



## A revolution that changed the world

Fifty years ago, Special Olympics began to change the world for people with intellectual disabilities. 2018 offered us a chance to look back at this movement's five decades of joy, courage, and empowerment, and look forward to inspire new generations to see the ability in all of us.

The first Special Olympics Games were held in Chicago in July 1968, opening minds and hearts to a new era of seeing the true potential of individuals with intellectual disabilities and showing them the respect and inclusion they deserve. This pivotal event was inspired by the pioneering work of Dr. Frank Hayden, a young Canadian professor researching the impact of physical activity on children with intellectual disabilities. He was one of the first to see the true power of sport and the potential it had to change lives – and to change the world.

The 1968 Games in Chicago became the spark that ignited our global inclusion revolution, championing respect and dignity for all. This year, we celebrated the Special Olympics movement and the moments that defined it, while looking ahead to the future of our organization and growing our impact here in British Columbia. Read on to find out more about our life-changing movement and some of the highlights of this momentous year. ○



*Eunice Kennedy Shriver and a young athlete.*



*Dr. Frank Hayden conducting fitness tests as part of his groundbreaking research in the 1960s.*



*Young athletes taking part in a medal ceremony at the first Special Olympics Games in 1968.*

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## Government of B.C. support helps SOBC athletes shine

For almost as long as Special Olympics BC has existed, the **Government of B.C.** has been a key supporter of our programs and movement. The provincial government's long-standing and vital support has allowed SOBC to grow and develop, reaching more communities and offering empowering experiences and opportunities to individuals with intellectual disabilities.

For athletes like Quesnel's Brock Terlesky, having an SOBC program available in their home community makes a big impact.

"Special Olympics provides life-changing opportunities to those who haven't had a chance to be affirmed in their efforts before joining," Terlesky says. "I love that Special Olympics encourages us to grow in all positive aspects, not just athletics."

Support from the Government of B.C. also helps provide sport-specific training camps, reduce the cost of programs and competitions, and create new opportunities for Special Olympics BC athletes and coaches.

In 2018, SOBC received more than \$354,000 through the government's funding of sport and through funds received through Community Gaming Grants. SOBC Locals also received gaming grants to support their year-round programs. The Government of B.C.'s Sport Branch has also been a tremendous source of assistance and resources to Special Olympics BC. Understanding and supporting SOBC's goals, Sport Branch staff have been working hard to open doors and inform us of other resources, contacts, and opportunities. This is invaluable as we expand programs, reach out to more athletes, increase the number and quality of competitions, and create opportunities.

*Ridge Meadows athlete David Stevenson spent time with MLA Lisa Beare to explain the impact of the Province's support.*

We are so grateful to the Government of B.C. for being a vital supporter of our work and helping Special Olympics BC make a difference to athletes across the province. If you have a moment, please thank your local MLA for this support as it truly makes a difference. ○



*SOBC – Kimberley/Cranbrook athlete Samantha Sorensen visited MLA Tom Shypitka to share her experiences and SOBC's appreciation for the Government of B.C.'s support.*



Find Special Olympics BC online

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## SOBC Board of Directors

Special Olympics BC is very grateful to have outstanding leadership and support from our **Board of Directors**. We strongly appreciate their contributions and dedication to ensuring the ongoing quality and value of the organization.

At SOBC's September 2018 AGM, we were excited to welcome Special Olympics BC – Surrey athlete Susan Wang as the newest member of the SOBC Board of Directors.

The AGM also saw Randy Smallwood of Wheaton Precious Metals returning as Chair and Ted Hirst of Canaccord Genuity resuming his role as Vice Chair. Pamela Keith of Dueck Auto Group is Past Chair, and Money Talks host Michael Campbell and Colin Yakashiro of Grant Thornton will continue to serve as Secretary and Treasurer, respectively.

Wang takes over for SOBC – Richmond athlete Vincent Li. Dan Howe, President & CEO of SOBC, said he is grateful for Vincent's contributions and looks forward to working with Susan.

"It's important that our athletes have a strong voice on the Board of Directors and Susan, as did Vincent, brings great insight and passion to the role," Howe said.

Wang said she had a wide range of emotions following her appointment to the board.

"I was so excited, a little nervous, happy,

and a bit surprised," said Wang, a member of Special Olympics Team Canada 2017 who won a bronze medal at the Special Olympics World Winter Games in Austria.

As well as adding Wang, Special Olympics BC welcomed back Directors Brent Bergeron, Michael Coyle, Grenville Finch-Noyes, Peter C. Kalbfleisch, Richard J. Lucy, Colin MacKinnon, Eamonn Percy, and Patty Wheeldon.

Our sincere thanks to all of the members of the Board of Directors who so generously share their time and expertise to strengthen our movement!

**Chair:** Randy Smallwood

**Past Chair:** Pamela Keith

**Vice Chair:** Ted Hirst

**Secretary:** Michael Campbell

**Treasurer:** Colin Yakashiro

**Directors:**

Brent Bergeron

Michael Coyle

Grenville Finch-Noyes

Peter C. Kalbfleisch

Richard J. Lucy

Colin MacKinnon

Eamonn Percy

Susan Wang

Patty Wheeldon



**Special  
Olympics**  
British Columbia

## 12 North Sports Classic a touchdown for Special Olympics

Special Olympics BC was grateful to be one of the beneficiaries of the 2018 **12 North Sports Classic**, a multi-sport extravaganza held across the Lower Mainland and northern B.C. from June 22 to 27.



