



COMMONWEALTH SPORT CANADA ALUMNI COMMUNIQUE

Issue 16 - Autumn 2024



2026 COMMONWEALTH GAMES

Commonwealth Games Scotland has received the government support it requires to proceed with its innovative proposal to host the Commonwealth Games in Glasgow in 2026



COMMONWEALTH GAMES FEDERATION MEDIA STATEMENT

The Commonwealth Games Federation (CGF) is delighted to learn that Commonwealth Games Scotland (CGS) has received the government support it requires to proceed with its innovative proposal to host the Commonwealth Games in Glasgow in 2026.

CGF President Chris Jenkins said, "We have been working with Commonwealth Games Scotland (CGS) and the Scottish Government for several months and are delighted to hear CGS has received confirmation of support from the Government to enable them to progress with their proposal to host the Games in 2026.

"At the heart of our discussions has been an investment of £100 million from the CGF and the commitment that Glasgow 2026 would not require financial underwriting from either the Scottish or UK Governments. The additional generous contribution of around £2.3 million from Commonwealth Games Australia to the Glasgow concept will further enhance the Games delivery and is a strong sign of the support and excitement for the concept within the wider Commonwealth Games Movement.

"We believe Glasgow 2026 will be an important first step in our commitment to reset and reframe the Commonwealth Games as a co-created, sustainable model that minimises costs, inspires athletes, and excites Hosts and International Federations.

"We will work closely with CGS to positively conclude final stakeholder discussions with the aim of formally announcing Glasgow as the host city for 2026 as soon as possible."

The CGF would like to thank all our Commonwealth Games Associations (CGAs), as well as athletes, International Federations, National Governing Bodies and wider stakeholders for their continued support and patience.

Source: Commonwealth Games Federation



CANADIAN COMMONWEALTH SPORT AWARD RECIPIENTS ANNOUNCED



Emily Metituk



Dr. Andrew Pipe

Commonwealth Sport Canada announces the recipients of this year's Canadian Commonwealth Sport Awards.

Dr. Andrew Pipe will receive the Award of Merit (Builder) for his distinguished, lasting, and valuable contributions to furthering the aims and objectives of Commonwealth Sport Canada (CSC) and the Commonwealth Sport Canada Foundation, both domestically and internationally.

Emily Metituk will be honoured with the SportWORKS Award, recognizing her exceptional contributions during her international placement with CSC. This award is presented to a Canadian SportWORKS Officer who has made a significant contribution to the development of sport.

Dr. Pipe has had a long and distinguished career in Canadian and international sport and sport medicine. He was formerly President of the Commonwealth Games Foundation of Canada and served as President of Commonwealth Games Association of Canada. He has served as a physician at several Commonwealth Games with both Team Canada and the Commonwealth Games Federation's Medical Commission. Dr. Pipe also served as a physician at thirteen Olympic Games and was Team Physician for Canada's National Men's Basketball Team for more than 35 years. He has also served as physician to the Women's National Soccer Team and the National U17 Men's Soccer Team. Earlier in his career he served as a Team Physician for the National Women's Volleyball Team and the Canadian Alpine Ski Teams.

Throughout his career, Dr. Pipe has contributed countless hours of volunteer time advocating, promoting and securing a fair, ethical, safe and healthy sport environment for Canadian athletes and the broader Canadian sport community. His efforts have extended into the international arena, working on issues that have dramatically affected Canadian athletes in their pursuit of excellence beyond our borders. Dr. Pipe's volunteer contribution to the Canadian sport system in the areas of leadership, development, innovation, and growth are impressive.

At the age of 24, Emily Metituk has already made a significant impact on Commonwealth sport and sport participation. Through Commonwealth Sport Canada's SportWORKS program, Emily was a member of the organizing committee for 2023 Commonwealth Youth Games in Trinidad and Tobago. She spent nine months in the country promoting the Games, traveling with a caravan around the islands, visiting schools and promoting the Games ideals of cultural understanding, friendship, participation in sport and volunteering.

Emily serves as the head of social media and communications for the Throwdown Series-CrossFit event series in Western Canada, as well as a certified CrossFit coach. She is also the Assistant Head Coach of the Nanaimo White Rapids Swim Club and has connected swimmers from a Trinidad and Tobago swim club to Nanaimo White Rapids Club. Emily has also connected with swim coaches around the Commonwealth in hopes of creating more opportunities for collaboration and travel between teams.

