

THE HUFFINGTON POST  
CANADA

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*Those that inform, inspire, entertain and empower us*



## REVA SETH

*Lawyer*

In 2014, Reva Seth was one of the few women who spoke out publicly about Jian Ghomeshi on sexual harassment and sexual assault. In a HuffPost blog titled, “Why I Can’t Remain Silent About What Jian Did to Me”, she shared her own encounter with the former broadcaster, in an account that was powerful, eloquent and brave. She later reflected on progress that’s been made towards ending sexual violence. The Toronto-based lawyer, journalist and mother of three has written two best-selling books, *The Mom Shift* and *First Comes Marriage*.



### CONTRIBUTIONS:

*Why I Can’t Remain Silent About What Jian Did to Me*

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*This Year Has Gone A Long Way Toward Ending Our Culture Of Sexual Violence*

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*My Neighbour Thought Skimpy Clothes Invited Rape. I Hope She Reads This*

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## LAUREN MESSERVEY

*Writer, Blogger*

When Halifax native Lauren Messervey took takers of Canada's prime minister to task in her HuffPost blog, "Objectifying Trudeau is not OK," readers responded and then some. Since then, she's tackled the Trudeau family's "Nannygate" controversy, and opened up about her own sexual assault in the wake of the Jian Ghomeshi verdict. As a freelance writer now based in Toronto, Messervey's HuffPost commentary includes biting quips and candour on every political topic, from Donald Trump to Justin Trudeau, feminist issues, and racial diversity in Hollywood.



### CONTRIBUTIONS:

*Why Objectifying Justin Trudeau Is Not OK*

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*'Nannygate' Is Not A Real Issue*

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*I Understand The Women Who Accused  
Ghomeshi, I've Been There*

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## BRUCE MONCUR

*Veteran*

When Bruce Moncur's brain was exposed by a piece of shrapnel in Afghanistan in 2006, the former soldier made his peace with God and silently said goodbye to his family at home. He was 22. After two brain surgeries and a long bout of rehab, Moncur was discharged, and a new battle for fair compensation as an injured veteran began. The Windsor, Ont., native was the subject of an award-winning HuffPost Canada feature and has been one of our politics bloggers since 2013. He told his story in the post, "Canada, I Fought For You And You Let Me Down," and has penned thoughtful critiques of the Canadian military, notably in "Why No One Should Join The Canadian Forces".



### CONTRIBUTIONS:

*Canada, I Fought For You and You Let Me Down*

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*Why No One Should Join the Canadian Forces*

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*Soldiers, Don't Trust Canada to Bring You Home From Iraq Alive*

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## JACQUELINE MELISSEN

*Blogger*

Jacqueline Melissen had a lot to say “To the Women Who Wear Bikinis in Front of My Daughters.” In one of the most viral posts in HuffPost Canada’s five years, she thanked women for helping her girls develop a realistic body image outside of airbrushed magazine spreads. Melissen is one half of the blog, TwoFunMoms.com, about the “woes, wiggles and wonders of parenting. Along with her co-blogger Juliana Fruhling, she covers everything from stress and cleaning tips to postpartum depression and the anti-vaccine movement. The Vancouver-based mom also wrote “Why Child-Free Aunties Are Amazing,” another runaway hit that helped spread the love in a big way.



### CONTRIBUTIONS:

*To the Women Who Wear Bikinis in Front of My Daughters*

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*Why Child-Free Aunties Are Amazing*

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*My Husband Doesn't Care if the Grass Is Greener on the Other Side*

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## LIZANNE FOSTER

*Teacher*

The school system isn't perfect, and Lizanne Foster is one teacher willing to talk openly about it. The Surrey, B.C., teacher issued an open letter titled, "Dear Students: An Apology From A Teacher," calling out the failures of the education system. Not only did it resonate in Canada, the blog was widely shared in the United States and led to an invitation from Italy's education minister to speak at a conference there. Foster grew up in an apartheid-era South Africa, a personal experience that frames her passion in encouraging students to question things and helping them believe they matter.



### CONTRIBUTIONS:

*Dear Students: An Apology From A Teacher*

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*Which Canada Will You Celebrate on Canada Day?*

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*Premier Christy Clark Has Left Us No Choice*

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## CRAIG AND MARC KIELBURGER

*Activists*

When Craig Kielburger was 12, he and his friends decided they wanted to end child labour. Fast-forward 20 years and he and his brother, Marc, now head Free the Children, a charity that focuses on getting kids involved in driving social change globally. Through their FTC offshoots, Me to We and WE Day, the latter of which AOL Canada/HuffPost Canada has helped sponsor, they've built schools around the world, supported impoverished communities and empowered countless kids to believe they can make a difference. The Kielburgers have received numerous honours for their work, including the Order of Canada.



