



ALUMNI COMMUNIQUE

Issue 11 - December 2021

**Happy Holidays and
Best Wishes for the New Year!**

**Joyeuses Fêtes et meilleurs
vœux pour la Nouvelle Année !**



BIRMINGHAM 2022 COMMONWEALTH GAMES UPDATE

Queen's Baton Relay Launched



Queen's Baton in Kenya - November 2021

The Queen's Baton Relay has started its epic journey across the globe as the Baton departed from Birmingham Airport to Cyprus – which was the first stop on the 140,000-kilometre relay (which is the equivalent of completing over 350,000 laps of Alexander Stadium's running track!).

The Queen's Baton Relay is a tradition that celebrates, connects, and excites communities from across the Commonwealth during the build up to the Games. The departure of the Baton at Birmingham Airport followed the launch of the 16th official Queen's Baton Relay in an exciting and special ceremony at Buckingham Palace, where Her Majesty The Queen placed her message to the Commonwealth into the Baton.

The Queen's Baton will visit all 72 nations and territories of the Commonwealth – an incredible journey which will see it reach Africa, the Americas, the Caribbean, Europe, Asia and Oceania, before travelling the length and breadth of England during the final days of the Relay. The Baton will eventually return to its hometown of Birmingham next summer, before completing its journey at the Opening Ceremony of the Birmingham 2022 Commonwealth Games on 28 July 2022.

The Queen's Baton will be in Canada from May 26 to 29th.

To follow the Baton's progress, head over to @birminghamcg2022 on twitter using the hashtag #QBR2022 for all the latest updates!

Source: Birmingham 2022 Commonwealth Games Organising Committee

IN MEMORIAM – DONALD J. ARNOLD, BPE



Photo: BC Sport Hall of Fame

Donald J. Arnold, BPE '62. July 14, 1935 – June 27, 2021

Commonwealth Sport Canada was sad to hear of the passing of Don Arnold in June of this year. Don (*pictured above at far right*), was a multiple Commonwealth Games medal-winner and an Olympic champion. He was born in Kelowna, British Columbia and competed for Canada at several multi-sport Games during the 1950's and 60's.

Together with teammates Archibald MacKinnon, Lorne Loomer and Walter D'Hondt, Don Arnold won a gold medal in coxed fours at the 1956 Summer Olympics in Melbourne, Australia. For a team of inexperienced UBC students, the result was completely unexpected and they became known as the "Cinderella Fours".

Two years later at the **1958 British Empire and Commonwealth Games** in Cardiff, Arnold won a gold medal in eights, and a silver medal in coxed fours. He also went on to win a silver medal at the 1960 Olympics in Rome - this time competing in eights.

Don Arnold's sporting contributions continued after his rowing career ended. He co-founded Rowing BC and served as Executive Director of that organization for many years. At the **1986 Commonwealth Games** in Edinburgh, Scotland, Don was appointed manager of the Canadian rowing team. Our rowers won 11 of Canada's 116 medals at the Games.

Don Arnold was honoured with a number of awards during his lifetime, including induction into the *Canadian Olympic Hall of Fame*. He was also inducted into the *British Columbia Sports Hall*

of Fame, and the University of British Columbia Sports Hall of Fame, along with the other three members of the 1956 Olympic gold medal winning team.

COMMONWEALTH SPORT CANADA ANNOUNCES EXPANDED WOMEN COACH INTERNSHIP PROGRAM



Commonwealth Sport Canada (CSC) announces the launch of its second Commonwealth Women Coach Internship Program (WCIP), which pairs intern coaches and mentor coaches in an initiative designed to prepare more women to assume high performance coaching roles. Inaugurated in August 2020 for three interns and their mentors, the WCIP, which is financially supported by Sport Canada's Support Program for Gender Equity and Safety in Sport, has expanded to include six interns and their mentors.

