

Celebrating Excellence in Sports

Asian Heritage Month 2025

This year's poster features Asian excellence in sports. When we think about sports, we often focus on the athletes themselves. While we feature some outstanding trailblazers in baseball, swimming, skating, hockey, and judo, we also acknowledge those who work to coach, train, and document sport through a uniquely Asian lens. This year's poster highlights sports figures who have a connection to Ontario communities.

About the "trading cards":



Chris Cheng is a basketball coach from the University of Windsor Ontario. In addition to guiding his Lancers on the court, he has also coached Team Canada's U-17 roster. Chris studied as an Early Childhood Educator.

Hazel Mae is known for her commitment to sport through journalism. As a Philippine-born commentator, she is no stranger to sideline interviews with the Toronto Blue Jays, travelling with the broadcast and baseball team. She also has developed her own clothing line made in Canada.



Koei Mitsui played for The Vancouver Asahi baseball team, a group of Japanese Canadian men who broke racial barriers in pre-WWII Western Canada. They won multiple championships before their team was disbanded during the war, when members of the team were sent to Japanese Internment Camps. Koei and his family eventually settled in Toronto.

Madeline Schizas is an up-and-coming figure skater from Oakville, Ontario. She is a mixed-race woman, who has Indian, Greek, and French-Canadian family roots and has represented Canada at numerous skating competitions, including at the Winter Olympics.

Nigara Shaheen came to Canada after fleeing war in Afghanistan and living as a refugee in Pakistan. She competed in Judo under the Olympic Refugee team in Paris (2024) but calls North York home.



Vicky Sunohara is a pioneer in women's hockey. She is a coach, has played for Canada's national hockey team, a three-time Olympic medalist, and an inductee in the Canadian Sports Hall of Fame. She is the pride and joy of Scarborough, Ontario and has recently joined the Toronto Scepters (PWHL) as part of their coaching team.

About the artist, from the artist:

I am (Althea Balmes, she/they), an award winning multidisciplinary visual storyteller, arts educator and designer. With Ilocano and Ilonggo ancestral lineages from the islands now known as the Philippines, I am currently living in the traditional territories under the Dish with One Spoon Covenant (Toronto/Tkaronto). My artistic work focuses on the complex experience of migration and diasporic personhood. I tap into the ancestral, the sacred and the intangible cultures of my people. I approach this work like visual ethnography to connect to past, present and future existence and the Unseen worlds. My work is about deepening our human experience and being a witness to alternative worldviews and realities. For my people, I hope that my work is healing.

My work has been programmed across Canada and internationally (France, Indonesia, Taiwan and the Philippines). I have been published in multiple publications including Between the Lines Press, Briarpatch Magazine among others. My comic residency, Cup Doodle Project (2017) was covered in the CBC Arts. I am the other half of Kwentong Bayan Collective and a member of Kapwa Collective. As a creative enterprise, I operate as Althea Idea Works. It is a culmination of my service and skills I have honed in community for the community who are doing purposeful/vision work: www.altheabalmes.com.



Elementary Teachers' Federation of Ontario