“Andrew and Emily exemplify the true spirit of dedication as volunteers for Commonwealth Sport Canada,” said Claire Carver-Dias, President of CSC. “We are proud to recognize their many contributions and celebrate how their work has strengthened the Commonwealth Sport Movement, in Canada and beyond.”

For further information on the Canadian Commonwealth Sport Awards, their categories and previous award recipients, please visit: <https://commonwealthsport.ca>.



A TOTAL OF 26 COMMONWEALTH GAMES ALUMNI WON MEDALS FOR CANADA AT THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES



The Board, Staff and Members of Commonwealth Sport Canada would like to congratulate all our Canadian athletes on their excellent performances at the Paris 2024 Olympic and Paralympic Games.

Canadian Commonwealth Games alumni who won medals at the Games include:

ATHLETICS

GOLD: Ethan Katzberg – Men’s Hammer Throw

GOLD: Camryn Rogers – Women’s Hammer Throw

GOLD: Aaron Brown, Brendon Rodney, Andre De Grasse - Men's 4x100m Relay

BRONZE: Alysha Newman – Women’s Pole Vault

BEACH VOLLEYBALL

SILVER: Melissa Humana-Paredes – Women's Beach Volleyball

BOXING

BRONZE: Wyatt Sanford – Men's 63.5kg

DIVING

BRONZE: Rylan Wiens & Nathan Zsombor-Murray – Men's 10m Synchro

JUDO

GOLD: Christa Deguchi – Women's 57kg

RUGBY SEVENS

SILVER: Olivia Apps, Fancy Bermudez, Caroline Crossley, Chloe Daniels, Piper Logan, Krissy Scurfield, Keyara Wardley, Charity Williams – Women's Rugby Sevens

SWIMMING

GOLD: Summer McIntosh – Women's 400m Individual Medley

GOLD: Summer McIntosh – Women's 200m Butterfly

GOLD: Summer McIntosh – Women's 200m Individual Medley

SILVER: Summer McIntosh – Women's 400m Freestyle

SILVER: Josh Liendo – Men's 100m Butterfly

BRONZE: Kylie Masse – Women's 200m Backstroke

PARA SWIMMING

GOLD: Nicholas Bennett - Men's 100m Breaststroke - SB14

GOLD: Nicholas Bennett - Men's 200m Individual Medley - SM14

GOLD: Aurelie Rivard - Women's 400m Freestyle - S10

SILVER: Nicholas Bennett - Men's 200m Freestyle - S14

SILVER: Aurelie Rivard - Women's 100m Freestyle - S10

SILVER: Tess Routliffe - Women's 200m Individual Medley - SM7

BRONZE: Aurelie Rivard - Women's 50m Freestyle - S10

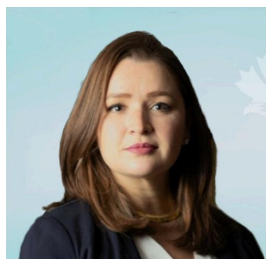
BRONZE: Tess Routliffe - Women's 100m Breaststroke - SB7

WEIGHTLIFTING

SILVER: Maude Charron - Women's 59kg



COMMONWEALTH SPORT CANADA WELCOMES FOUR NEW DIRECTORS AND THREE NEW MEMBERS-AT-LARGE



Carlene Variyan



Rob Adams



Maggie Brennan



Jaqueline Zonneville

Claire Carver-Dias welcomes Rob Adams, Maggie Brennan, Jaqueline Zonneville and Carlene Variyan to Commonwealth Sport Canada's Board of Directors. The new Directors were elected at the Annual General Meeting on September 21, 2024. In addition, 3 new Members-at-Large were elected. These new additions ensure CSC maintains a balanced board governance team that includes a diverse mix of skills, experiences, and perspectives to ensure effective oversight and strategic guidance.

"I am pleased to welcome all of our newly elected Directors and Members," says Claire Carver Dias, CSC President. "We are privileged to have a great team of dedicated and experienced individuals at CSC. These new Directors and Members will strengthen our governance team and add to our goals for a more balanced and representation. I look forward to continuing to work collectively with the Board to bring new insight to the organization and lead us into the future."