*SOBC – Vancouver athlete Sheryl Spurr with special guests and supporters at the 12 North Sports Classic fantasy football draft event.*

The 12 North Sports Classic included a 12-hole golf tournament, where SOBC – Langley athlete Christian Burton kicked off the day by speaking at The Redwoods Golf Course.

Later that day, Seattle Seahawks players and other special guests hosted a sport camp at the golf course, helping to inspire the next generation of young athletes while also raising funds and awareness for charity beneficiaries. This was followed by a friendly flag football game featuring the sports celebrities in attendance.

The following day, SOBC – Vancouver athlete Sheryl Spurr shared her SOBC stories and gratitude with participants at Dublin Calling in Vancouver, where teams drafted fantasy players to compete in a season-long NFL fantasy football league, and enjoyed a tailgate-themed barbecue dinner. The festivities wrapped up with the 12 North Fishing Tournament in northern B.C.

Our thanks to everyone who participated and supported to make all of the events so successful! ○

**Wolseley Canada** has been a valued partner of Special Olympics since 2004. As the official sponsor of the Special Olympics Canada Draft an Athlete national program, Wolseley helps athletes experience the joy of competing in National and World Games. We are grateful to Wolseley for continuing their support of Special Olympics athletes across the country. ○

**WOLSELEY**

## Goldcorp support helps empower athletes across B.C.



We are so grateful to **Goldcorp** for their significant and ongoing support, which helps empower Special Olympics athletes of all ages to enrich their lives through the joy of sport.

In 2011, Goldcorp announced a \$1-million gift to help SOBC develop youth programs. This generous gift allowed SOBC to more than double the number of youth programs offered around the province, and gave many more children with intellectual disabilities the opportunity to learn vital social and motor skills in a fun and welcoming environment. The company then doubled their commitment in 2014 with an additional \$1 million, allowing youth programs to continue growing and helping SOBC develop opportunities for athletes to train, compete, and improve their health.

To acknowledge the vital contributions made by the company, the Final Fore Golf Tournament was renamed the Goldcorp Invitational Golf Tournament. This inspiring annual event has been a huge success year

after year, thanks to the help of many Goldcorp representatives who give their time as part of the event organizing committee. To date, the tournament has raised more than \$2.1 million for Special Olympics BC.

Goldcorp is passionate about making a difference for Special Olympics athletes. Speaking at the Goldcorp Invitational Golf Tournament in 2017, Goldcorp President & CEO David Garofalo reminded participants of the impact that SOBC has on the lives of individuals with intellectual disabilities. "It's not just about the athletics," he told the crowd. "It teaches them life skills that improve their quality of life generally. It's about their nutrition, their lifestyle, it's preparing them for life, not just the sports – and I think they do a tremendous job in that regard."

We are incredibly grateful to Goldcorp for being a dedicated and important sponsor of our work. Their generous support has helped Special Olympics BC make a difference to athletes of all ages across the province. ○

# Celebrating 50 years of inclusion and inspiration

In the 1960s, children and adults with intellectual disabilities lived in the shadows of society. They were hidden away in homes or institutions. They didn't have the chance to go to school, to work, or to play. No one encouraged them to become a part of the community.

Intellectual disabilities were tragically misunderstood. Children and adults were trapped in a cycle of neglect and suffering; their families burdened by societal shame.

No one imagined that this segment of society could acquire athletic and social skills or possibly benefit from the therapeutic value of sports and exercise. Few people conceived of the notion that sports could further their intellectual and adaptive development in the world.

Then, one day in July 1968 the world began to change. The forerunner of Special Olympics, a daylong city-wide track meet held in Chicago's Soldier Field for people with special needs, put a bright – and very public – spotlight on ability, not disability.

The 1968 event is described as “daybreak” – the early stirring of a global movement for people with intellectual disabilities. No longer trapped in the shadows, the Chicago Games made it possible for the athletes to compete and have fun – not to be stigmatized.

In the months and years that followed, centuries of prejudice and misunderstanding slowly began to melt away. When people saw the passion, skill, and dedication of Special Olympics athletes at competition, windows of understanding opened. Their eyes were widened and their attitudes changed, not just



*Eunice Kennedy Shriver, one of the founders of the Special Olympics movement, looks out over the first Special Olympics Games in July 1968.*

about what those with intellectual disabilities can do, but also about what they themselves can do to help build a better world.

On Saturday, July 21, 2018, we kicked off a year-long celebration with the Global Day of Inclusion, which marked 50 years since that momentous event on Soldier Field that changed the lives of so many.

As we commemorate this milestone

in Special Olympics history, we are looking back at the moments that defined the Special Olympics movement here in B.C. and around the world through our #50moments series, available each week on our website: [specialolympics.bc.ca](http://specialolympics.bc.ca).

