED IN HAVING YOUR ORGANIZATION OR COMMUNITY GROUP RECEIVE TRAINING ON FORCED MARRIAGE, PLEASE CONTACT HER AT STOPFORCEDMARRIAGE@GMAIL.COM OR VISIT THE WEBSITE AT IDOPROJECT.CA



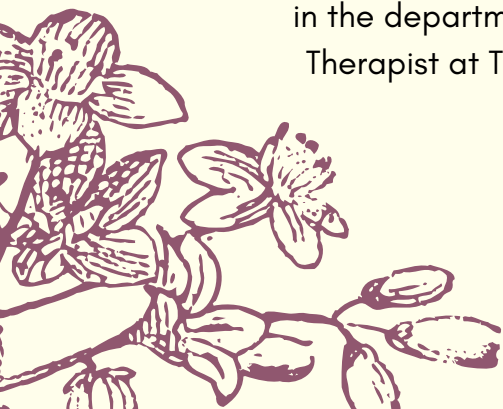
FLORENCE JUMA

AWARDEE NUMBER 4



The Rev. Dr. Florence A. Juma is a Certified Spiritual Care Practitioner and Supervisor-Educator with Canadian Association for Spiritual Care. She is a Registered Psychotherapist in Ontario and ordained with the Pentecostal Assemblies of Canada. Florence works at Grand River Hospital in Kitchener. Her research interest includes the integration of spiritual disciplines in psychotherapy; the interplay of spirituality in the aging process and more recently, exploring experiential approaches in therapy and the co-relation with African-Indigenous approaches to healing.

Florence is an Associate Professional Faculty at Martin Luther University College in the department of spiritual care and psychotherapy and an Associate Therapist at The Dalton Glebe Counseling Centre in Waterloo, Ontario



VERONICA DESANTOS

AWARDEE NUMBER 5



Veronica De Santos, an 8th-Degree Black Belt in Taekwondo is the Grandmaster and founder of Desantos Martial Arts. She was born in Prospect, East Bank Demerara, Guyana where she was the youngest of 10 children. She moved to Canada when she was 16 and quickly started her martial arts training. In 1979, she started competing at a high level and was awarded the Ontario Amateur Athlete Award in 1981, that same year she was also ranked Number 1 Female Fighter in the Karate circuit.

Veronica was ranked Canada's #1 female fighter from 1982-1990 and in 1994, she represented Canada at the Goodwill Games in St. Petersburg, Russia. In 1999, She became the first woman to be inducted in the North American Martial Arts Hall of Fame and in 2016, she was inducted into the Canadian Black Belt Hall of Fame.

Growing up, she was often told that martial arts was not a place or activity for a woman. She wanted to share her love of the Martial Arts in a non-threatening, inclusive environment where all ages, gender and abilities could find a place to shine and be their best. To that end, in 1988 she used her rent money to travel to Boston, USA where she competed in a martial arts tournament and became Grand Champion which earned her the U.S.\$5,000 prize that allowed her a plane ticket back home with enough money left over to pay her rent and open the martial art school. Less than one month later, DeSantos Martial Arts opened its doors.

Veronica also believes in giving back to the community. She started a non-profit organisation – The DeSantos Foundation – which includes an annual fund-raising walk, starting at the Main street Desantos studio in Toronto and ends at the world-famous Niagara Falls. The funds raised by the foundation go to a variety of causes, which include school breakfast programmes, both locally and internationally.



ESTHER ONYOLU

AWARDEE NUMBER 6



Esther has been working in the human service field for over 30 years. She is a great advocate and leader on issues of gender-based violence, anti-racism, anti-oppression and economic empowerment of women for financial sustainability and security. As the executive director of WMRCC of Durham, she continues to develop numerous innovative programs and services to support the populations the organization serves. She facilitated the development of 7 worker cooperative groups for newcomers and immigrant women in 2019. She is highly committed to ensuring that women, youth, and children from diverse backgrounds receive effective and efficient services; as well as maintaining a work environment that is free from all forms of oppressions. She values workplace safety as she views workplace as people's second homes.

She puts a lot of emphasis on diversity, equity, inclusion, equality, human rights, and social justice. Accordingly, she deems it necessary to partner with several community organizations and stakeholders in developing culturally competency programs and services. In her view, an intersectional approach to gender-based violence and economic empowerment of women and girls requires a strong understanding of how various forms of oppressions inter-twined and impact the lives of vulnerable women and girls



UZIMA MEMBERSHIP

As you all know Uzima Women Relief Group International has been running for the past two years with your support. It is time for us to formalize its membership. Some of you are among the 30 volunteers trained last year to undertake assignments to empower women and communities in developing countries.

There are three categories of membership:

1. Community member: Individual \$20 nonrefundable, \$10 Annual subscription
 Joint spouse \$30 nonrefundable, \$15 Annual subscription
2. Group membership: \$50 nonrefundable, \$20 Annual subscription
3. Cooperate membership: \$75 nonrefundable, \$40 Annual subscription

Members of Uzima are the backbone of the organization. They are integrally involved in the activities of the organization thus guiding the organization. Members will attend General meetings and Annual General Meetings and will vote

Members can be anybody: you, family members including sibling and friends as long as you can be an advocate or just interested in helping to move the cause forward. That is anybody with a passion to alleviate the burden of women affected by poverty and disease globally we need your membership. Kindly print and complete the membership form and mail to our address or scan and email it.