### CONTRIBUTIONS:

*Veterinarians Don't Just Heal Pets, They Can Help Heal Poverty*

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*Thomas King's Lessons in History, Humour and Compassion*

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*How Canadian Police Training Missions Improve Peace and Fight Corruption*

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*The Sisyphean Plight of Women from Elections to Ghomeshi*

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*How Canadian Bosses Can Boost Our Mental Health*

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*How These Canadians Helped Diabetes in India*

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## GLEN CANNING

*Advocate*

Glen Canning says his daughter's name, Rehtaeh Parsons, purposefully and fearlessly. When Rehtaeh died following a suicide attempt in 2013, her family kept her story alive and her name on people's minds. With his heartbreaking blogs: "Rehtaeh Parsons Was My Daughter" and "Read Rehtaeh's Story And Tell Me She Wasn't Raped," Canning laid bare what he has experienced. By speaking out, he forces the public to address the real consequences that sexual assault, rape culture and online bullying can have on its victims, and did have on Rehtaeh.



### CONTRIBUTIONS:

*Rehtaeh Parsons Was My Daughter*

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*Read Rehtaeh's Story Then Tell Me My Daughter Wasn't Raped*

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*Why Christie Blatchford Is Wrong About My Daughter Rehtaeh*

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## MARCIA SIROTA

*Psychiatrist*

Marcia Sirota has been helping HuffPost Canada readers get their lives together since 2011. As a coach, author and psychiatrist, Sirota has written countless HuffPost blogs that offer helpful advice on stress, wellness, relationships, addiction, sex, confidence and much more. Based in Toronto, she founded the Ruthless Compassion Institute as a network to help folks live happier, healthier lives. Her insightful blog on The Connection Between Childhood Experiences And Adult Problems was an important contribution to our Young Minds Matter series.



### CONTRIBUTIONS:

*Beyoncé's "Lemonade": Thoughts About Art, Love, Betrayal And Forgiveness*

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*Our Social Media Addiction Makes Dating Even Harder*

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*Why Is Kesha Being Punished?*

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## ELIZABETH MAY

*Politician*

In “If I Were Prime Minister...,” Green Party Leader Elizabeth May laid it all out in her first blog for HuffPost Canada on our very first day back in May 2011. Since then, the MP has tirelessly pushed for climate change solutions, and as a HuffPost blogger offers up critiques of the political arena and its players. Dubbed one of the world’s most influential women by the U.S. magazine Newsweek in 2010, the Sidney, B.C. resident has become one Canada’s most active politicians on social media, and earned major props for her debating skills in the 2015 federal election.



### CONTRIBUTIONS:

*10 Reasons Why Harper Isn't Really Canadian*

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*Why A Gender-Balanced Cabinet Matters*

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*I Stand Behind My Tweet Comparing Canada To North Korea*

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## GLEN PEARSON

*Blogger*

Glen Pearson has been a passionate blogger on politics for HuffPost Canada. The former Liberal MP penned poignant pieces, such as his tribute to Sergeant-at-Arms Kevin Vickers after the Ottawa shootings in 2014 and a remembrance of the late Jim Flaherty. In that blog, Pearson wrote, “I was a Liberal; he was a Conservative. But not once did that stop us from being civil.” The father of seven started the food bank in London, Ont., in 1986 and stayed on as the director for 25 years. He has also written six books.



### CONTRIBUTIONS:

*What Happened in Alberta? Look No Further Than Frustrated Citizens*

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*Del Mastro Isn't the Problem, Politics Is*

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*Lester Pearson Would Have Scoffed at the Federal Budget*

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## TRACY GILLETT

*Blogger*

“He’ll sleep with you.” An off-the-cuff comment from her midwife about her baby’s sleeping arrangements set Tracy Gillett on the path to natural parenting. The Vancouver mom has made it a priority to connect organically with her son. That means everything from nixing the stroller in favour of carrying him to living with minimal possessions. Her HuffPost blog, “Simplifying Childhood May Protect Against Mental Health Issues,” exploded in 2016 with more than 1.6 million views to date, and inspired her to publish an ebook, *Parenting by Nature*. She also founded the blog, *Raised Good*, to create a community for parents focused on a natural upbringing for their kids.



### CONTRIBUTIONS:

*Trust Your Baby And Ditch The Diapers*

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*Why I Choose To Continue Breastfeeding My Toddler*

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*Simplifying Childhood May Protect Against Mental Health Issues*

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## CHARLIE ANGUS

*Politician*

Timmins–James Bay MP Charlie Angus is the NDP’s critic for indigenous and northern affairs. In 2011, he published a HuffPost blog, “What If They Declared an Emergency, and No One Came?”, about the Attawapiskat housing crisis just as the community became known to Canadians. Now, five years later, Attawapiskat is again in a state of emergency owing to an alarmingly high rate of suicide attempts, particularly by young people. Angus continues to advocate for indigenous communities across Canada.



