



ALUMNI COMMUNIQUE

Issue 12 - February 2023

COMMONWEALTH SPORT CANADA IS LOOKING FOR ALUMNI COMMITTEE MEMBERS

What would you like to see from our Commonwealth Sport Canada Alumni Program? This is your opportunity, we are looking for volunteers to sit on our Alumni Committee.

If you are interested please email kelly@commonwealthsport.ca

BLACK HISTORY MONTH - PROFILE OF HARRY JEROME

By Dr. Nicole Forrester



In 1912, John "Army" Howard, would break colour barriers to become the first Black athlete to compete in the Olympic Games. Remarkably, 48 years later this broken barrier would see sports transcended further by his grandson with Harry Jerome when he set a world record in the 100m.

Conceivably one of Canada's most notable pioneers in sport, Harry Jerome ran 9.9 seconds at the age of 19. However, because the world record time was 10 seconds at the time, the officials could not believe his result and rounded his time up to equal the world record time.

As one of only a few Black athletes competing for Canada at the time, Harry Jerome endured harsh criticism and racism. When he attended the Olympic Games in 1960 and failed to deliver a gold medal, the *Toronto Telegram* wrote, "the effect of his sheer bad manners has placed this young Negro down at the bottom as an athlete ambassador for Canada." Despite this, he would go onto eventually win a bronze in the 100m at the Olympic Games, the first medal for any Black Canadian, and go on to win a gold medal at the Pan American and British Empire Games.

Perhaps what is most remarkable about Harry Jerome are the contributions he made to sport and Canadian society outside of track. He held a life committed to promoting the participation in sports. At the request of Prime Minister Pierre Trudeau, he helped form Canada's new Ministry of Sport, and developed British Columbia's Premier's Sports Awards Program. Although, he passed away suddenly at the mere age of 42, he is remembered each year at the international world class track and field competition, the Harry Jerome Track Classic.

Awards and Recognition

- Seven world records
- Three-time Olympian
- 1964 Olympic Games Bronze medalist
- 1966 Commonwealth Games Gold medalist
- 1967 Pan American Games Gold medalist
- British Columbia Sports Hall of Fame inductee, 1966
- Canadian Amateur Athletic Hall of Fame inductee, 1971
- Canada's Sports Hall of Fame inductee, 1971
- British Columbia Athlete of the Century, 1971
- Officer, Order of Canada, 1970
- Statue of Jerome unveiled at Stanley Park, Vancouver, 1988
- Canada's Walk of Fame, 2001

