

## CWSF 2016 - Montreal, Quebec



### Sydney Kuppenbender, Gracie Kuppenbender

#### Chaga: King of Medicinal Mushrooms

**Challenge:** Health

**Category:** Senior

**Region:** Northern Saskatchewan

**City:** Air Ronge , SK, Air Ronge, SK

**School:** Churchill Composite H.S.

**Abstract:** Our project is a study of the Chaga mushroom, which is a fungal growth that grows on white birch trees in the Northern Peninsula. We decided to test a sample from Northern Saskatchewan to compare its properties to those from around the world. In our research, we discovered that Chaga contains high concentrations of certain minerals that have a positive impact on the body.

#### Biographies

Sydney - My name is Sydney Kuppenbender, and I am a 17-year-old French-speaking Métis student born and raised in Northern Saskatchewan. I have always been a competitive athlete, an avid musician, and passionate about giving back to my community, both locally and globally. Living a healthy lifestyle is always something that I have valued, along with an appreciation for my Aboriginal culture within my hometown community, which was the initial inspiration of my project. I will be attending McGill University in the fall, studying Arts and Science majoring in Life Sciences and International Development, hoping to eventually pursue a career in the field of...

Gracie - My name is Gracie Kuppenbender and I am a grade nine French Immersion student at CCHS in La Ronge. I am Métis, born and raised in Northern Saskatchewan! I love to play and teach piano. I adore musical theatre and have done twelve major productions so far. I have been figure skating since I was four years old and am a competitive skater. At school, I take part in cheerleading, cross country skiing, drama, track and field and the students against drinking and driving club. I volunteer to prepare and serve healthy breakfasts to elementary students every week. I hope to pursue a career in the health field. I am a vegetarian and am passionate abo...

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