### CONTRIBUTIONS:

*Taking on the Trolls: Why the Online Race-Hatred Against First Nations?*

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*Harper: Act Now Before Chief Theresa Spence Dies*

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*Our Government Is Re-Victimizing These Residential School Survivors*

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## NIKI SHARMA

*Lawyer*

Vancouver-based lawyer Niki Sharma focuses on aboriginal law and represents residential school survivors. She also writes on her own experiences with race, for example, “Dear Loretta: Your Racial Slur Disturbed Me, But I Won’t Delete It,” which was a response to a racist commenter. Sharma was recently elected to Vancity credit union’s board of directors.



### CONTRIBUTIONS:

*We Should Not Let Racialized Fear Define Our Political Future*

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*Justin Trudeau Sets A New Standard For White Male Privilege*

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*Dear Loretta: Your Racial Slur Disturbed Me, But I Won’t Delete It*

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## JEAN-PAUL BÉDARD

*Runner, Speaker*

Can you imagine running a marathon? How about running three in one day for a cause? Jean-Paul Bédard has done just that as an advocate and speaker about his own experiences with childhood sexual abuse and addiction. He uses his running and writing to build awareness in hopes of helping other survivors. With more than 100 marathons and ultramarathons under his belt, the Toronto resident has completed the gruelling 90-kilometre run for South Africa's Comrades Marathon.



### CONTRIBUTIONS:

*A Rape Survivor's Reaction To The Jian Ghomeshi Verdict*

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*Revealing I Was Sexually Abused Lost Me The Mother I Never Had*

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*I've Gone From Recovering Alcoholic To Sober Shepherd*

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## CAROL TODD

*Activist*

Carol Todd's daughter, Amanda, was a victim of such severe bullying that the 15-year-old posted a video about the harassment, then took her own life. The death of Amanda Todd shook the country (and the world), and started a conversation about cyber-bullying — so much so that Carol started the Amanda Todd Legacy. “I’m Taking on Bullying in Memory of My Daughter, Amanda Todd,” she declared in a HuffPost blog. Her organization raises awareness on all kinds of bullying as well as Internet safety. Carol has shared openly how she’s dealt with grief and with awareness of mental health issues.



### CONTRIBUTIONS:

*I'm Taking on Bullying in Memory of My Daughter, Amanda Todd*

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*Could the Cyberbullying Bill Have Saved Amanda? Yes.*

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*Happy 19th Birthday, Amanda*

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## ANUBHA MOMIN

*Instagrammer*

Yes, people in Canada really do live in our North. Finding True North's Instagram proves it by curating and amplifying life in Nunavut. The account and blog run by Anubha Momin showcases the faces and stunning landscapes in Nunavut. The account hosts Nunavut's only Instagram contest, #Nunagram, which gets the rest of the territory involved in showing off their pride. Finding True North takes you into the Canadian Arctic and the territory Momin calls home.



### CONTRIBUTIONS:

*6 Things to Do Before You Go On the Land in Nunavut*

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*Finding True North Instagram*

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*Finding True North Twitter*

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## JAMAAL MERRICK

*Instagrammer*

Drake put the 6ix on the map, but @jamaalism is one of the photographers putting it on the 'Gram. Jamaal Merrick has a knack for finding unusual perspectives of Toronto architecture. His photos are eclectic: shots from the city's transit tunnels and from bridges and highway overpasses; reflections inside an empty museum. With a Sony mirrorless camera, Merrick shows off Toronto's gritty cityscapes and earned a feature on our Canadagram series. He also created a community account @ttczone after realizing just how often he and other Torontonians snap Toronto's transit fixtures.



### CONTRIBUTIONS:

*Jamaal Merrick Instagram*

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*TTC Zone*

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*Jamaal Merrick Twitter*

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*Meet Jamaalism, A Photographer Capturing Toronto And The TTC*

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## ANNE McISAAC

*Instagrammer*

Anne McIsaac has a thing for yellow. She spots it on rooftops, doors, in puddles and in the sky. For a dose of happy, scroll through this creative director's Instagram, @yellowwillow, to see the random snaps of the sunny colour as she treks through Montreal and travels North America. With an eye for composition and unusual moments, she's bringing Quebec into the Instagram world like none other.



### CONTRIBUTIONS:

*Yellow Clock*

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*Yellow Willow*

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*Meet Yellowwillow, A Designer Obsessed With Yellow*

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## CURTIS JONES

*Instagrammer*

You haven't seen northern Canada until you've seen it through Curtis Jones' eyes. He spent 11 years living in Nunavut and captured the awe-inspiring colours of the sky, mountains and ice, with occasional doses of humans and puppy love. Jones has since moved back to Newfoundland and Labrador, but this photographer will give you an appreciation of Canada's landscape, and urge you to explore.



### CONTRIBUTIONS:

*Curtis Jones Instagram*

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*Canadagram: Meet CJonesPhoto*

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*Curtis Jones Photos*

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## KAYLA SHORT

*Instagrammer*

Kayla Short, make us look fabulous. Short is your go-to Canuck lifestyle blogger and personal stylist. Based in Halifax, she runs “Short Presents” where she blogs about all things fashion, beauty and food. You may have also caught her on CTV Halifax offering up some personal styling tips or featured in Huff-Post’s style section and Canadagram series for her Instagram aesthetic (plus her sigh-worthy shots of the Maritime coast).