Dr. Nicole Forrester

Olympian, Commonwealth Games Champion & 8-Time Canadian Champion

BIRMINGHAM 2022 COMMONWEALTH GAMES



Photo: Dan Galbraith

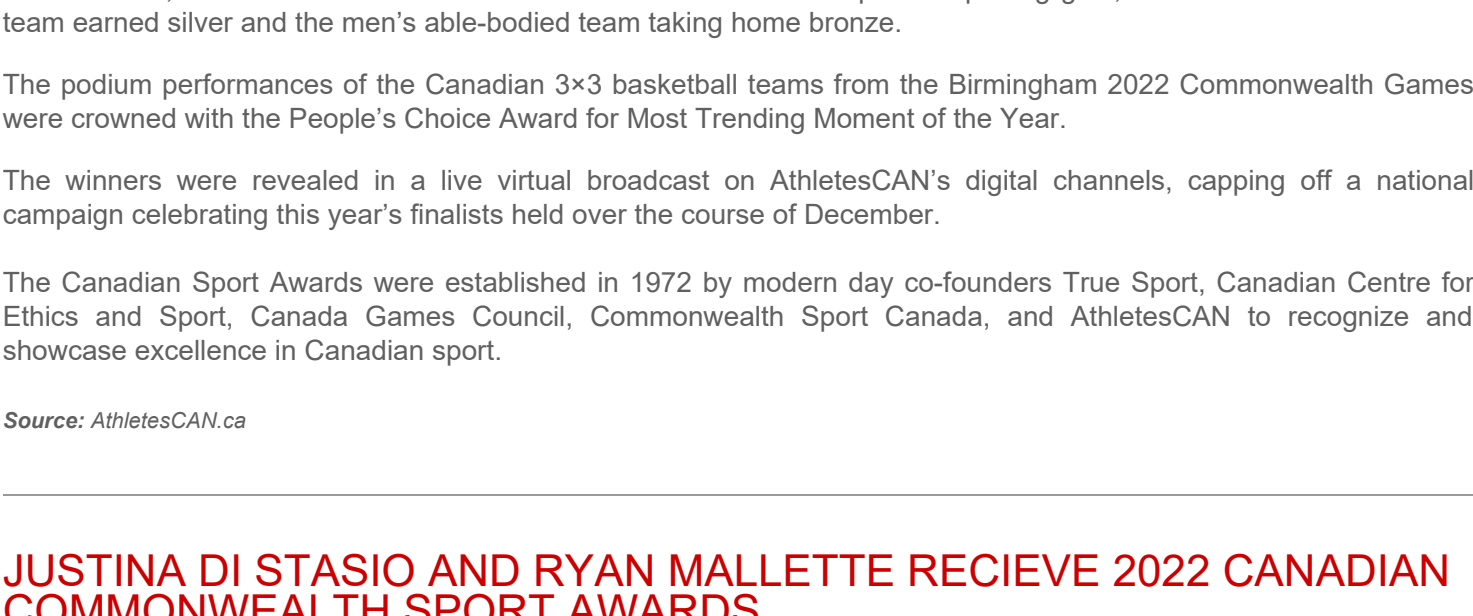
268 athletes, 11 days of competition, 92 medals, and an entire country supporting Team Canada. Team Canada did their country proud and surpassed expectations for these unique Commonwealth Games. The end result was a top three ranking in total medals.

Thank you and congratulations to all the members of Team Canada!

For more stories and results from Birmingham 2022, please visit our Team Canada page [Here](#).

CLAIRE CARVER-DIAS ELECTED PRESIDENT OF COMMONWEALTH SPORT CANADA

Also elected were three new Directors, eight new Members-at-Large, and a new Athlete Representative



Commonwealth Sport Canada (CSC) is proud to announce the results of the election held during the organization's Annual General Meeting in Hamilton, Ontario on November 19, 2022.

Claire Carver-Dias was elected President. Carver-Dias is an experienced Communications consultant and recently held the role of co-Chief de Mission at the 2022 Commonwealth Games. Carver-Dias was a member of Canada's synchronized swimming team and won medals at the 2002 Commonwealth, 1999 Pan American and 2000 Olympic Games.

"I have been deeply connected to Commonwealth Sport Canada in various capacities over the past twenty years (athlete, committee member, board member, twice Chief de Mission, etc.)," said newly elected president Claire Carver-Dias. "I'm eager to continue my dedication to the Commonwealth movement in Canada as President of CSC, and work diligently to ensure a Games returns to Canada."

Jean Emmanuel Pierre-Charles, the new Athlete Representative has a strong collaborative work ethic and was a former professional Basketball player. "I am eager to utilize my experiences to help athletes fulfill their Commonwealth journey," said Pierre-Charles. "I look forward to collaborating and learning from members of the CSC, while utilizing my knowledge and ideas to support the continuous development of the organization."

The newly elected Director-at-large positions will be assumed by Ava Hill, Patrick Kenny, Greg Maychak, and Myles Spencer. Their depth of experience and passion for the sport community will help steer Commonwealth Sport Canada towards excellence. Richard Powers remains on the Board as Past President.

[\[Read more...\]](#)

BIRMINGHAM 2022 3X3 BASKETBALL TEAMS WIN CANADIAN SPORT AWARD

Canada's 3X3 teams win Most Trending Moment of the Year Award!