The interns, nominated by their respective national sport organizations and selected by the CSC high performance committee, are Jessica Zelinka of Calgary, Alta., an athletics coach at the University of Calgary; Erin MacGregor of MacLelland Brook, N.S., a coach with Albion Amateur Boxing Club in Trenton, N.S., Catharine Pendrel of Kamloops, B.C., co-founder of Pendrel Racing mountain bike team; Sierra Moores of Wingham, Ont., assistant varsity swim coach at the University of British Columbia; Giselle Delgado of Victoria, a Squash BC roving coach; and Lisa Mensink of Calgary, Alta., the head performance coach of the Kronos Triathlon Club.

Guiding the interns will be Carmyn James of Lethbridge, Alta., technical manager of development for Athletics Alberta; Dan Proulx, ChPC, of Calgary, Alta., head coach of the national cycling team; Jill Perry, ChPC, of Ottawa, president and head coach of the Beaver Boxing Club; Tina Hoebe, ChPC, of Penticton, B.C., head coach of the KISU Swim Club; Nicole Pirko of Pickering, Ont., head squash coach of the Pickering Squash Club; and Carolyn Murray of Victoria, head coach of Canada's Para triathlon squad.

CSC President Richard Powers said: Equality is a core Commonwealth value, and CSC has a long, strong, and proud history of being gender balanced in its governance and programs, except coaching!" said Powers. "There is a great need to have more Canadian women in high performance coaching roles. We hope the WCIP will help to address this need."

Sheilagh Croxon, ChPC, of Etobicoke, Ont., returns as CSC WCIP program lead. She has a wealth of coaching experience at all levels of sport in Canada, including an eight-year stint leading the Coaching Association of Canada's Women in Coaching program.

"I look forward to working with CSC in collaboration with the NSOs to expand this unique program in 2021-22," said Croxon, who has designed a virtual education program built around providing leadership development sessions featuring women trailblazers in Canadian sport.

"We have assembled an exceptional group of intern and mentor coaches who will build positive momentum in Commonwealth sport. By providing intern coaches with the opportunity to gain valuable coaching experience, ensuring their access to leadership development, and developing a strong network of support, I am confident that future national teams will benefit from the inclusion of talented, trained women coaches such as these."

[READ MORE](#)

TEAM CANADA 2022 CORPORATE PROGRAM

ATTENTION

CORPORATE

CANADA



Sport is a great "incubator" for strengthening business leadership skills such as teamwork, motivation, and people management. In 2022, the Commonwealth Games will be held in Birmingham, England. It's also an opportunity to provide your high valued clients, or senior management, to learn from some of the world's top sport leaders, experience the unique and rich culture of the City of Birmingham and enjoy an exclusive VIP games experience, while at the same time supporting Canada's athletes.

Whether you are a Canadian company in Canada, or the UK, the Commonwealth Games Foundation of Canada (CGFC) is pleased to offer a once-in-a-lifetime, corporate leadership and VIP games experience. To learn more and to enroll click [here](#).

Please forward to anyone you think may be interested.



TRIVIA CONTEST

Test your knowledge of Commonwealth Sport!

For a chance to win a stuffed Birmingham 2022 Perry mascot you can submit your answers [here](#) by 12:00 noon EST on December 16, 2021.

1. Alongside Canada, only five other nations have attended every Commonwealth Games. Which of the following is NOT one of those nations?

- A. Scotland
- B. South Africa
- C. New Zealand
- D. England

2. The first Commonwealth Games took place in Hamilton, Ontario in 1930. However, at the time, the event went by a different name. What was the original name of the Commonwealth Games?

- A. Commonwealth Championship
- B. British Cup
- C. British Empire Games
- D. British Sport Tournament

3. Which sport brought home the most medals for Canada at the 2014 Glasgow Commonwealth Games?

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

4. Which athlete competed for Canada at the 2002 and 2006 Commonwealth Games and was also part of the CSC Canadian Sport Leadership Corps in 2004/05?