### CONTRIBUTIONS:

*Short Presents Instagram*

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*Short Presents Twitter*

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*Short Presents Gallery*

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## TESSA HILL AND LIA VALENTE

*Activists*

Before these teens even entered high school, Tessa Hill and Lia Valente created a short documentary called “Allegedly” that put a spotlight on rape culture and consent. Did we mention they were 13 at the time? Their Grade 8 project wound up sparking a campaign called “We Give Consent,” a petition with more than 40,000 signatures and got them a sit-down with Ontario Premier Kathleen Wynne. In the end, these two won what they were fighting for: consent was added to Ontario’s new sex-ed curriculum.



### CONTRIBUTIONS:

*‘Allegedly,’ The Rape Culture Doc By Grade 8  
Consent Activists, Tessa Hill And Lia Valente*

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*We Give Consent Facebook*

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*We Give Consent Twitter*

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## CURTIS BISHOP

*Advocate*

When Curtis Bishop sees someone sleeping outside, he gets angry. Why? Because for seven years, he lived on the streets. In a personal account, Bishop described what it was like to go from being an accountant in Vancouver to being homeless in Toronto, not sparing details or shying from painful memories. Thanks to supportive housing from Houselink, Bishop got a second chance. Houselink gave Bishop more than a home; as the group's president of the board of directors, he also has the opportunity to advocate for the rights of homeless and low-income people.



### CONTRIBUTIONS:

*For Seven Years, Parks And Sidewalks Were Home For Curtis. How He Got Back Inside, In His Own Words*

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*Face Mental Illness Facebook*

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## IAN CAMPEAU (A TRIBE CALLED RED)

*Musician*

If you need a lesson in First Nations issues, prepare to be schooled. Ian Campeau, one-third of the indigenous electronic music group, A Tribe Called Red, unapologetically stands up against racism and cultural appropriation. The Anishinaabe DJ from Nipissing First Nation filed a human rights complaint and successfully pressured a local Ottawa team to ditch their moniker “Redskins.” He brushed off heat over his allegedly racist “Caucasians” satirical T-shirt that was modelled after the Indians MLB team logo. And together with his DJ crew, he made it clear that they were not here for “native-inspired” garb at their shows. Knocking out killer beats and racism one step at a time.



### CONTRIBUTIONS:

*A Tribe Called Red Accused Of Racism Over  
'Caucasians' T-Shirt*

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*A Tribe Called Red's Thanksgiving Track Is  
Tougher To Swallow Than Turkey And Stuffing*

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*A Tribe Called Red Brings The Noise*

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## EDEN FULL

*Innovator*

Don't give up on your science fair projects, you may have a gem on your hands, like Eden Full's SunSaluter. Full's first solar creation was a little car that could move from one end of the room to the next using juice from the sun. She was nine at the time. Fast forward years later, and using gravity and a water jug, Full created a solar panel that moves to face the sun as it crosses the sky. It's not only 30 per cent more efficient but filters water to boot. At 18, the Calgary native put college on hold and with the help of the Thiel Fellowship, turned her science fair project into a non-profit that serves rural communities in 16 countries around the world. Now in her 20s, Full has already made Forbes' 30 under 30 list, and shows no signs of easing up any time soon.

### CONTRIBUTIONS:

*Canadian Inventor Eden Full's Low-Tech Fix Solves Solar Power's Biggest Problem*

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*Meet 3 Canadians Bringing Solar Power To The Developing World*

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*It's Not Too Late to Learn to Code (Or Do Anything, For That Matter)*

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## HEIDI COOK

*Councillor*

Amid a foster care crisis for First Nations children, a northern Manitoba reserve proposed an alternative: remove parents, not kids. When child services come to many rural First Nations, the children are uprooted from their communities and sent south to city life in Winnipeg. Instead, Heidi Cook, a councillor from Misipawistik Cree Nation in Manitoba, introduced a program by which the parents leave, and a care worker moves in with the children. Cook says the method may not be perfect for everyone but for them, it recognizes intergenerational trauma and puts families on a path towards healing.



### CONTRIBUTIONS:

*Manitoba First Nation's Solution To Foster Care Crisis: Remove Parents, Not Kids*

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*Misipawistik Cree Nation will host Lake Winnipeg Water Walkers on July 20*

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## JOSEPH BOYDEN

*Writer*

With a pen and his voice, Métis author Joseph Boyden is determined to fight for aboriginal people in Canada. Originally from Toronto, Boyden has since moved to the United States, but he has a bullhorn from across the border that he uses to shout out about indigenous issues. He spoke to HuffPost Canada about missing and murdered indigenous women and racism in Canada, and when Attawapiskat declared a state of emergency, Boyden reflected on his own struggles with depression and the trauma and appalling conditions he witnessed while teaching in James Bay.