These dedicated individuals are elected for a four-year term and are eligible for two consecutive terms in the same position.

CSC thanks the outgoing Directors and Members-at-Large for their dedication and service to the Commonwealth sport movement in Canada.

All elected and continuing CSC Directors and Members:

Newly elected Directors:

[Carlene Variyan](#) – Treasurer
[Jaqueline Zonneville](#)

[Maggie Brennan](#)

[Rob Adams](#)

Continuing Directors:

Claire Carver-Dias – President
Patrick Kenny
Robert Law – Athlete Representative

Ava Hill
Greg Maychak

Myles Spencer

Newly elected Members-at-Large:

Nancy Harrington

Gilles LeVasseur

Graham Smith

Continuing Members-at-Large:

Monique Allain
Frazer Hadwin
David Legg
Melanie Simard
Lana Williams

James Brough
Andrew Haley
Scott Moffatt
Cameron Smith

Marc Durand
Debra Joseph
Gordon Plottel
Thomas Volk

The new Board of Directors and Members-at-Large will strive to continue to support Commonwealth Sport Canada's vision to inspire and unite Canadians by championing excellence, inclusion, and human rights.

For further information on each of the members of Commonwealth Sport Canada's Board of Directors:

[MEMBERSHIP | Commonwealth Sport Canada](#)



Sport  **WORKS**

Making a Difference & Becoming Different

CHEZA-ING THE FUTURE OF THE PROJECT

Written by Canadian SportWORKS Officer, Gabe Podivinsky



Gabe Podivinsky presenting a Certificate of Participation to the Principal of Kenya High

My work with the Cheza Healthy project has been challenged as a result of civil unrest that has been going on throughout Kenya. Those of Gen Z have actively been demonstrating their frustration with the current government. There was a new finance bill which was focused on increasing taxes on the people. The citizens took a stand and voiced their concerns through these demonstrations and as a result the government threw the bill out. It was a win for democracy as the voice of the concerned citizens was not only heard, but was respected. But there are still those who have been actively seeking the resignation of the president and still wish to see reform come from within. It has added stress and tension to the streets and in turn we have elected to not go to schools as we are unsure of what will develop as result of the protests. We are taking it day at a time. If you have time please read this article which explores the history behind the unrest and explains the social aspect behind the movement. <https://www.crisisgroup.org/africa/east-and-southern-africa/kenya/what-behind-kenyas-protest-movement>.



Participants at the Sports Day

Before the protests began, we went to Kenya High to help facilitate and participate in their sports day at the school. It was a beautiful campus where all 2000 students gathered on the field and participated in a variety of events from tug of war, 100 meter and 4x400 to name a few. We as NOCK participated in the 4x100 meter race with a deadly relay team. I was given the anchor position and was ready to do my part. I sprinted as fast as I could when I got the baton arms pumping leaping strides like a gazelle in the Savannah. (We lost). It was a fun day, it was also a hot day and not learning from the tennis tournament I forgot the SPF and paid the price. Following the events, there was a brief assembly and award presentation where I presented the school with a certification of participation as well as gave a speech on what Cheza Healthy is and a promise to return to aid in the implementation of a sport for development club at their school.

[\[READ MORE\]](#)



COMMONWEALTH SPORT TRIVIA CONTEST

Test your knowledge of Commonwealth Sport!

- 1. Clara Hughes competed for Canada in both winter and summer sports. She won a total of four Winter Olympic medals in Speed Skating, and also won three Commonwealth Games medals in which sport?**
 - A. Swimming
 - B. Rugby Sevens
 - C. Cycling
 - D. Athletics

2. Which city was the first to host the Commonwealth Games twice?

- A. Edinburgh, Scotland
 - B. Auckland, New Zealand
 - C. Vancouver, B.C.
 - D. Brisbane, Australia
-

3. At 13 years of age, Alexandre Despatie became the youngest gold medal winner in the history of the Commonwealth Games when he won gold in the Men's 10m Platform Diving event. At which Games did he accomplish that feat?

- A. Victoria 1994
 - B. Kuala Lumpur 1998
 - C. Manchester 2002
 - D. Melbourne 2006
-

4. More than two dozen sports have featured at the Commonwealth Games since it began in 1930. Only three of those sports have appeared in every edition of the Games. Which of the following is not one of those three sports?