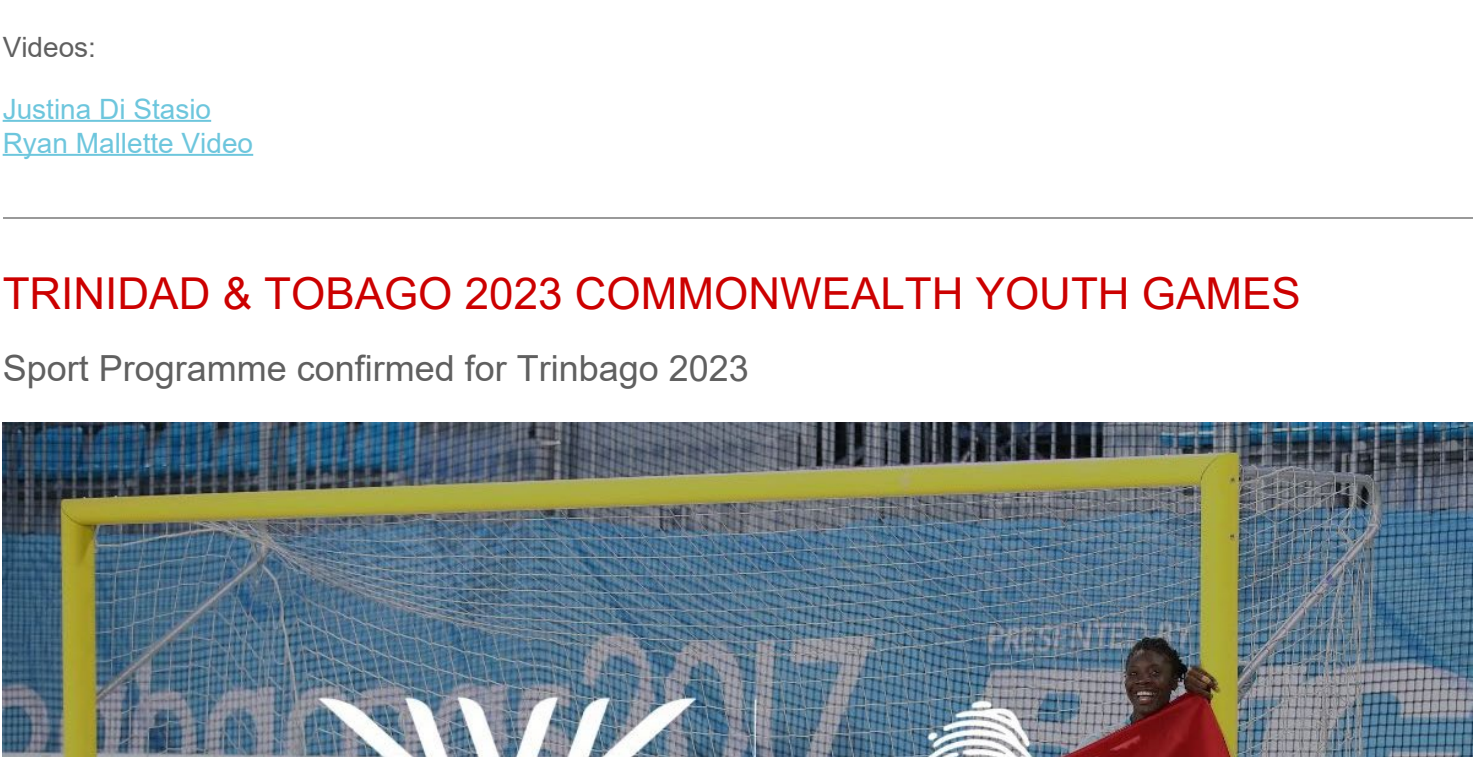


Photo: Dan Galbraith

Debuting at the Birmingham 2022 Commonwealth Games, the 3x3 basketball competition saw all four of Canada's teams medal, with both the women's able-bodied and wheelchair squads capturing gold, while the men's wheelchair team earned silver and the men's able-bodied team taking home bronze.

The podium performances of the Canadian 3x3 basketball teams from the Birmingham 2022 Commonwealth Games were crowned with the People's Choice Award for Most Trending Moment of the Year.