### CONTRIBUTIONS:

*Joseph Boyden On Harper, First Nations,  
The Election, And Canadian Racism*

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*Joseph Boyden Twitter*

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## JESSICA KRUGER

*Model*

Not many cover models have visible disabilities. British Columbia's Jessica Kruger wanted to change that. She became Canada's first quadriplegic model in 2013 after winning Lisa Watier's "Something Sweet" perfume campaign while attending Simon Fraser University. Kruger broke her neck in a workplace accident when she was 15 years old. From her wheelchair, she's set out to prove that "different" is beautiful, as she wrote in a HuffPost blog. Kruger's success led to her gracing beauty magazine covers nationwide.



### CONTRIBUTIONS:

*Jessica Kruger, Quadriplegic Model, Wins Lisa Watier 'Something Sweet' Campaign*

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*Help Me Show the World "Different" Is Beautiful*

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*Meet our Ambassadors: Jessica Kruger*

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## ANN MAKOSINSKI

*Inventor*

No need for batteries when teen tinkerer Ann Makosinski is nearby. At only 15 years old, the scientist built a flashlight that ran on body heat, and which won Google's Science Fair in 2013. Her energy-efficient innovations nabbed her a spot on Time's 30 People Under 30, a \$50,000 grant from Shell, two appearances on "The Tonight Show Starring Jimmy Fallon," multiple TED Talks and dozens of international awards. Now an 18-year-old student at the University of British Columbia, her latest achievement is a cellphone-charging travel mug. (Not on the market, but definitely on our radar.)



### CONTRIBUTIONS:

*Ann Makosinski, B.C. Teen Inventor, Wins  
\$50,000 In Latest Achievement*

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*Ann Makosinski's New Invention: A Body-Heat  
Powered Headlamp*

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*Ann Makosinski, Google Science Fair Winner  
From B.C., Had Busy Year*

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## BRADLEY FRIESEN

*Photographer*

If Bradley Friesen wants to take you out for a ride, just say yes. When this helicopter pilot flies over British Columbia, the results are stunning panoramic photographs of secluded landscapes, where lone figure skaters roam and hockey players pass the puck on glacial ice ponds. He was selected by Molson Canadian to visit where the most Canadian photo ever was taken. Friesen clearly has a knack for viral fame: his ALS challenge, bachelor pad, and even his dog have all won the Internet's approval.



### CONTRIBUTIONS:

*This Helicopter Pilot Is Your Ticket To Skating Heaven*

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*The Most Unforgettable Hockey Game Requires The Most Unbelievable Rink*

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*Bentley The Bulldog Is Having None Of This Vacuum-Cleaner Business*

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## ERIN TRELOAR

*Advocate*

An eating disorder as a teen motivated a Vancouver-based Pilates instructor to start a beauty revolution. Now in her 20s, Erin Treloar founded Raw Beauty Talks to open up honest conversations about women's appearances by posting unfiltered and unretouched photos of women and girls. Her photo series featured various Canadian women, among them Try singer Colbie Caillat, model Ashley Diana Morris, and "Being Erica" actress Erin Karpluk, all wearing no makeup. Treloar's work is part of a larger trend on social media and in the beauty industry for celebrating diversity and how women look naturally.



### CONTRIBUTIONS:

*Raw Beauty Talks Celebrates Natural Beauty Of Women*

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*You Already Have the Perfect Beach Body*

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*Starving to Be Slim: What I Learned in My Pursuit of Perfection*

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## JUSTIN TRUDEAU

*Politician and Activist*

There's enough about Prime minister Justin Trudeau to write a book — which The Huffington Post Canada's Ottawa bureau chief Althia Raj did in 2013. Much has been said about our nation's leader and his activist wife, and Trudeaumania 2.0 has swept what seems like the whole world following the Liberals' 2015 landslide victory. Trudeau's HuffPost Global Town Hall made clear that while Canadians were basking in the positive media coverage the Trudeaus attracted, they would also hold him accountable for policy-making, as well as his stands on military aid and foreign trade.



### CONTRIBUTIONS:

*Trudeau: Feds Will Be Partners With  
Municipalities, Provinces On Infrastructure*

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*Contender: The Justin Trudeau Story*

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*Justin Trudeau's Mother's Day Wish To Moms  
Across Canada*

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## ASHLEY CALLINGBULL

*Advocate*

Ashley Callingbull made headlines for winning Mrs. Universe 2015 as the contest's first First Nations winner, but the beauty queen truly won Canadians over with her impassioned outspokenness for Indigenous rights. Fresh off her coronation, Callingbull asked Indigenous voters not to re-elect former prime minister Stephen Harper. She's also advocated for political reform, seal hunting, and missing and murdered indigenous women.