Please join us in celebrating how far we've come, and looking forward to the next fifty years of inclusion and change across the globe. ○

## Tim Hortons launches sweet support for Special Olympics

A proud partner of Special Olympics Canada, **Tim Hortons** joined in on the Special Olympics 50th anniversary celebrations on July 21, 2018 with their announcement of a limited-edition Special Olympics doughnut, designed by Special Olympics Alberta athlete Savannah Lussier.

Working closely with Tim Hortons, 14-year-old Lussier created the doughnut using her favourite flavours: a delicious honey cruller dipped in chocolate fondant, topped with red and white sprinkles – the colours of Special Olympics.

“Sport has let me meet so many of my friends and I was so excited to make this doughnut to celebrate,” said Lussier.



*SOBC – Surrey athletes Asma Patel and Jeevan Basra celebrating the Global Day of Inclusion at their local Tim Hortons in Cloverdale.*

The doughnut was available nationwide on July 21, with all proceeds going to support life-changing Special Olympics programs across the country. Special Olympics athletes throughout Canada were on hand at Tim Hortons stores to raise awareness about the event and share their Special Olympics stories.

“Tim Hortons is proud of the role we've played in Canadian communities for over 50 years and is thrilled to work with Special Olympics Canada, an organization that shares our value of inclusion,” said Sami Siddiqui, President, Tim Hortons Canada. “Together we hope to inspire our guests to see the power of inclusion through sport, and create communities where every person is accepted and welcomed, regardless of ability.” ○



# Landmarks around the world light up in support of Special Olympics

The Special Olympics 50th anniversary celebrations kicked off under the warm glow of red light, as communities across the province lit up the night sky on July 21, 2018 in honour of Special Olympics athletes worldwide.

Officially proclaimed the Global Day of Inclusion by the Province of B.C., a number of structures around British Columbia joined in the festivities to mark the occasion.

Dan Howe, President & CEO of Special Olympics BC, said the Global Day of Inclusion was the perfect way to start the year-long celebration.

“It was inspiring to see so many communities join in on the Global Day of Inclusion, whether it was by lighting up for the night, or having cities make proclamations to recognize the significant impact that Special Olympics has made over the past 50 years.”

Howe said he’s hoping the added awareness from the Global Day of Inclusion and the 50th anniversary will lead more people to become involved in Special Olympics. He said people can refer friends or family members with intellectual disabilities to a Special Olympics program, help raise awareness of the organization’s mission, volunteer, or make a donation.

Special Olympics BC – Abbotsford athlete Paige Norton and SOBC Region 3 Coordinator and SOBC – Abbotsford coach Donna Bilous had a chance to help spread the message leading up to the Global Day of Inclusion. The mother-daughter duo were on Breakfast Television Vancouver on July 20 to talk about the significance of the 50th anniversary of Special Olympics.

“Special Olympics is about inclusion, and helping each other, and friends,” Norton said.

SOBC – Surrey athlete Susan Wang and SOBC – North Shore coach Randy Scott also helped promote the Global Day of Inclusion, going on CTV Morning Live Vancouver and Global News Morning BC.

“Sport I think gives us determination, strength, and confidence to tackle obstacles in life and in sport,” said Wang.

We are so grateful to many cities and landmarks across the province that helped mark the 50th anniversary of Special Olympics and start our year-long celebrations! ○



*SOBC – Kamloops representatives celebrate July 21, 2018 being proclaimed as the Global Day of Inclusion by the city.*



*BC Place and Science World in Vancouver were some of the many landmarks that lit up for inclusion across the world on July 21.*



*The Victoria Street Bridge in Trail glowed in red to mark the Global Day of Inclusion on July 21.*

## Landmarks that lit up for inclusion on July 21, 2018

- BC Place, Vancouver
- Canada Place Sails of Light, Vancouver
- City Hall, Maple Ridge
- City Hall, Vancouver
- Civic Plaza, Surrey
- Parliament Buildings, Victoria
- Rogers Arena, Vancouver
- Science World at TELUS World of Science, Vancouver
- TELUS Garden, Vancouver
- Vancouver Lookout, Vancouver
- Victoria Street Bridge, Trail

## Proclamations by communities in B.C. marking July 21, 2018 the Global Day of Inclusion:

- |                                |                   |                 |
|--------------------------------|-------------------|-----------------|
| • Province of British Columbia | • Kelowna         | • Penticton     |
| • Burnaby                      | • Keremeos        | • Port Alberni  |
| • Campbell River               | • Kitimat         | • Powell River  |
| • Comox                        | • Merritt         | • Richmond      |
| • Dawson Creek                 | • Mission         | • Squamish      |
| • Fort St. John                | • Nanaimo         | • Trail         |
| • Kamloops                     | • New Westminster | • Vancouver     |
|                                | • North Vancouver | • Williams Lake |

# Goldcorp Invitational creates meaningful support for Special Olympics BC

Held on June 28, the **2018 Goldcorp Invitational Golf Tournament** was a wonderful and inspiring day of golf that truly makes a difference to athletes like Special Olympics BC – Abbotsford's James Clifford.