- A. Heather Moyse
 - B. Kieran Hayward
 - C. Scott Sandison
 - D. Bruce Robertson
-

5. Canada had its highest medal count at which Commonwealth Games?

- A. Hamilton 1930
 - B. Victoria 1994
 - C. Gold Coast 2018
 - D. Edmonton 1978
-

6. Canada's mascot, Canoose, made his debut at which Commonwealth Games?

- A. Edmonton 1978
 - B. Auckland 1990
 - C. Vancouver 1954
 - D. Kuala Lumpur 1998
-

7. Who was the Team Canada flag bearer for the Opening Ceremonies at the 2018 Gold Coast Commonwealth Games?

- A. Sultana Frizell
 - B. Erica Wiebe
 - C. Meaghan Benfeito
 - D. Penny Oleksiak
-

8. In what year did the Commonwealth Sport Development Program begin?

- A. 1981
 - B. 2001
 - C. 1997
 - D. 1993
-

9. Who was the most decorated Canadian athlete at the Gold Coast 2018 Commonwealth Games?

- A. Taylor Ruck
 - B. Mohammed Ahmed
 - C. Shallon Olsen
 - D. Kylie Masse
-

10. How many times has Canada finished at the top of the medal standings at a Commonwealth Games?

- A. Twice
- B. Once
- C. Never
- D. Three times

WIN AN ALL INCLUSIVE VIP TRIP FOR TWO TO THE
2022 COMMONWEALTH GAMES IN BIRMINGHAM,
ENGLAND!



DEADLINE

EXTENDED

VIP access to the best events, the best seats, behind the scene tours, dining with Canadian athletes, participate in medal presentations, tours of local attractions and more - the ultimate Commonwealth Games experience! Exclusively for Commonwealth Sport Canada Alumni Program Members.

All Alumni Program members on record as of **March 11, 2022**, are automatically entered in the draw. We currently have just over 500 registered members but would like to reach 850 registered members to do the draw. To become a CSC Alumni Program member, simply email to: "alumni@commonwealthsport.ca" with the subject line "Count Me In". The winner will be announced on the CSC Social Media pages and website (www.commonwealthsport.ca) on March 14, 2022, Commonwealth Day (second Monday of March every year).

Please forward this offer to any CSC Alumni who may be interested.



Sport for Newcomers Calgary, The Pilot Continues!

The following blog was written by SportWORKS Officer, Kalena Soehn:

November 9, 2021

The Sport for Newcomers initiative is back in action! After more than a year delay from the initial pilot program that was started in 2019 because of a pandemic that is not yet in our rear view, I am beyond thrilled to say that plans for programming opportunities are back! We are now in the planning stages with host partner Centre for Newcomers in Calgary, Alberta.

Hi, My name is Kalena Soehn and I am excited to bring you along on this experience as the SportWORKS Officer on this project. I have been a competitive athlete in the sport of Trampoline since 2006, and I have had the honour of competing on the world stage multiple times as a member of the Canadian National Team. As a women's national team member, I know first hand the positive impact that sport can have on a young athlete's life. In 2017, I had the opportunity to go to Panama City, Panama, where I took part in a "knowledge exchange" between Canada and South American countries. I hope this experience will lend to my term helping the Centre for Newcomers to reduce barriers faced by newcomer youth, especially newcomer girls.

The Sport for Newcomers Initiative pilot was initiated in 2019/2020 in Edmonton and Toronto, and is now continuing for the 2021/2022 extension of the pilot in Calgary and Hamilton. The main goal of the initiative is the reduction or elimination of selected barriers that newcomer youth, especially girls, face when participating or looking to participate in sport programming in Canada through the "re-organizing" and communicating of sport programs that recognize newcomer youths' unique cultural needs; leading to increased sport frequency rates and retention of newcomer youth.

Thanks to Commonwealth Sport Canada for this amazing opportunity to give back to a community in my home province of Alberta.

By : Kalena Soehn

Read more: cscsportworks.ca

CANADIAN COMMONWEALTH GAMES BID

THE LATEST UPDATE FROM OUR POTENTIAL BID CITY



2030

HAMILTON, ONTARIO

After extensive consultations with a wide variety of Bid partners & stakeholders, institutions, community groups and the private sector, the Hamilton100 Bid Committee and Commonwealth Sport Canada are currently finalizing a detailed and innovative 2030 Commonwealth Games Hosting Proposal, submitting it to the Ontario and Federal Governments this winter for their review and support.