### CONTRIBUTIONS:

*Ashley Burnham, Mrs. Universe, Urges Aboriginal People To Vote Out Harper*

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*Ashley Burnham, Mrs. Universe 2015, Embraced Cree Culture To Survive Abuse*

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*Ashley Burnham, A Proud Cree Woman, Named Mrs. Universe 2015*

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## ALYSON SCHAFER

*Parenting Expert*

Mother knows best, especially author and therapist Alyson Schafer. When Canada needs a parenting expert, this mom of two teenagers is always ready to dispense pearls of wisdom on all things child-rearing. From speaking out about Ontario's sex-ed curriculum and advice on raising transgender kids to everyday woes such as battling lice, Schafer knows what kids need to be happy and healthy.



### CONTRIBUTIONS:

*Birthday Party Etiquette For Dealing With  
THOSE Parents*

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*Positive Discipline: Signs Your 'Consequences' Are  
Punishments In Disguise*

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*Family Counselling: How To Find Affordable Help*

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## CHRIS HADFIELD

*Astronaut*

As an astronaut, Chris Hadfield reached for the stars. As a global citizen, he saw the breath-taking beauty of the blue-and-green spinning sphere we call home. Hadfield became the Internet's favourite singing spaceman when he posted his rendition of David Bowie's "Space Oddity" online in 2013. He lit up social media with his adventures aboard the International Space Station, sharing incredibly detailed photos of Earth and anti-gravity shenanigans. Now retired as an astronaut, he's still rocking our world with inspiring talks and an active Twitter presence.



### CONTRIBUTIONS:

*Chris Hadfield To Release First Album Recorded In Space*

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*Chris Hadfield's Thoughts On Humanity Have Never Been More Relevant*

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*Chris Hadfield's Advice To Make Every Day Special? Appreciate The Now*

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## JUS REIGN

*Social Media Creator*

If you've got six seconds, that's all Vine comedian and social media celebrity Jus Reign needs to get a gut-busting laugh. Real name Jasmeet Singh, his hilarious observations on race and Indian culture have also earned Singh one of the most devoted Snapchat fan bases in Canada — his one million-plus Vine followers and almost 701,000 YouTube followers are nothing to sneeze at either. Recently, Singh used his massive fan base for good, when he took a stand against rapper Azealia Banks' anti-South Asian remarks. He changed his Twitter name, and retweeted selfies tagged #curryscentedbitch by women who reclaimed the derogatory term.



### CONTRIBUTIONS:

*Desi Parents and BIRTHDAYS*

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*Jus Reign Twitter*

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*Jus Reign, AKA Jasmeet Singh, Really Loves His City*

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## SUPERWOMAN

*You Tube Star*

Did you know Superwoman hails from Scarborough, Ont.? Her more than eight million YouTube subscribers do. Superwoman's not-so-secret identity, Lilly Singh, is one of Canada's most popular YouTubers. From impersonations of her parents to singing about city pride in Toronto's subways, Singh's viral videos have made her one of the brightest stars online. Time placed her alongside Barack Obama and Kim Kardashian as one of the top 30 influential people on the Internet.



### CONTRIBUTIONS:

*Talking About 'Unicorn Island' With YouTube Superstar Lilly Singh*

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*Time's Most Influential People On The Internet List Includes Canadians Drake And Lilly Singh*

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*Why Exams are Annoying*

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## FASHION SANTA

*Model*

Remember when everyone wanted to be on Santa's naughty list? Fashion Santa, a.k.a. model Paul Manson, had Toronto-area shoppers lining up at a mall to ogle the festively haute-couture St. Nick. The holiday icon decked out the shopping halls, and his stylish selfies garnered international attention. He even has a holly jolly doppelganger in Mexico, Mr. Claus. Only time will tell if Santa's wish for a selfie showdown with Justin Bieber will happen in time for Christmas this year.



### CONTRIBUTIONS:

*10 Reasons Why Yorkdale's Fashion Santa Is The Best Kind Of Mall Santa*

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*'Fashion Santa': 10 Things You May Not Know About The Man Behind The Beard, Paul Mason*

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*Justin Bieber Meets 'Fashion Santa,' Takes Selfie At Yorkdale Shopping Centre*

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## DRAKE

*Musician*

He started from the bottom, but then moved up to Degrassi. Now he's everywhere. Drake is the closest thing Toronto has to an official hometown hero, repping it, renaming it the 6ix, and serving as the global ambassador for the Toronto Raptors. The artist also known as Drizzy is arguably Canada's most recognizable meme, with everyone and their mom hotline blinging or Photoshopping him dangling from strange places. Oh, and did we mention he's a world-famous rapper and singer with multiple platinum records to his name?



### CONTRIBUTIONS:

*Chasing Greatness: Will Views be Drake's Classic Album?*

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*Drake Breaks Streaming Record With 'Views'*

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*Drake's 'Views' Is What Twitter Was Waiting For All Along*

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## DONOVAN MAHONEY

*Photographer*

As if you didn't need more reminders that Vancouver is gorgeous, street photographer Donovan Mahoney has plenty of proof. However, his candid shots of Vancouver's Downtown Eastside capture a more candid perspective of the city's streets. The area is a low-income area that struggles with crime and residents' drug-addiction issues. Mahoney, who used to live in the area, uses his photography to portray the neighbourhood's realities and residents with beauty and profound empathy.