The event's athlete reporter and co-emcee for the evening portion of the event, Clifford told the sold-out crowd of golfers how "the support of the Goldcorp Invitational creates life-changing experiences for me and more than 4,800 Special Olympics BC athletes throughout the province. I'm glad to be here to share my experiences and tell you how grateful I am for your support."

Now in its 12th year, the Goldcorp Invitational Golf Tournament has become one of the Lower Mainland's premier golf events. It involves two simultaneous tournaments on the outstanding Northview Golf & Country Club courses, and in the evening participants had the opportunity to enjoy a high-quality banquet dinner, a magician, silent and live auctions, and inspiring speeches.

Goldcorp has been the tournament's title sponsor for over a decade, and is a significant ongoing partner of SOBC, dedicated to bringing opportunities into the lives of children, youth, and adults with intellectual disabilities. Goldcorp has helped enrich lives across B.C. through two gifts of \$1 million to support SOBC programs.

During the evening portion of the event, Goldcorp President & CEO David Garofalo reminded participants of the impact that SOBC has on the lives of individuals with intellectual



*Winners of the Tournament competition, the Connor, Clark & Lunn Private Capital team with SOBC – Langley athlete Christian Burton.*

disabilities. "It's not just about the athletics," he told the crowd. "It teaches them life skills that improve their quality of life generally. It's about their nutrition, their lifestyle, it's preparing them for life, not just the sports – and I think they do a tremendous job in that regard."

Thanks to support from events like the Goldcorp Invitational Golf Tournament,

Special Olympics BC is able to offer life-changing programs and opportunities to more than 4,800 athletes in 55 communities across the province. These programs help empower athletes to enrich their lives and find joy, confidence, and fulfillment – on the playing field and in life.

Goldcorp Invitational Chair and co-emcee

Michael Campbell told golfers: "I'm thrilled to see the support of this tournament, and I can't think of a more worthy group of individuals and families who deserve your support and the time you've taken to be here today."

We are deeply grateful for the continued support of Goldcorp and the tournament's generous sponsors. ○



*SOBC athletes supporting the 2018 Goldcorp Invitational event.*



*Goldcorp President & CEO David Garofalo and SOBC – Abbotsford athlete James Clifford.*



# Thank you to the supporters of the 2018 Goldcorp Invitational

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## Event Sponsors



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- Colin MacKinnon
- Jason Madill, *Ernst & Young*
- Christine Marks, *Goldcorp*
- Greg Noble
- Dan Howe, *Special Olympics BC*
- Christina Hadley, *Special Olympics BC*

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- VMwear

# Team BC thrives at national competitions

**Special Olympics Team BC 2018** athletes took centre stage at two national competitions this year, travelling from coast to coast to compete with determination and pride at the 2018 Special Olympics Canada Bowling Championships in P.E.I. and the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia. In P.E.I., Team BC 5- and 10-pin bowlers rounded up an impressive haul of nine gold medals, eight silver medals, and 14 bronze medals at the Bowling Championships, which ran from May 15 to 19. The contingent of Team BC that travelled to the event was comprised of 56 athletes, 12 coaches, and three mission staff members, representing 23 communities across British Columbia.

"I enjoyed every moment of my time there," said SOBC – Castlegar 5-pin bowler Michael Cook, who competed at the national level for the first time at the Bowling Championships. "It was extraordinary. I'm still in shock I got a gold medal!"

In P.E.I., Team BC athletes had opportunities to meet people from across the country and experience local music, art, and culture. SOBC – Prince George 10-pin bowler Linda Renner said she enjoyed making new friends from different parts of Canada.

"I think I met someone from almost every single province!" Renner returned to Prince George with two gold medals, one for the singles event and one for her overall performance. Renner said she was very proud to win gold, and "when they called my name for the second time I was shocked, but it was a great surprise!"

At the medal ceremony, Renner said she had a great time at the Bowling Championships and is grateful to everyone who supported her.

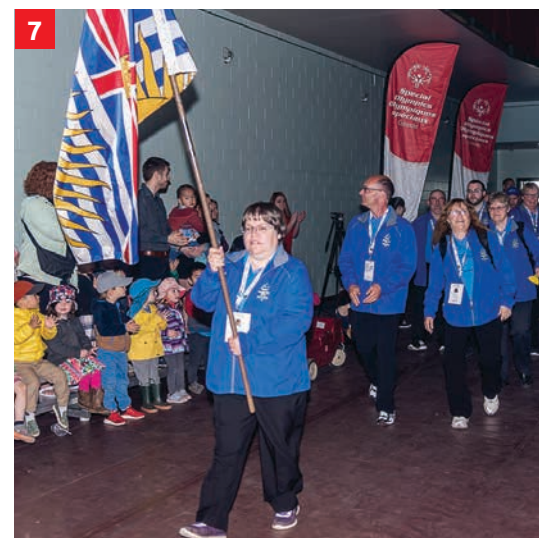
"Thank you to all the coaches who are here with Team BC, including the mission staff and [Chef de Mission] Leslie," she said. "Without their help, I don't think we would have made it this far!"