- A. Athletics
 - B. Boxing
 - C. Swimming
 - D. Wrestling
-

5. How many nations and territories currently make up the Commonwealth?

- A. 72
- B. 73
- C. 74
- D. 75

Trivia questions from Alumni Newsletter Spring 2024:

Q1: How many times have the Commonwealth Youth Games been held? *A: Seven*

Q2: Which sport made its debut at the 2022 Commonwealth Games in Birmingham? *A: 3x3 Basketball*

Q3: Lawn Bowler David Calvert of Northern Ireland holds the record for competing at the most Commonwealth Games. How many Games has he attended? *A: Ten*

Q4: Rugby Sevens, Field Hockey and Netball have become a regular fixture at the Commonwealth Games. When did those team sports first appear at the Games?

A: Kuala Lumpur 1998

Q5: Dick Pound, former President of the World Anti-Doping Agency, competed for Canada at the 1962 Commonwealth Games in which sport? *A: Swimming*



ALUMNI PROFILE

Hon. Hugh L. Fraser (Ret.), O.C., FCI Arb, FColl Arb

Athlete, Edmonton 1978 Commonwealth Games (Athletics, 100m and 4x100m relay)

Former Vice-President, Commonwealth Games Association of Canada (1990 to 1994)

Former President, Commonwealth Games Foundation of Canada (1991–1994)

Hugh Fraser has accomplished a lot, both on and off the athletics track. He was one of Canada's best sprinters during the 1970's, and competed at the 1978 Commonwealth Games in Edmonton. Since retiring from athletics, he has had an impressive career as a lawyer, judge and arbitrator for sport. During the 1990's, Hugh Fraser made a significant contribution to Commonwealth Sport Canada as a volunteer Board Member.

Hugh Fraser was born in Jamaica. At the age of seven, he moved with his family to Canada so his father could pursue a law degree at Queen's University. Eventually settling in Ottawa, Hugh took up athletics while attending Lisgar Collegiate Institute. He went on to study law at Queen's University and University of Ottawa, where he competed in

track and also played varsity football.

Hugh was a member of the Canadian national athletics team from 1971 to 1980 competing as a sprinter. He attended the 1975 Pan Am Games in Mexico, where he helped the men's 4x100m relay team win a bronze medal. A year later, he competed at the Olympic Games in Montreal, where he ran in the Men's 200m and 4x100m relay despite suffering a hamstring injury just prior to the Games. Hugh was again selected to represent Canada at the 1978 Commonwealth Games. He made it to the semi-finals of the Men's 100m and was part of the Men's 4x100m relay team that finish fourth.

After retiring as an athlete, Hugh Fraser began his legal career but continued his involvement in sport. He was a director of Athletics Canada from 1981 to 1983. He was also appointed to the Board of Directors of Commonwealth Sport Canada in 1990, and became President of the Commonwealth Games Foundation of Canada in 1991. He has also been a Member of the Board for the Canadian Centre for Ethics in Sport.

After being called to the bar in 1979, Hugh Fraser began working as a barrister in private practice and later as counsel to the Canadian Department of Justice. In 1993, Hugh Fraser was appointed as a judge of the Ontario Court. By 2013, he had become Regional Senior Justice for the Ontario East Region.

Justice Fraser is a well respected mediator and arbitrator for sport. Over the years, he has worked with the Court of Arbitration for Sport, in Lausanne, Switzerland, the Dubin Commission of Inquiry, International Association of Athletics Federations (IAAF), National Hockey League (NHL), Ladies Professional Golf Association (LPGA), International Centre for Dispute Resolution, Sport Dispute Resolution Centre of Canada, and others.

Justice Fraser was appointed to the Order of Canada in 2021. He is also a recipient of the Canada 125 Medal and the Queen Elizabeth II Diamond Jubilee Medal.



WHERE ARE THEY NOW?



Susan Palmer-Komar (Cubello)

Athlete (Cycling) - 1994, 2002 and 2006 Commonwealth Games

Results: Silver Medal, Women's Road Race (Manchester 2002)

Now: Health, Physical Education & Dance teacher at Hamilton-Wentworth District School Board
Recently inducted to the Hamilton Sports Hall of Fame!