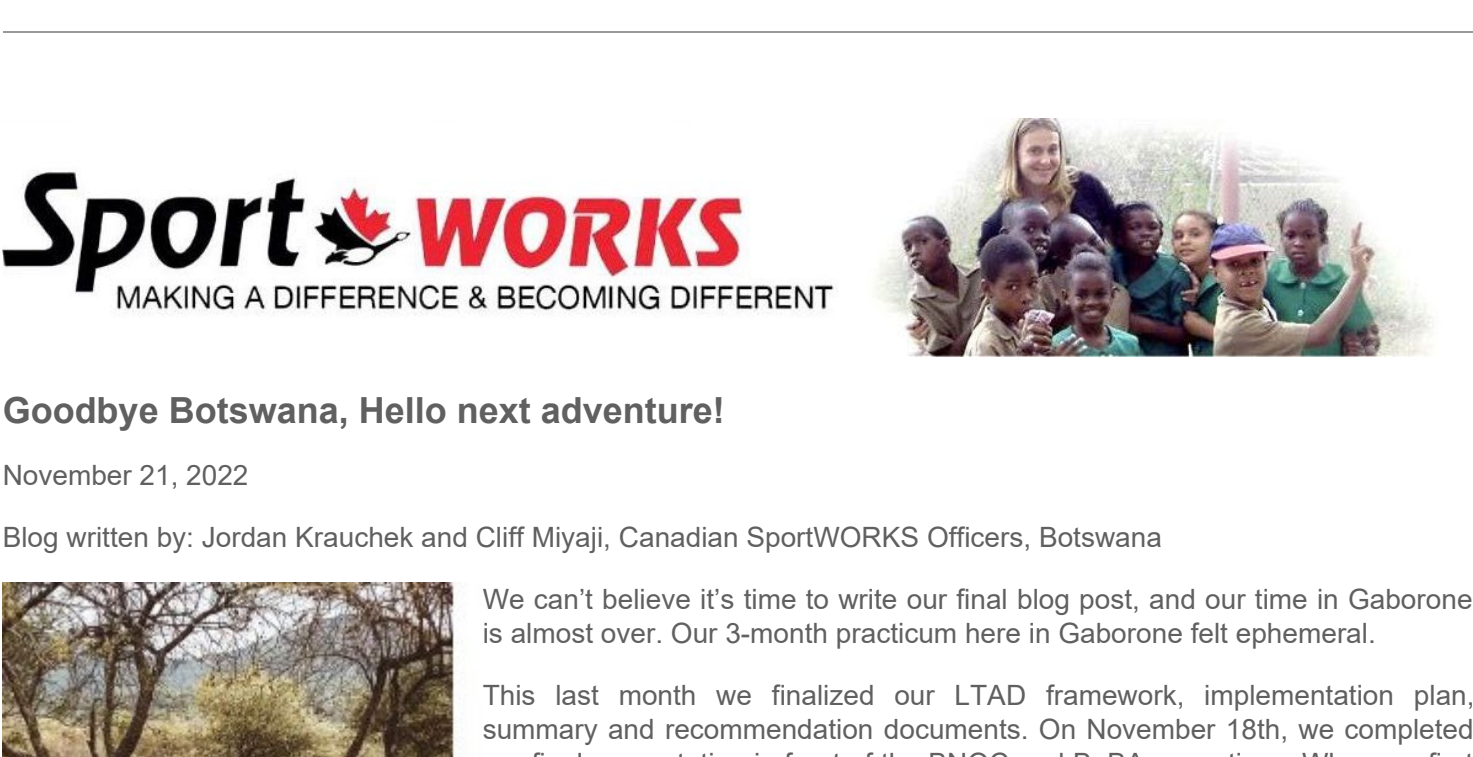
The winners were revealed in a live virtual broadcast on AthletesCAN's digital channels, capping off a national campaign celebrating this year's finalists held over the course of December.

The Canadian Sport Awards were established in 1972 by modern day co-founders True Sport, Canadian Centre for Ethics and Sport, Canada Games Council, Commonwealth Sport Canada, and AthletesCAN to recognize and showcase excellence in Canadian sport.

Source: [AthletesCAN.ca](#)

JUSTINA DI STASIO AND RYAN MALLETT RECIEVE 2022 CANADIAN COMMONWEALTH SPORT AWARDS

In recognition and celebration of their outstanding contribution to Team Canada at the 2022 Commonwealth Games



Commonwealth Sport Canada (CSC) is proud to announce the 2022 recipients of the Canadian Commonwealth Sport Awards. The awards for Sport Excellence go to Justina Di Stasio (athlete) and Ryan Mallett (coach). Both awards are a recognition and celebration of the individual's outstanding contribution to Team Canada at the 2022 Commonwealth Games in Birmingham, England.