### CONTRIBUTIONS:

*B.C. Photographer Of The Month: Donovan Mahoney*

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*Donovan Mahoney Instagram*

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*Canadagram: Meet DonovanPee*

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## SUSUR LEE

*Chef*

Long before he was a Top Chef contestant and MasterChef judge, celebrity chef Susur Lee was flipping burgers in Toronto. His culinary achievements came after a life of working hard in Hong Kong and overcoming tragedy in Canada, and he's now well-known in Toronto with a string of successful high-end restaurants. Lee has delighted HuffPost readers by sharing everything from thoughts on his authentic Chinese New Year dishes to tips to transform everyday dishes into culinary delights. He and his sons opened Fring's in 2015 to much buzz when the exclusive resto opening included a surprise guest: Drake. HuffPost Canada was there, naturally.



### CONTRIBUTIONS:

*An Interview With the Inspirational Susur Lee*

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*Drake And Susur Lee Launch New Toronto  
Restaurant Fring's*

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*Exploring Deerhurst Resort and Cooking with  
Chef Susur Lee*

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## CAREY PRICE

*Athlete*

When Montreal Canadiens goaltender Carey Price won four trophies at the NHL Awards last year, he decided to pay it forward. Price sent a message to Indigenous youth in an acceptance speech for the Vezina Trophy, telling them to be proud of their heritage and leaders in their communities. The Olympic gold medallist grew up on a reserve near Williams Lake, B.C., and has not forgotten his roots, making substantial donations to the community.



### CONTRIBUTIONS:

*Carey Price Speech At NHL Awards Encourages First Nations Youth (VIDEO)*

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*Montreal Canadiens' Carey Price Voted Canada's Male Athlete Of The Year*

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*Carey Price Will Be Team Canada's First Goalie For Olympics Hockey Game*

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## JENNA TALACKOVA

*Advocate, Model*

She stood up to Donald Trump before it was cool. Vancouver's Jenna Talackova made history in 2012 when she became Miss Universe Canada's first transgender contestant, daring to challenge the contest, owned at the time by Trump, for disqualifying her on the grounds that it accepted only "naturally born women." Talackova, who is a trans woman of Dutch and indigenous descent, convinced Miss Universe organizers to reverse the ruling and went on to win the title of Miss Congeniality. One reality show and countless interviews later, she's now a model for beauty brand Lionesse.



### CONTRIBUTIONS:

*Jenna Talackova Can Compete, But the Fight Against Trans Injustice Rages On*

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*Jenna Talackova Scores Fashion Spread In Elle Canada*

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## RAFFI CAVOUKIAN

*Musician*

Thanks to Raffi, many childhoods were filled with fantastical songs featuring bananaphones and baby belugas. Now, those kids are getting schooled on the critically acclaimed entertainer's political side. He has penned songs about the Dalai Lama, sang about heaving Stephen Harper out of office, and crafted an ode for U.S. Democrat Bernie Sanders. When he isn't singing, Raffi is sharing his views on environmental issues, politics, social media, and the rights of children. With a slew of awards and honorary degrees under his belt (including an Order of Canada, no big deal), Raffi's qualified enough to give anyone counsel, which is just what he did in his blog, "Advice to Harper," a letter to Canada's former prime minister.

### CONTRIBUTIONS:

*If The Pope Gets Climate Change, Why Can't B.C.?*

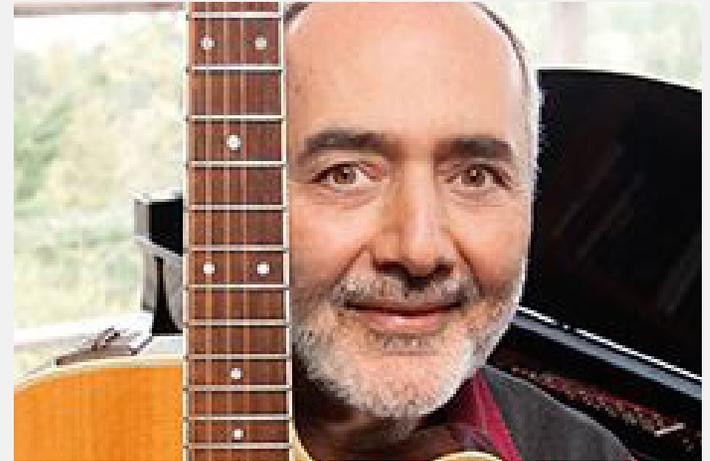
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*The Right to a Future: We Need a New Lexicon for Conveying Climate Collapse*

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*The Environment Is Dead: Long Live Mother Nature*

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## WINNIE HARLOW

*Model*

Wanna rise to the top? Former “America’s Next Top Model” contestant Winnie Harlow did, and although she didn’t win the reality show, she’s now winning over the fashion industry. Harlow, who hails from Scarborough, Ont., has vitiligo, a skin condition that causes loss of pigmentation. In the face of this, she has launched a successful modelling career and speaks openly about bullying. Harlow got people talking when she said that fans copying her vitiligo with makeup weren’t doing blackface. She recently hung out with Beyoncé for “Lemonade,” making a cameo in the superstar’s visual album.