Benefits of becoming a member

All members will be able vote on motions during meetings as well as during election of Board members. Each member will carry one vote during such meetings.

Members in good standing will also be able to run for positions on the Board of Directors in accordance with By-laws

Community membership

As well as the above privileges, membership gives you an opportunity to reach out to other community members, national and international networks and demonstrate your commitment to their needs

Group membership

- Group membership gives you an opportunity to network and to feature your organization in the form of bios, stories or photos on our website
- Assistance in increasing the profile and legitimacy of your work as well as in the dissemination of your information: news, events, programming ideas and activities with other organizations and the wider Uzima membership
- Letters of support from Uzima when your group seeks funding

Cooperate membership

- Uzima will publicize your business during our fundraising dinners and on our website
- Your company will receive a tax receipt for donations when Uzima obtains its charitable status
- As a cooperate member you will be giving back nationally or to the communities you serve and work and help create better communities across Canada and globally
- You will generate invaluable goodwill and elevate your corporate profile to gain local, national and global recognition thus enhancing personal growth and development

MEMBERSHIP APPLICATION		
APPLICANT INFORMATION		
Name:Phone:		
Current address:		
City:	State/Province:	ZIP Code /Postal Code:
COOPERATE AND GROUP (ORGANIZATION)		
Name of Business / Organization:		
Address:		
Phone:	E-mail:	Fax:
City:	State:	ZIP Code:
EMERGENCY CONTACT		
Name of a relative not residing with you:		Relationship:
Address:		Phone:
City:	State/Province:	ZIP Code/Postal code:
Relationship:		
SPOUSE INFORMATION IF JOINT MEMBERSHIP		
Name:Phone:		
REFERENCES		
Name	Address	Phone
PAYMENT		
Community member	\$20 Nonrefundable, \$10 Annual subscription	
Joint Spouse membership	\$30 Nonrefundable, \$15 Annual subscription	
Group membership (Organizations)	\$50 Nonrefundable, \$20 Annual subscription	
Cooperate	\$75 Nonrefundable, \$40 Annual subscription	
SIGNATURES		
I authorize the verification of the information provided on this form as to my credit and employment. I have received a copy of this application.		
Signature of applicant:		Date:
Signature of spouse ^(only if for a joint membership) :		Date:

For Direct deposit please find banking information below:

Payable to Uzima Women Relief Group International CIBC 02532 51-48219

Each for Equal

SUPPORTING BUSINESSES



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Grace Wambayi

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With the new government mandate to have 500,000 new immigrants by 2025, the demographic pressure demands more housing.

Contact: Grace Wambayi for a free information session.



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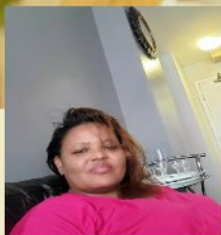
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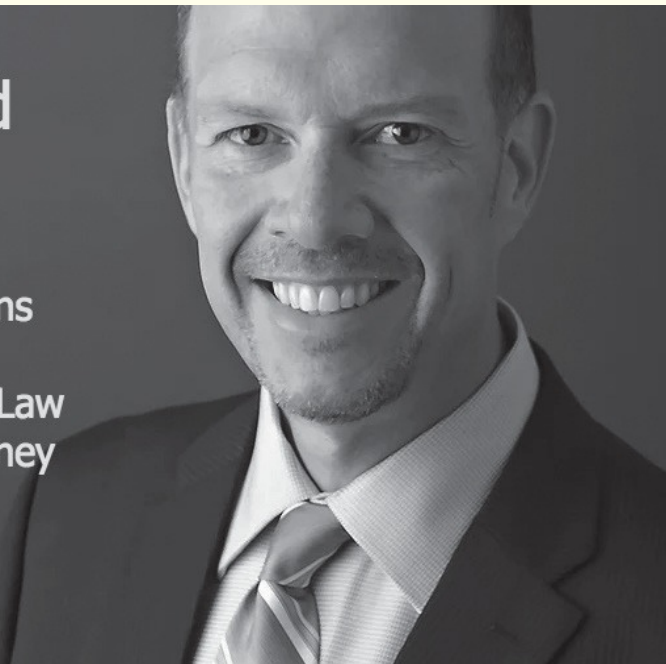


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KNOWLEDGE - EXPERIENCE - PATIENCE - PERSONAL CARE - DEDICATION



Peter J. Sialtsis is a client focused lawyer focusing on real estate, wills, corporate/commercial and family law.

Peter has eighteen years of experience in helping members of his community acquire property and he is at his best while negotiating agreements of all types.

He particularly enjoys assisting people to become new home owners.