The 2018 Special Olympics Canada Summer Games took place from July 31 to August 4 and saw athletes compete in athletics, basketball, bocce, golf, powerlifting, rhythmic gymnastics, soccer, softball, and swimming. The 243 members of Team BC who travelled to Antigonish were made up of 174 athletes, 54 coaches, and 15 mission staff members, representing 38 communities across the province.

Competing at a national level was an empowering and life-changing experience for many SOBC athletes, providing them with opportunities to achieve their goals, develop confidence, and create friendships.

SOBC – Salmon Arm athlete Carina Chu earned bronze in bocce. She told the Salmon Arm Observer that receiving the medal was a very memorable moment.

"I was emotional, real emotional," Chu said. "I was in tears. Oh my gosh. My mom said 'Oh Carina, we were in tears for you, too.'"





Soon after returning to British Columbia, SOBC – Surrey athlete Sean Beddows and SOBC – Richmond coach Chris Vanderwel went on Breakfast Television Vancouver to talk about their experiences in Antigonish. Beddows won a silver medal in swimming and achieved multiple personal bests.

“If I didn’t get a medal I would still say I achieved a personal best either way!” Beddows said.

Vanderwel said attending National Games was an “unbelievable experience,” and he was proud to be part of a great group of Team BC coaches.

“I just approached the Games wanting to take everything in and to elevate our athletes and support them in every way we can. That’s what we do as coaches, we are there for the athletes, we are there to make it the best experience possible, and to inspire them to push themselves to new limits.”

Turn to page 46 to read about the members of Team BC 2018 who qualified for Team Canada 2019 based on their performances in P.E.I. and Nova Scotia!

Team BC 2018 full results, roster, photos, and videos: [specialolympics.bc.ca/team-bc-2018](http://specialolympics.bc.ca/team-bc-2018) ○

**Photos:**

- 1: *Poised and proud, SOBC – North Shore athlete Danielle Juilfs strikes a pose after her graceful rhythmic gymnastics routine.*
- 2: *It was all smiles and joy as Team BC athletes and coaches walked into the Opening Ceremony in Antigonish, Nova Scotia.*
- 3: *Langley’s BC Warriors player Alastair Singh playing a great defensive game in Nova Scotia.*
- 4: *SOBC – Richmond athlete Cullen Yee powered through the lanes in Nova Scotia.*
- 5: *Vancouver’s Daniel Thomas showed great strength and determination at National Games.*
- 6: *SOBC – Kamloops athlete Tye Flukinger lines up a shot for the BC Ogopegos basketball team.*
- 7: *SOBC – Comox Valley athlete Linda Careless proudly led the B.C. bowlers into the Opening Ceremony in P.E.I.*
- 8: *Victoria’s BC Capitals team proudly accepting their silver medal at National Games.*
- 9: *Quesnel’s Riley Foster gets ready to make his move on the soccer pitch with the BC Rebels team.*
- 10: *Track stars April Armstrong and Daniel Batson show their provincial pride alongside their coach Chris Vanderwel.*
- 11: *Kimberley/Cranbrook athlete and silver medallist Erin Thom had a great time on the fairways in Antigonish.*
- 12: *Kelowna’s Tony Wilkinson giving his all on the bocce court.*
- 13: *SOBC – North Shore’s Dino Antonio focusing on his next shot at the National Bowling Championships in P.E.I.*
- 14: *SOBC – Quesnel athlete Beth Hoffman gives a thumbs up at the National Bowling Championships in P.E.I.*
- 15: *SOBC – Sunshine Coast athlete Amanda Boghean gives the fans a fist-bump on her way to the softball field.*



Darren Inouye

Darren Inouye

# New Car Dealers change lives with SOBC

B.C.'s New Car Dealers have been helping Special Olympics BC change lives through the power of sport for 34 years. The **2018 New Car Dealers Foundation of BC / Special Olympics Auction** raised \$182,000, bringing the three-decade total to more than \$4.9 million in support of SOBC and the work of the New Car Dealers Foundation.

The auction is an annual online fundraising event open to the New Car Dealers Association of BC membership and their families, partners, suppliers and/or sponsors, Special Olympics BC partners, suppliers and/or sponsors, and donors to the auction.

The 2018 auction included 248 popular prizes in the following categories: Automotive and Business, Food and Wine, Lifestyle, Media, and Sport and Travel. We were very grateful to once again receive vehicle donations to the auction, with BC Ford Dealers donating a 2018 Fiesta S Hatch, Chevrolet Buick GMC Dealers of BC contributing a 2018 Chevrolet Trax LS, BC Honda Dealers Association providing a 2018 Civic DX, and the Toyota BC Dealers donating a 2018 Corolla CE.

The funds raised by the auction help Special Olympics BC transform lives and support the work of the New Car Dealers Foundation. The Foundation awards CarCareerBC education grants to eligible students in B.C. who wish to pursue post-secondary education or training leading to a career in the automotive industry. CarCareerBC grants provide financial support towards the cost of tuition and books for recipients enrolled in applicable apprenticeships, training, or education.

The event is powered by a dedicated committee comprised of volunteer members working with SOBC and New Car Dealers Foundation staff. The volunteer members have given countless hours to the auction in order to support the charities. They generously seek out auction items, encourage bidding, and provide strong guidance and insights that have made the event succeed and grow over the years.