The Sport Excellence Athlete Award celebrates outstanding athletic performance of individual athletes, an entire team, or an individual athlete within a team sport if their contributions are exemplary and warrant special recognition. The 2022 winner of the Athlete Award is Justina Di Stasio. Di Stasio was the 2022 Commonwealth Games Gold Medalist in Women's 76kg Wrestling and a multi-time continental champion. Di Stasio also a medalist at the 215 and 2019 Pan-American Games. Di Stasio is now turning her attention to her goal of qualifying for the 2024 Paris Olympics.

"While Di Stasio is a leader on the mat she is also one off," says Darren Matte Manager, Marketing and Communications at Wrestling Canada Lutte. "She is well respected by her teammates and coaches and is always willing to help them in their training. She recently earned her teaching degree and has begun working as a substitute teacher in the Coquitlam School District. In addition, she is an assistant coach with Simon Fraser University's Women's Varsity Wrestling Team."

Di Stasio is proud of her indigenous heritage and this year is set to receive a pair of awards: the Tom Longboat Award - which recognizes Aboriginal athletes for their outstanding contributions to sport in Canada; as well as a Premier's Award for Indigenous Youth Excellence in Sport - which celebrates the outstanding achievements of Indigenous youth athletes throughout the province of B.C. Justina is a leader on and off the mat and beacon of the Commonwealth movement.

The Sport Excellence Coach Award recognizes and celebrates outstanding coaching performance of an individual or coaching team. This Sport Excellence Coach Award is bestowed on Ryan Mallett, serving in the current role of Performance Head Coach at Swimming Canada's High-Performance Centre.

[\[Read more...\]](#)

Videos:

[Justina Di Stasio](#)
[Ryan Mallett Video](#)

TRINIDAD & TOBAGO 2023 COMMONWEALTH YOUTH GAMES

Sport Programme confirmed for Trinidad 2023



The Sport Programme for Trinidad 2023 has been confirmed with seven sports set to feature at the Commonwealth Youth Games. Taking place from 4-11 August 2023, the Games will feature athletes aged 14-18.

The sports will take place in two clusters, one in Couva, Trinidad and the other Tobago, to bring a diverse perspective of the twin island country to the nations of the Commonwealth, as well as showcase a festival of the country's activities.

The seven sports that will feature at the Trinidad 2023 Commonwealth Youth Games are:

- Aquatics (Swimming) – male and female
- Athletics – male and female
- Cycling (Road Race, Time Trial and Track) – male and female
- FAST5 Netball – female
- Rugby Sevens – male and female
- Triathlon – male and female
- Beach Volleyball – male and female



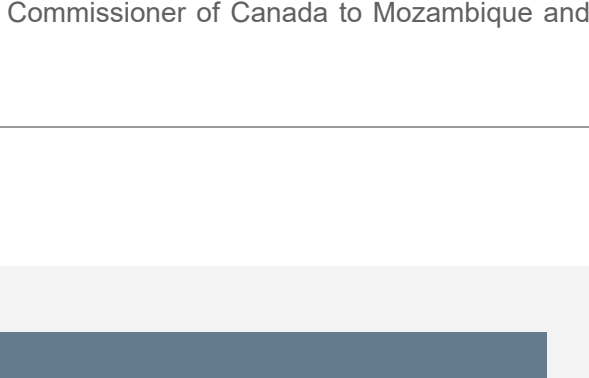
The Trinidad 2023 Organising Committee has also launched the official logo of the Games.

Bringing the Commonwealth Games Federation and Trinidad 2023 together, the logo features the Commonwealth Sport Celebration mark in Trinidad and Tobago colours alongside a thumbprint. Symbolising how digital innovation and flexibility of use have become part of our daily lives through smart devices.

The logo also represents the twin island, Trinidad and Tobago, through its colours of blue for the water and yellow around the islands; red for the vibrancy of youth; green for growth of the island's development; brown for fertility and sky for the warmth and friendliness of the people on the islands.