### CONTRIBUTIONS:

*Model Winnie Harlow Says Fan Tributes Are Not Blackface*

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*Winnie Harlow Tells 10-Year-Old Model With Vitiligo She’s ‘Perfect’*

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*‘Top Model’ Contestant Is Redefining Beauty, Inside And Out*

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## RAHEEL RAZA

*Writer*

Raheel Raza is a Muslim who wants you to know where she stands, regardless of consequences. Raza performed Canada's first women-led, mixed Muslim prayers in 2013 — and received death threats because of her efforts. The journalist's writing on anti-racism, anti-terrorism, and gender equality extol that same grit in the face of disagreement. Her blog, "As A Muslim, I Think Canada Should Ban the Niqab and Burka in Public," was met with backlash and praise, proving that the issue was more complex than it seemed.



### CONTRIBUTIONS:

*As a Muslim, I Think Canada Should Ban the Niqab and Burka in Public*

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*A Summer 'Vacation' Likely to End in Horror*

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*Our Film About 'Honor Violence' Should Not Be Censored*

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## JASON TETRO

*Microbiologist*

You might know him as “The Germ Guy,” which is perfectly fine for Toronto-based microbiologist Jason Tetro. He’s the go-to expert on all things health and hygiene, going viral with his online media segments and blog posts. Tetro is always happy to give the low-down on germs, notably on how to fight bad breath, debunking Zika virus myths, and how to dodge an office flu. Whatever gross dilemma you have, Tetro has a sanitary solution.



### CONTRIBUTIONS:

*This Probiotic Could Mean Less Antibiotics For Your Kids*

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*Here’s Why You Need To Wash Your Fruit And Vegetables*

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*Seaweed May Be The Next Health Superfood*

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## WAB KINEW

*Musician, Politician*

From freestyle emceeing as a hip hop musician to a winning a seat as a Manitoba MLA, Wab Kinew has made a name for himself; a name that's synonymous with Indigenous activism and holding those in power accountable. As protest movement Idle No More unfolded, Kinew wrote "Why Idle No More Is Not Just An Indian Thing" and helped change the nation's perspective on aboriginal rights.



### CONTRIBUTIONS:

*Idle No More Is Not Just an "Indian Thing"*

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*Honour the Apology: Fasting for My Father, a Residential School Survivor*

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*Why Canada Still Needs the Assembly of First Nations*

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## KYLE LOWRY

*Athlete*

Fans of Toronto Raptor Kyle Lowry know the basketball player has come a long way from his life in Philadelphia. Signed to a four-year, \$48 million deal with the Raptors, Lowry went from starter underdog with the Memphis Grizzlies and Houston Rockets to an all-star player, and is widely considered the heart and soul of Canada's only NBA team. After leading the team out of its long slump, Lowry finally gave Raptors fans something to cheer about. For that, they might even forgive him for choosing Philly steak over poutine.



### CONTRIBUTIONS:

*Kyle Lowry Named NBA All-Star Game Starter*

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*Toronto Raptors Re-Sign Kyle Lowry In \$48 Million Deal*

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*Kyle Lowry Talks All-Stars, Finals And Toronto Raptor Fans*

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## CHARLOTTE SINGMIN

*Yogi*

For life's worries, yoga instructor and model Charlotte Singmin has the green solution, and has been helping HuffPost Canada editors find their zen with her in-office yoga and meditation classes. Armed with tips for healthy eating and eco-friendly beauty advice, Toronto-based Singmin knows exactly what will help urban city-slickers get in touch with their nature-loving sides. Her knack for finding cruelty-free brands and yoga poses that will get you sleeping more easily show it's easy to be kind to your body and Earth.



### CONTRIBUTIONS:

*Why My Baby Follows a Vegan Diet*

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*10 Reasons to Drink More Green Smoothies*

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*5 Reasons To Go On A Yoga Retreat*

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## SAM MACCULLOCH

*Advocate*

Sam MacCulloch moved from Alberta to Ontario to take advantage of something most residents take for granted — the province's health coverage. MacCulloch, a transgender man, is on a waiting list for gender-affirming surgery, which could take two years. They shared their journey, experience with gender dysphoria, and search for community in Toronto in a documentary for Huff-Post Canada. Safe and affordable access to health care in Canada has been an important issue for trans Canadians, made apparent when the only clinic for gender-affirming surgery was set on fire in 2016.



### CONTRIBUTIONS:

*For Trans People Like Sam, Transitioning Can Be A Long, Uncertain Wait*

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*9 months on T - male interaction*

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*Those that inform, inspire, entertain and empower us*