The Hosting Proposal includes an aspirational vision, exciting sport program, meaningful indigenous partnership program, operational and capital budgets, as well as a plethora of economic, social, cultural, environmental and sport impacts & legacies that would begin as soon as the 2030 Commonwealth Games are awarded.

ALUMNI PROFILE



Photo: CP PHOTO / COA / F.S. Grant - Library and Archives Canada

Angela Bailey

Athletics

1978, 1982 and 1986 Commonwealth Games

Angela Bailey was one of Canada's best known sprinters during the 1970's and '80's. She competed at three Commonwealth Games and won a silver medal in the 4 x 100m Relay at each one.

Born in Coventry, England, Angela Bailey moved to Canada in 1974 and took up track in high school. She became Canadian Junior National Champion in the 100m at the age of 16. Angela first made her mark in international athletics at the **1978 Commonwealth Games** in Edmonton. She finished 4th in the 200m, 6th in the 100m, and helped her team win Silver in the 4 x 100m Relay.

Two years later at the Pan Am Junior Track and Field Championships, she won a gold medal in the 100m and 200m. Angela was also selected to be part of the 1980 Canadian Olympic team but did not get the chance to compete because of the decision to boycott the Moscow Games in protest of the 1979 Soviet invasion of Afghanistan.

At the **1982 Commonwealth Games** in Brisbane, Australia, she again won silver in the 4 x 100m Relay, and finished 4th in the 100m, and 7th in the 200m.

Angela was selected to the Canadian team for the 1984 Olympic Games in Los Angeles, where she placed sixth in the 100m and won an Olympic Silver Medal in the 4 x 100m relay.

She was back at the **Commonwealth Games** in **1986** where she picked up her third consecutive Commonwealth Silver Medal in the 4 x 100m Relay. She also finished fourth in the 100m.

In July 1987, Angela Bailey set the Women's Canadian 100m record with a time of 10.98 seconds - a record that still stands more than 30 years later. With a time of 23.32 seconds, Angela Bailey also still holds the Canadian indoor track record for the Women's 200m.

Angela's final Olympics were the 1988 Games in Seoul, South Korea, where she was a quarter-finalist in the 100m. She continued to compete in international events up until 1999, attending both the World Championships and Pan American Games that year.

Before her track career had ended, Bailey attended Queen's University and earned a law degree in 1996. She was called to the Bar of Ontario in September 2003.

Commonwealth Sport Canada was sad to hear of the passing of Angela Bailey in July of this year.

WHERE ARE THEY NOW?

ATHLETES



Erica Broomfield

Athletics – Melbourne 2006 Commonwealth Games

Results: 6th Place, Women's 100m

Now: Customer Relations Executive, Rogers Communications



John Moonlight

Rugby – Delhi 2010, Glasgow 2014 and Gold Coast 2018 Commonwealth Games

Results: 10th place (2010), 9th place (2014)

Now: Firefighter, City of Pickering, Ontario.



Danielle Campo McLeod

Para Swimming - Manchester 2002 Commonwealth Games

Results: Bronze, 50m Freestyle S7

Now: Director, Culture and Engagement, Muscular Dystrophy Canada

COACHES



Ram Nayyar

Coach, Badminton – Melbourne 2006, Delhi 2010 and Glasgow 2014 Commonwealth Games

Now: Board Member, Sport for Life

Founder, Fearlessness Consulting Inc



Carmyn James

Coach, Athletics – Kuala Lumpur 1998 Commonwealth Games

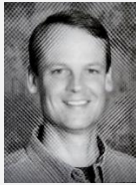
Now: Technical Manager, Development, Athletics Alberta

VOLUNTEERS / BUILDERS / SportWORKS / MISSION STAFF



Joanna Verweel

SportWORKS Officer - Canadian Sport Leadership Corps, 2008/09
Barbados - Caribbean Healthy Lifestyle Project (CHLP)
Now: Health Promotion Specialist, Toronto Public Health



Derek Johnston

Mission Staff - Kuala Lumpur 1998, Manchester 2002 Commonwealth Games
Chief Communications Officer - Melbourne 2006 Commonwealth Games
Now: President, Face Value Communications
Vice President, Strategy and Business Development, Transformational Coaching for Sport Inc.