Source: [Commonwealth Games Federation](#)

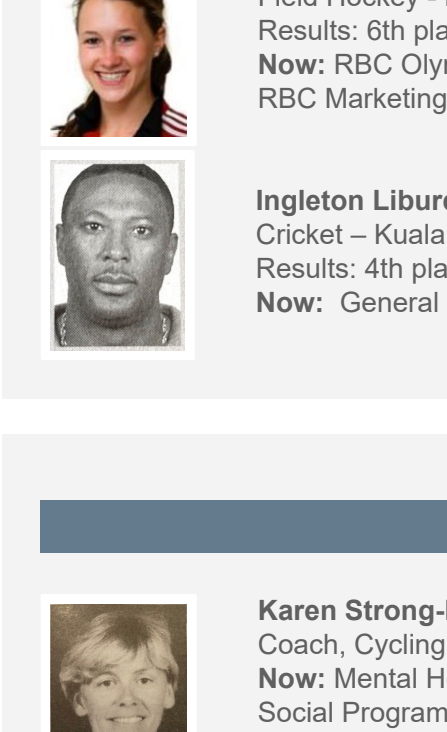
SportWORKS MAKING A DIFFERENCE & BECOMING DIFFERENT



Goodbye Botswana, Hello next adventure!

November 21, 2022

Blog written by: Jordan Krauchek and Cliff Miyaji, Canadian SportWORKS Officers, Botswana



My can't believe it's time to write our final blog post, and our time in Gaborone is almost over. Our 3-month practicum here in Gaborone felt ephemeral.

This last month we finalized our LTAD framework, implementation plan, summary and recommendation documents. On November 18th, we completed our final presentation in front of the BNOC and BoBA executives. When we first started our practicum in Botswana, we felt overwhelmed. There was a lot of pressure on us as both organizations wanted to use the framework for LA 2028. Now that we have reached the end, we feel confident and proud of our work and hope BoBA will use our LTAD for future planning and programming.

We want to thank BoBA and BNOC for giving us this opportunity to work for such an established international sporting body. They welcomed us into their offices and gave us a chance of a life time.

Jordan personal message:

It's like to live alone. It showed me how ready I am for the real world, except I wasn't prepared. At the start of the practicum, I was stressed from not knowing where things were, how to get to the office, the culture shock and the language barrier we faced at times in the store or the taxi rides. It was a lot all at once. I freaked out about the framework and how to develop it and wondered if it was the right approach. Through research and talking with BoBA, I figured it out. I created a sense of belonging and confidence. Going to work felt like a regular thing; it wasn't as stressful as it once was; I got used to the culture and felt normal here.

Over this 3 month practicum, I learned a lot about myself. I learned how to be self-sufficient and have to rely on personal responsibility. You'll have a rough time without the strength to do these things. This experience helped me discover myself and what kind of leader I want to be.

Cliff personal message:

The international experience has provided personal and professional growth. I have experience living alone, but being this far from family and friends for this long was a first for me. Working on a different continent for three months made me comfortable with the idea of being uncomfortable. The heat, new language, attention from locals, bugs, imposter syndrome, and culture shock were all things that made me uncomfortable. But confidence comes from repetition and experience. This experience has instilled a sense of confidence that I did not have before. A feeling that I can thrive, work, adapt and make a difference no matter where I am. The experience forces you to be self-sufficient, problem-solve, and rely on personal responsibility.

