

## Manitoba Baton Inspiration Series

Manitoba Baton has created a ***Saturday Night Inspiration Series*** on Zoom. It's Free!

What is the ***Saturday Night Inspiration Series***? It is a casual and fun Q & A where we are featuring guests who inspire us. Sessions are hosted by Kristin Macaraeg.

The lineup is, out of this world, incredible! You really won't want to miss it. We hope that you all will attend and invite your friends to join as well.

Register by emailing: [manitobabatontwirling@gmail \[dot\] com](mailto:manitobabatontwirling@gmail.com) or via [Google Form](#) [1].

Check out our awesome guest line up:

- **April 10 - Melanie Talastas-Soriano** - Athletic Therapist and Owner of [Insahyu Athletic Therapy Clinic](#) [2] in Winnipeg, CIS University of Wesman silver and bronze medalist in Basketball, mom of 3, Filipino woman and entrepreneur. She will discuss about how to move forward and stay in the right frame of mind and body after an injury. She will also talk about inclusivity and diversity in sport.
- **April 17 - Lucinda McMaster** - The first Canadian (from Manitoba) who won a gold medal at the 1989 World Championships in Lausanne, Switzerland. She will speak about the athlete/coach/parent triangle.
- **April 24 - Andrea Shore** - Andrea is part of the Winnipeg Tempo Twirlers team who won the first medal for Canada (bronze) at the World Championships in 1983, Milano, Italy. She will talk about the journey from recreational to elite/professional athlete. Her son Devin, plays for the Edmonton Oilers (and may join us too.)
- **May 1 - Mandy Yip** - World Team athlete from the SOBG trans-Canada team in 1995 (silver) and 1996 (bronze). Owner and creator of the world renown [Acrobatic Arts company](#) [3]. Mandy will talk about how to start a club and how to create some awesome programming.
- **May 8 - Jenna Jemieff** - Former World athlete, [studio owner](#) [4], board member, CBTF judge and coach. She will speak about how she wears many hats and how she maintains work/life balance.
- **May 15 - Michelle C Smith** [5] - World Pairs Champion, now professional stunt woman, martial artist and educator. She will talk about how she has made twirling basically anything (a staff, a light sabre, a broomstick) super cool and all-encompassing for people of all ages, levels from all around the world.
- **May 29 - Aman Hussain** - Sports Psychologist who works with the RWB as a [Performance Enhancement Consultant](#) [6]. He will be speaking about the psychology of athleticism and artistry.

[MBTSA Saturday Night Inspirational Series - general1.jpg](#) [7]



**FREE on Zoom 8 pm CST**

# **SATURDAY NIGHT INSPIRATION SERIES BY MANITOBA BATON**

## **April 10 - May 29th**



Melanie Talastas-Soriano  
April 10



Lucinda McMaster  
April 17



Andrea Shore  
April 24



Mandy Yip  
May 1



Jenna Jemieff  
May 8



Michelle C Smith  
May 15



Aman Hussain  
May 29



Host: Kristin Macaraeg

**MEMBERS FROM ALL  
ORGANIZATIONS WELCOME**

**REGISTER BY EMAIL:**  
**[MANITOBABATONTWIRLING@GMAIL.COM](mailto:MANITOBABATONTWIRLING@GMAIL.COM)**  
**[WWW.MANITOBABATON.COM](http://WWW.MANITOBABATON.COM)**

[8]

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### Links

[1] <https://forms.gle/hrHLsYDsMNwkNetPA> [2] <http://www.insahyu.com/> [3] <https://acrobaticarts.com/#/welcome> [4] <https://www.oldsinspiredancestudio.com/> [5] <https://www.michellecsmith.com/> [6] [https://www.rwb.org/who-we-](https://www.rwb.org/who-we-are)

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