GREAT MOMENTS IN COMMONWEALTH SPORT

CANADA'S ROBERT PITCAIRN MAKES HIS COMMONWEALTH GAMES DEBUT AS THE OLDEST ATHLETE IN THE HISTORY OF THE GAMES



At the 2018 Commonwealth Games in Gold Coast, Robert Pitcairn competed for Canada in the Queen's Prize Full Bore Shooting competition at Belmont Shooting Centre. Although he did not win a medal, at the age of 79 years and 8 months, he achieved the distinction of becoming the oldest competitor in the history of the Commonwealth Games.

Robert Pitcairn was born in PEI. He started Full Bore shooting in 1960 while serving in the RCAF as a pilot instructor and within three years quickly rose to an international performance level.

Up until 1998, Robert worked as a commercial airline pilot. He made national headlines in 1974 by foiling a hijack attempt on a plane he was flying. En route from Montreal to Edmonton, a passenger held a knife to an air hostess and demanded that the plane be diverted to Cyrus. Pitcairn was able to calm the man down and explained that the plane would need to land and refuel in Saskatchewan. Pitcairn alerted Saskatoon airport by radio and the man was taken into custody when the plane landed.

In Gold Coast, Robert competed with teammate Nicole Rossignol in the Queen's Prize Full Bore Pairs final where they finished in 8th place. He also competed in the Queen's Prize Full Bore Individual Open final, finishing in 21st place.

KEY DATES ON THE CSC CALENDAR

May 26, 2022	Queen's Baton Arrives in Canada
July 28, 2022	Opening Ceremony - Birmingham 2022 Commonwealth Games
August 8, 2022	Closing Ceremony - Birmingham 2022 Commonwealth Games

SUPPORT TEAM CANADA

OH, OH, OH!
TEAM CANADA

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specially made for Team Canada 2022
and feel that Christmas Spirit
knowing you are supporting
Canada's Commonwealth athletes!

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WEAR YOUR SUPPORT WITH PRIDE
LET'S GET TEAM CANADA'S ATHLETES TO THE 2022 COMMONWEALTH GAMES!
CSC alumni are eligible for a 10% discount with the code "alumni10".

Shop now, click [here](#)!

Commonwealth Sport Canada Alumni are eligible for a 10% discount using the promo code: **alumni10**

COMMONWEALTH SPORT CANADA OFFICE REMAINS CLOSED

Because of the ongoing Covid-19 crisis, the Commonwealth Sport Canada office remains closed. Staff are continuing to work from home and can still be contacted by email or through the main CSC telephone number. Thank you for your continued patience during these unprecedented times.



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!

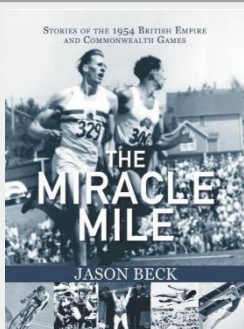
As a Commonwealth Games Canada Alumni Program member, you are entitled to the following discounts:



20% DISCOUNT AT ALL RUNNING ROOM STORES

REMINDER: 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](#).

If you have confirmed your address and are waiting for your card, please be patient during these difficult times - we will send it to you as soon as possible. Thanks.



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.

If you are a CSC Alumnus from Ontario, British Columbia or any other Canadian province or territories and are interested in starting an Alumni Program Chapter in your province, please contact [Kelly Laframboise](#) or phone 613-244-6868 x 2.

CSC has financial support for Alumni activities!

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 email
to: alumni@commonwealthsport.ca with the subject line "Count Me In". Visit our website for
complete details on the [Alumni Program](#).

Canada 



GOWLING WLG



 KUKRI