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CAREA –CHC



115 Grassmere Ave, Oshawa, ON L1H 3X7
3790 Brock St. N., Whitby, ON L1R 0H2
5-360 Bayly Street, Ajax, ON L1S 1P1

1320 Airport Blvd., Oshawa, ON L1J 0C6
211-1615 Dundas Street East, Whitby, ON L1N 2L1
17-1450 Kingston Road, Pickering, ON, L1V 1C1

Carea Community Health Centre is a registered, charitable organization providing a wide range of free services and programs to community members across Durham Region.

We are an interprofessional group of staff that include team members such as physicians, specialists, healthcare staff, mental health professionals, program and support staff. Our expert team provides a wide range of healthcare, mental health, and social services that are inclusive, equitable and accessible to all.

Carea's comprehensive services address the complex picture of human health. This means we consider the social, emotional, economic, health and developmental circumstances an individual is experiencing when accessing services. We partner with clients to improve their own health and wellness.

We strive to be accessible to community members who face barriers such as culture, gender, age, geographic isolation, homelessness, language, physical and/or cognitive disabilities, poverty, sexual identity and race.

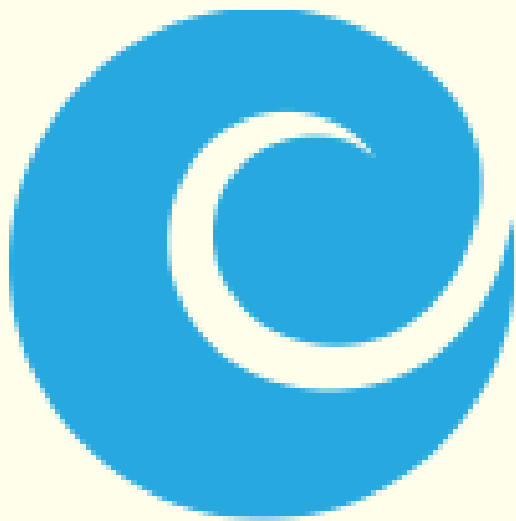
Most of our programs are offered free of charge and open to anyone seeking support. Our healthcare services include day-to-day healthcare and physician visits, chronic disease management, and mental health. We also offer a range of community programs that promote community members' control over their own health. These program offerings include supports for healthy decision making, parenting support, child development, and youth empowerment.

Carea is committed to reconciliation and partnership with Indigenous communities. We offer a wide range of Indigenous-led programming that provides a variety of culturally relevant activities and events to serve Turtle Island's diverse urban Indigenous community.

As a trusted community partner, we collaborate with numerous organizations to provide the best possible care for our clients.

With your help, we are building healthier communities together.

FUNDERS AND PARTNER AGENCIES



Carea Community Health Centre

Care. Compassion. Community.



Funded by the
Government of Canada



Network for the Advancement
of Black Communities

Réseau pour l'avancement
des communautés noires

ACTIVE LIVING & CLIMATE ACTION FESTIVAL

EXHIBITOR REGISTRATION

HEART LAKE RUN is inviting Not-for-Profits and Businesses to showcase their Programs, Products and Services at the **2nd Edition of the Active Living & Climate Action Festival**. This is a very exciting and special festival in support of **United Nations Sustainable Development Goals (SDGs) - Global Goals**.

The 2023 Festival will focus on **5 SDGs – Zero Hunger, Good Health & Wellbeing, Life Below Water, Climate Action and Life on Land**.

Very limited vendors spots are available. To reserve your spot please contact us at festival@heartlakerun.org or call **888-448-6225**

FREE ADMISSION

Active Living & Climate Action Festival is a family and environment friendly event with lots of learning and interactive activities for both adults and children including exhibition, conference, environmental activities, face painting, inflatables, giveaways, raffles, and many more.

Heart Lake Run 5K Run & Walk will take place on **Sunday June 25, 2023** from **8:00am**. **1K Walk** and **1K Kids Dash** shall also take place. All Run and Walk participants must register at www.heartlakerun.org.

- Heart Lake 5K Run & Walk is a charity event in support of food banks in the Region of Peel.
- Free snacks and refreshments shall be provided to registered participants.
- Participants below 16 years must be accompanied by an adult to participate.



**24-25
JUNE 2023**

CAA CENTRE

7575 Kennedy Road South,
Brampton ON L6W 4T2 Canada.



5 K RUN / WALK - 1 K WALK
JUNE 25, 2023

**SUNDAY
START AT
7AM**

EARLY BIRD REGISTRATION

\$25

YOUTH - BELOW 18
SENIORS - ABOVE 60

\$40

ADULTS
*BEFORE DEC 31

\$50

ADULTS
*FROM JAN 2023

TOP 10 WINNERS PRIZES . PARTICIPATION MEDALS . FESTIVAL

**7575 KENNEDY RD
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CAA CENTRE
SPORTS & ENTERTAINMENT COMPLEX

WWW.HEARTLAKERUN.ORG

NATIONAL ANTHEM:

O Canada!

Our home and native land!
True patriot love in all of us command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Ô Canada! Terre de nos aïeux,
Ton front est ceint de fleurons glorieux!
Car ton bras sait porter l'épée,
Il sait porter la croix!
Ton histoire est une épopée
Des plus brillants exploits.
Et ta valeur, de foi trempée,
Protégera nos foyers et nos droits.
Protégera nos foyers et nos droits.