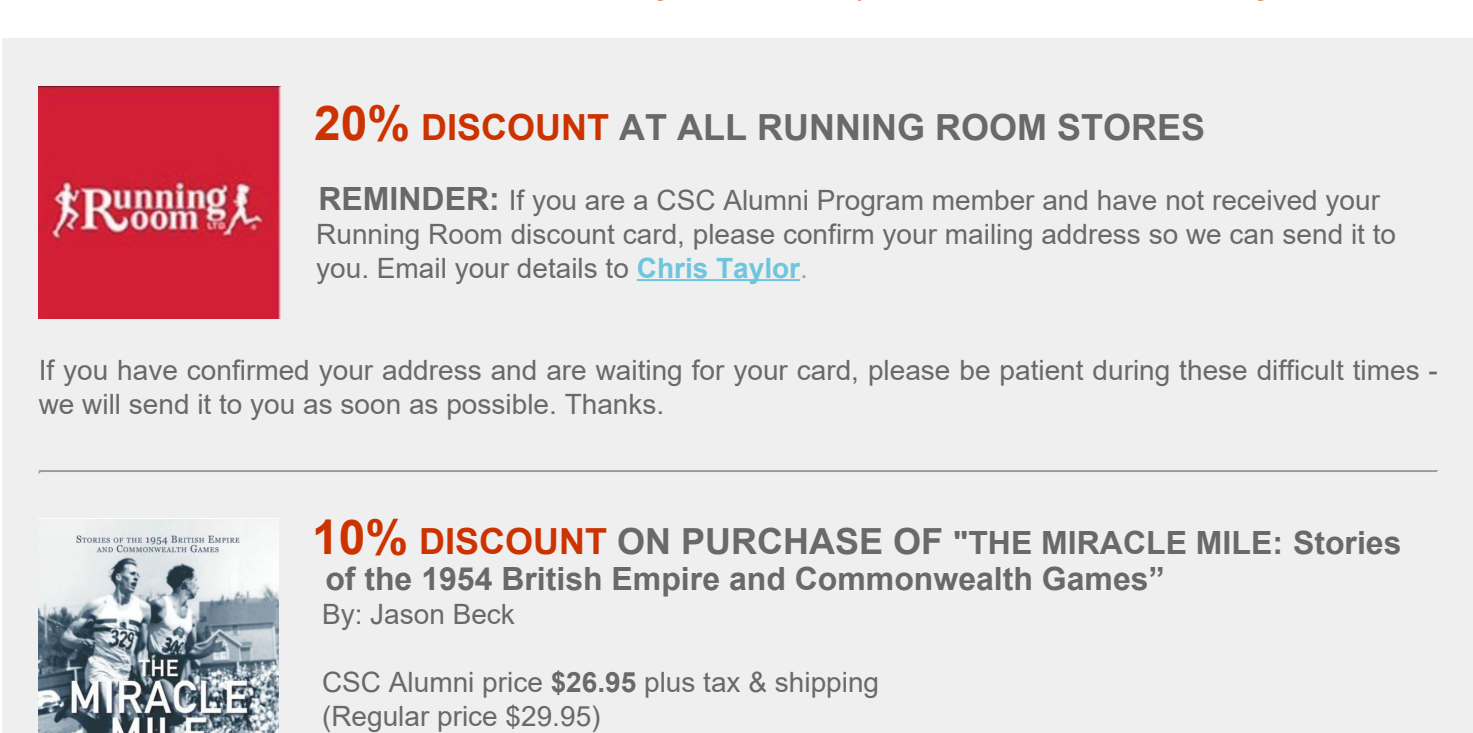
The practicum has given me many life lessons and memories that I will cherish. It has made me aware of global trends and issues, giving me the tools to become a global citizen. It has helped me discover myself, stand by my values, and become more self-aware of my identity.



Signing off,
Safana ba Canada
(The boys from Canada)

Read more: [cscsportworks.ca](#)

CANADIAN COMMONWEALTH GAMES BID THE LATEST UPDATE FROM OUR POTENTIAL BID CITY



The Hamilton 2030 CWGs Bid Committee submitted a comprehensive and innovative, 160 page *Hamilton 2030 Commonwealth Games Hosting Proposal* to the Ontario and Federal Governments on June 30, 2022.

The Hosting Proposal, emanating from 1.5 years of extensive community consultation, including 18 proposed sports (and up to 4 more sports can be added after Hamilton is awarded the Games), at 17 proposed sport venues, 1 proposed athletes village, 1 proposed opening/closing ceremony site, and multiple festival sites across 8 municipalities, 2 First Nations and 2 other Commonwealth countries. Also included is a plethora of Games Impacts & Legacies – before, during and most importantly after the Games, in the areas of: Economic, Social, Cultural and Sport Development and Environmental Stewardship. CSC and Hamilton 2030 CWGs Bid Committee are waiting on a decision / commitment by the Ontario & Federal Governments to support a Hamilton 2030 CWGs.

Meanwhile, 3 workgroups were formed – Safety & Security, Multi-party Agreement and Executive Coordination. Each workgroup is comprised of subject matter appointees/representatives from each Bid Partner (City of Hamilton, Government of Ontario, Government of Canada, First Nations and Commonwealth Sport Canada). The purpose of the workgroups is to turn the Hosting Proposal into a Hosting Plan. Finally, the Commonwealth Games Federation officially launched the International Bid Process to select a 2030 Commonwealth Games Host City/Region. With defined International Bid deadline dates in place, the clock is now ticking for the Ontario & Federal Governments to make a decision to support a Hamilton 2030 CWGs Bid.