Special Olympics BC and the New Car Dealers Foundation extend sincere thanks to everyone who supported the 2018 auction, and look forward to further growth in 2019. To get involved, please contact Christina Hadley, SOBC Vice President, Fund Development & Communications, at 604-737-3073 / 1-888-854-2276 toll-free / [chadley@specialolympics.bc.ca](mailto:chadley@specialolympics.bc.ca).

## Thank you to Our Vehicle Donors



2018 Fiesta S Hatch

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BC Ford Dealers



2018 Corolla CE

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Toyota BC Dealers



2018 Chevrolet Trax LS

DONATED BY  
Chevrolet Buick GMC Dealers of BC



2018 Civic DX

DONATED BY  
BC Honda Dealers Association



## Thank you to those dealers who supported the auction with a cash pledge or by donating auction items



## Special thanks to the Auction Committee:

**Manse Binkley**, *Harmony Honda & Harmony Acura*

**Doug Bower**, *Vancouver Sun & The Province*

**Marnie Carter**, *Carter Auto Family*

**John Chesman**

**Christina Hadley**, *Special Olympics BC*

**Dan Howe**, *Special Olympics BC*

**Pam Keith**, *Dueck Auto Group*

**Joe Mitchell**, *Carter Auto Family*

**Blair Qualey**, *New Car Dealers Association*

**John Wynia**, *Harbourview Volkswagen*

and to all the other dealers who made cash pledges, solicited auction items and bid on items.



## Support from automotive manufacturers and dealer groups help drive SOBC success

Support from vehicle manufacturers and dealer groups across B.C. has been a driving force for Special Olympics BC for much of our existence. Through their regular vehicle donations to the New Car Dealers Association / Special Olympics BC Auction, the automotive industry has helped SOBC significantly increase fundraising revenue from this event, helping provide more empowering experiences and life-changing opportunities to athletes across the province.

**BC Ford Dealers, Toyota BC Dealers, and Chevrolet Buick GMC Dealers of BC** were the first to support SOBC by donating a vehicle to the New Car Dealers Association / Special Olympics BC Auction in 1999, and all have generously continued to donate a vehicle to the auction every year since. **BC Honda Dealers** stepped in to provide their support with a vehicle donation to the auction in 2002, and have continued their vehicle donations each year. **BC Chrysler, Jeep, and Dodge Dealers** have also contributed vehicle donations to the New Car Dealers Association / Special Olympics BC Auction for nine years, and **Volkswagen Canada and the BC Volkswagen Dealers** have donated a vehicle for six years, helping provide added income for the auction and support to SOBC athletes.

We are so grateful for the longstanding support of the automotive industry and New Car Dealers across the province, who truly help power Special Olympics athletes to succeed in sport and in life. ○

## motionball events enrich lives across Canada

The 2018 **motionball** Marathon of Sport Vancouver, Marathon of Sport Kelowna, and CF|24 events in B.C. were fun and memorable days that helped bring young professionals and Special Olympics athletes together to celebrate inclusion and raise funds to support Special Olympics athletes across the country.



*The 2018 motionball Marathon of Sport Kelowna brought the community together to celebrate sport and inclusion.*

Held at the EA Sports Complex in Burnaby, the 2018 Marathon of Sport Vancouver was a record-breaking day of fun and fundraising. This high-energy event saw 40 athletes joining 30 teams of young professionals on June 2 for a day full of team spirit and inclusion that raised over \$160,000 for the Special Olympics Canada Foundation.

In September, the seventh annual motionball Marathon of Sport Kelowna hit the grounds at City Park for another incredible day of athletics and sportsmanship. Presented by Interior Savings Credit Union, the 2018 motionball



FOR SPECIAL OLYMPICS  
POUR OLYMPIQUES SPÉCIAUX

Marathon of Sport Kelowna featured 28 teams who were joined by 60 SOBC athletes for this inspiring, exciting, and inclusive event. The fun was capped off with fantastic fundraising, as the event smashed its goal with a final total of \$125,000 to support Special Olympics athletes throughout the country.

On October 20, fitness enthusiasts nationwide rallied their strength for Special Olympics at CF|24, a motionball event that challenges participants to take on a marathon of workouts to raise funds and awareness for Special Olympics programs across Canada.

In B.C., Coquitlam's CrossFit CBC, CrossFit Prince George, and Raincity Athletics in Vancouver stepped up to the CF|24 plate, taking on a series of workouts throughout the day alongside Special Olympics athletes from their community, who came out to show their support and share their gratitude.

SOBC – Coquitlam athlete Adam Advocaat kicked off the day at CrossFit CBC with his Special Olympics story and thanks for all their hard work. "All of the time I've spent in Special Olympics has led to my life being happier, healthier, and more fulfilling," Advocaat told the crowd. "On behalf of Special Olympics athletes across the province, thank you for your support and helping change lives through the power of sport, joy and unity." ○



*CrossFit CBC in Coquitlam came together to take on the CF|24 challenge.*

# Changing the game for athlete health



Special Olympics  
**Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

Eliminating the health disparities between people with intellectual disabilities and the general population is both complicated and a massive challenge.