Tamara Sun

Athlete (Badminton) - Manchester 2002 and Melbourne 2006 Commonwealth Games

Results: Quarterfinals, Mixed Doubles and Mixed Team event (Melbourne 2006)

Now: Supply Planning Lead at lululemon



Aidan Caves

Athlete (Cycling) - Glasgow 2014 and Gold Coast 2018 Commonwealth Games
Results: Bronze Medal - 4000m Men's Team Pursuit (Gold Coast 2018)
Now: Global Sales Representative / Accounts Manager at Reform Technologies Inc.



Deb Whitten

Assistant Coach (Field Hockey)
Kuala Lumpur 1998 Commonwealth Games
Now: Superintendent at Greater Victoria School District



Adam Schulz

Coach (Beach Volleyball)
Birmingham 2022 Commonwealth Games
Now: Director of Youth Sports and Customer Service at Swift Brands



Natalie Ghobrial

Mission Staff - Delhi 2010 Commonwealth Games
Role: Athletic Therapist
Now: Head Athletic Therapist at Trinity Western University



Asfand Minhas

SportWORKS Officer, CGA Capacity Support Program Team 5 (2013-15)
Northern Ireland Commonwealth Games Council (NICGC)
Now: Senior Solutions Engineer at Fabric



IN MEMORIAM



Michelle Fazzari (1987 - 2024)

Athlete, Wrestling
Gold Coast 2018 Commonwealth Games
Silver Medal, Women's 62kg



JOIN OUR NETWORK OF **ALUMNI**



To date, approximately 3,000 Canadian athletes have competed in the Commonwealth Games. Thousands more have attended the Games as officials or given their time as volunteers. Over 200 CSC SportWORKS Officers have taken part in sport development initiatives in Canada and throughout the Commonwealth. CSC is proud to have been a part of so many lives and we would cherish the opportunity to continue our relationship through the CSC Alumni Program!

Why should you become a CSC Alumni Program member?

Being a CSC Alumni Program member allows you to:

- Stay in touch with other CSC alumni.
- Receive regular CSC Alumni Newsletters containing news & information about the Commonwealth sport movement in Canada and abroad.
- Become a mentor and contribute to the success of current and future CSC alumni.
- Receive invitations to CSC Alumni events happening in your area.
- Receive exclusive access and offers on CSC/Team Canada clothing, Commonwealth sport events tickets and packages, etc.
- Have a chance to win an all-inclusive, VIP trip for two to the next Commonwealth Games!
- Receive exclusive CSC Alumni discounts!

As a Commonwealth Games Canada Alumni Program member, you are entitled to the following discounts:

20% DISCOUNT AT ALL RUNNING ROOM STORES

(Subject to certain conditions)

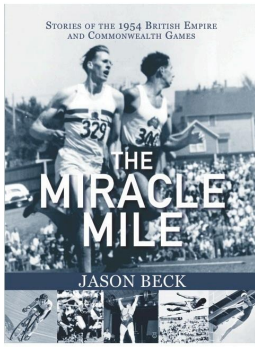


If you are a CSC Alumni Program member and have not received your Running Room discount card, please confirm your mailing address so we can send it to you. Email your details to [Chris Taylor](mailto:Chris.Taylor@runningroom.com).

10% DISCOUNT ON PURCHASE OF "THE MIRACLE MILE: Stories of the 1954 British Empire and Commonwealth Games"

By: Jason Beck

CSC Alumni price **\$26.95** plus tax & shipping
(Regular price \$29.95)



To order a copy of this book, please contact the BC Sports Hall of Fame: 604-687-5520 or email: sportsinfo@bcsportshalloffame.com

CSC is working to identify further benefits for Alumni Program members.



GET IN TOUCH. PASS IT ON!

We would love to hear your story. Don't be shy, drop us a note at: alumni@commonwealthsport.ca if you would like your profile published!

Please feel free to pass this newsletter on to any other Commonwealth Sport Canada Alumni who may not have already received it – and please encourage them to get in touch with CSC to become an Alumni Program Member!

To become a CSC Alumni Program Member simply complete the Alumni Program Opt In form [HERE](#). Visit our website for complete details on the [Alumni Program](#).

If Alumni want to network with other Alumni, they can also join our Alumni Facebook Group called Commonwealth Sport Canada Alumni.

Canada



GOWLING WLG



KUKRI