ALUMNI PROFILE

Sara Nicholls-Mathies

High Commissioner of Canada to Mozambique and Eswatini

SportWORKS Officer 2002/03 - Kicking AIDS Out project, Ministry of Sport, Youth & Child Development and National Commonwealth Games Officer of Zambia (NSCZ)

CSC Staff Member - Senior Africa Program Officer 2003 to 2006

Sara Nicholls-Mathies first became involved with Commonwealth Sport Canada in 2002 when she was selected as a SportWORKS Officer for the Canadian Sport Leadership Corp. Sara was posted to Zambia for a year, where she worked with the National Olympic Committee of Zambia as an AIDS & Gender Advisor.

After returning to Canada, Sara became a full-time member of staff at the Commonwealth Sport Canada office. She was CSC's Senior Africa Program Officer from 2003 to 2006 and was responsible for SportWORKS programming in five African countries – Botswana, Lesotho, Namibia, Swaziland and Zambia. She also provided support for smaller SportWORKS initiatives in Kenya, Malawi, Seychelles, South Africa, and Uganda.

Sara then left CSC to begin a very successful career in the Government of Canada. In 2007, she became a Senior Policy & Program Advisor (Sport for Development & Peace) at the Department of Canadian Heritage.

In 2009, Sara then moved to the Canadian International Development Agency (CIDA). Her first role there was as an International Development Program Advisor for Child Rights, Peace & Security. She later became Manager of CIDA's Global Fund, Tuberculosis and Education Unit.

Sara next became Deputy Director, Nutrition Programming and Immunization at the Department of Foreign Affairs, Trade and Development (DFAIT) where she helped advance Canadian nutrition and immunization priorities with multilateral partners.

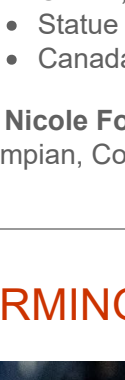
In 2015, Sara was appointed Deputy Director, Immunization and Newborn Health at Global Affairs Canada, before moving on to become a Senior Analyst at the Privy Council Office in 2018. In that role, she led on bilateral relations with Sub-Saharan African countries.

Sara then moved to the role of Director, Development & Head of Cooperation at the High Commission of Canada to Ghana. She was responsible for Canada's international assistance investments and policy engagement in Ghana, Sierra Leone and Togo. Sara became Acting High Commissioner to Ghana in 2019.

In September 2022, Sarah was appointed to her current role as High Commissioner of Canada to Mozambique and Eswatini.

WHERE ARE THEY NOW?

ATHLETES



Rosey Edeh
Athletics – Auckland 1990 Commonwealth Games
Results: Bronze medal, Women's 4 x 400m Relay
Now: CTV Morning Live Anchor



Kate (Gillis) Wright
Field Hockey – Delhi 2010, Glasgow 2014, and Gold Coast 2018
Results: 6th place 2010, 8th place 2014, and 5th place 2018
Now: RBC Olympic Program Manager, RBC Marketing & Citizenship Team



Ingleton Liburd
Cricket – Kuala Lumpur 1998 Commonwealth Games
Results: 4th place in Qualifying Group
Now: General Manager, Cricket Canada.

COACHES



Karen Strong-Hearth
Coach, Cycling – Auckland 1990 Commonwealth Games
Now: Mental Health Worker & Activities Coordinator
Social Program Officer, Assertive Community Treatment



Moira Lassen
Team Manager, Weightlifting – Manchester 2002 Commonwealth Games
Now: Ministerial Advisor, Government of Yukon
Technical Services & Operations Coordination, Arctic Winter Games International Committee.

VOLUNTEERS / BUILDERS / SportWORKS / MISSION STAFF



Jordan Bridal
CSC Staff Member - Program Coordinator, Games Operations, 2002 to 2007
Now: Executive Director, Badminton Canada



Steve Parker
CSC Staff Member - SportWORKS Caribbean Regional Officer, 2003 to 2008
Now: Senior Policy and Program Analyst, Canadian Heritage

KEY DATES ON THE CSC CALENDAR

August 4 to 11, 2023 Trinidad & Tobago 2023 Commonwealth Youth Games

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
- 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](mailto:Chris.Taylor@commonwealthsport.ca).

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@bcsporthalloffame.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 Lafontaine](mailto:Kelly.Lafontaine@commonwealthsport.ca) 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 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.