People with intellectual disabilities experience worse health care and access to services than others in their communities. People with intellectual disabilities lack access to quality health care and experience dramatically higher rates of preventable disease, chronic pain and suffering, and premature death.

**Special Olympics Health** programming is changing the game for athlete health. Our ultimate goal is to create a world where people with and without intellectual disabilities have the same opportunity to be healthy. Internationally, Special Olympics has become the largest public health organization for people with intellectual disabilities.

To address the health disparities our athletes face, Special Olympics is leading a number of integrated and complementary efforts to strengthen the capacity of existing systems of care. Special Olympics health is integrated into all Special Olympics sports, family, and youth programs, and also strengthens linkages with community care networks and other local partners who can support the health and wellbeing of Special Olympics athletes year-round.

Special Olympics BC's health offerings include Healthy Athletes screenings and year-round health support including Club Fit programs. Information and support is offered through provincial programming such as the Performance Program and functional testing, as well as the development of health, fitness, and nutrition resources on the SOBC website, and new or expanded programming supported by our Special Olympics Healthy Communities grant from the Golisano Foundation (read more on next page).

SOBC Locals play a critical part in this work by offering Club Fit programs, promoting health events and resources, and encouraging healthy living year-round.

Anyone interested in assisting our efforts to advance health outcomes for individuals with intellectual disabilities can contact Sarah Russell, Health & Engagement Coordinator for SOBC at [srussell@specialolympics.bc.ca](mailto:srussell@specialolympics.bc.ca).

## Highlights from 2018 include:

### Champions of Inclusive Health Summit

Our goal is to address the gaps in our systems to ensure that individuals with intellectual disabilities live longer and healthier lives. But to do so, key champions of health and people with intellectual disabilities need to work together. Special Olympics BC set out to tackle this challenge when it hosted the **Champions of Inclusive Health Summit** in Surrey in October.

The event attracted more than 70 stakeholders, including representatives from NGOs, community groups, government, parks and recreation, researchers, school boards, and SOBC athletes with the goal of advancing health outcomes for individuals with intellectual disabilities across the province. The vital discussion brought insights to important health initiatives and explored steps to create change.

Special Olympics BC – Victoria's Jennifer Ferrier, a certified Special Olympics Health Messenger, shared her experiences as an athlete and the challenges she sees. She said all too often she noticed other athletes using sports outings as a chance to visit the concessions stand. Ferrier said she's taken it upon herself to avoid unhealthy snacks and replace them with more nutritional options, as well as to try to encourage her teammates to do the same. When it comes to following up on her health care, Ferrier said those in the medical profession need to

do a better job in communicating with patients who have intellectual disabilities. While she said she is fortunate her doctor treats her with respect, she knows that's not always the case.

"My doctor treats me like a human being, not like I am a five-year-old," Ferrier said. "Even if I have a family member there with me, my doctor takes the time to speak to me, instead of treating me like I wasn't there."

Vancouver-Hastings MLA Shane Simpson, B.C.'s Minister of Social Development and Poverty Reduction, said opening the lines of communication is going to be critical if any improvements are going to be made in the overall health of people with intellectual disabilities.

Simpson said the challenge is getting all the groups to the table and determining a list of priorities that will ultimately provide results. He said the summit was an excellent way to get the ball rolling.

"This is a conversation that has to move forward. It isn't a conversation that ends today."



SOBC – Victoria's Jennifer Ferrier shared her story at the *Champions of Inclusive Health Summit* in October 2018.



There are many challenges, but we have the opportunity to make significant differences and improvements moving forward if we can find the more common ground and collaborate. We can't lose sight of what the objective is," Simpson said.

Areas where health issues for people with intellectual disabilities need to be improved surround issues like over-prescription of medications and poor nutrition.

Special Olympics BC is hoping to hold more summits across the province to get input from all regions and communities in B.C.

### Healthy Athletes screenings

Many individuals with intellectual disabilities have trouble realizing or expressing their health concerns, and many health professionals have not had the opportunity to receive specific training, or are not familiar enough with this population, to know the best questions to ask to draw out the issues.

Through Healthy Athletes, health care professionals receive training about the specific health care concerns of people with intellectual disabilities and how to ask the right questions, helping them draw out issues. At the welcoming and fun-filled Healthy Athletes screening events, the practitioners' interactions with Special Olympics athletes lead to referrals back into the health care system that ensure the individuals will get the treatment they need.

SOBC offers Healthy Athletes screenings at events around the province open to all individuals with intellectual disabilities. These events are free for all participants. All the screenings are conducted in a fun, friendly environment where athletes feel at ease. The screenings are conducted using quality equipment and fun tools to make the experience both valuable and enjoyable.

After the events, participants receive a follow-up card to help ensure they will be able to connect with the appointments and services they need.

In 2018, SOBC hosted Healthy Athletes Screenings in Prince Rupert and Castlegar where athletes learned about proper snack nutrition with hands-on experience with nutritionists. In 2019, the first Healthy Athletes Screenings are at the 2019 SOBC Winter Games in Greater Vernon.

A common thread in all Special Olympics Canada programs, whether daily sport programs or Team Canada on the world stage, is the need for increased focus on the importance of good nutrition. Research shows that Canadians with intellectual disabilities face significant adverse health conditions such as obesity, heart disease, stroke, Type 2 diabetes, and some types of cancer. Nutrition education is critical to reducing the risk of



*Healthy Athletes Photo caption: SOBC athletes were all smiles as they took part in Healthy Athletes Screenings at the 2017 Special Olympics BC Summer Games in Kamloops.*

chronic disease.

Data on the health status of individuals with intellectual disabilities indicates that 60 per cent of adult Special Olympics athletes are obese and overweight. Of those athletes screened in the Special Olympics Healthy Athletes program, 27 per cent had low bone density and the overall mortality rate of people with intellectual disabilities is more than five times higher than people the same age, sex, and residence.

Trying to identify and combat these issues, since 2011 SOBC has delivered more than 3,249 Healthy Athletes screenings in six disciplines (not including screenings in the Strong Minds discipline, a recent addition as a Canadian pilot project).

### Healthy Communities Golisano Foundation grant

In 2016, SOBC was fortunate to receive a three-year major grant from the Golisano Foundation to expand year-round health programming with a goal of attaining official recognition as a Special Olympics Healthy Community.

With the support of the Healthy Communities grant, the Golisano Foundation, and our ongoing provincial partners, SOBC has been making strides to:

- increase the sustainability of health programming and access to followup care,
- improve the health status of athletes by offering health and wellness programming outside of our Healthy Athletes clinics and ensuring at least 20 per cent of athletes are enrolled in a wellness program per year,
- increase the awareness and education of health professionals on treating individuals with intellectual disabilities by developing

and implementing education for dental professionals and students,

- create health programming for families and caregivers of athletes,
- train and empower athlete leaders to be health and nutritional advocates for fellow athletes,
- and create Golisano Health Leadership Awards to present to health leaders supporting this important work.

In 2018, Special Olympics was the first chapter in Canada to be invited to apply for the prestigious Golisano Award, with two dedicated SOBC volunteers winning the 2018 Golisano Health Leadership Award for their work in health and wellness.

Launched in 2016, the Golisano Health Leadership Awards recognize the extensive work of individuals and organizations around the world who are improving the health of people with intellectual disabilities and advancing the year-round health work of Special Olympics. Read more about this year's award winners Pam Kiselbach and Brad McDougall on page 36.

### Data from Healthy Athletes screenings in B.C. shows:

- More than 93.3 per cent of athletes screened had balance and flexibility issues identified, while 81.9 per cent had strength problems identified,
- 73.7 per cent had gingival signs,
- 63.1 per cent had gait abnormalities,
- 46.9 per cent needed a new eyesight prescription,
- 37.8 per cent had blocked or partially blocked ear canals, and
- 35.6 per cent are obese. ○

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### Health advocacy by athletes

Special Olympics BC Health Heroes training, supported by the Golisano Foundation Special Olympics Healthy Communities grant, has empowered athletes to become leaders in sharing education about health.

At the spring 2018 SOBC Athlete Leadership Conference, 20 athletes completed training to become Sun Safety Health Heroes.

Athletes are doing a tremendous job of taking on health advocacy roles at events and spreading the word among their peers. SOBC – Vancouver’s James Clifford ran a much-needed sun safety booth at the 2018 motionball Marathon of Sport Vancouver, and SOBC – Richmond athlete Vincent Li returned to keep golfers sun safe for the second year at the 2018 Goldcorp Invitational Golf Tournament.

If you’d like to become a Health Hero, please contact SOBC’s Sarah Russell to learn about training opportunities: [srussell@specialolympics.bc.ca](mailto:srussell@specialolympics.bc.ca) / 604-737-3081 / 1-888-854-2276 toll-free.

There may already be a Health Hero in your community – if you would like to work with them, please contact Sarah and SOBC’s Michelle Cruickshank: [mcruickshank@specialolympics.bc.ca](mailto:mcruickshank@specialolympics.bc.ca) / 250-208-5402 / 1-888-854-2276 toll-free.

### Fit Families & Friends

2018 marked the third year of SOBC running Fit Families & Friends programs through the summer months, with the help of the Golisano Foundation Healthy Communities grant. These fun programs are great opportunities for SOBC athletes to get out with their families, friends, and social supports to meet as a group and exercise together in fun ways while sharing health and nutrition tips, creating an engaging environment to encourage each other and meet health goals together.

Groups meet for weekly walks/hikes or other fun and healthy activities, and together enjoy healthy snacks that can easily be made at home. In summer 2018, popular programs ran in Kelowna, Parksville/Oceanside, Castlegar, Smithers, and Trail.

SOBC – Smithers athlete Anne Forbes took part in Fit Families & Friends this summer and went above and beyond expectations, as she found herself getting out to walk, even on days when the program wasn’t running. Forbes said she fell in love with keeping track of her steps, what she was eating, and the activities she did throughout the day.



*Health Hero and SOBC – Abbotsford athlete James Clifford provided sun safety tips and tools at the 2018 motionball Marathon of Sport Vancouver.*

When the program was put on hold due to smoke from the forest fires in the region, she still dropped off her weekly tracking forms and picked up new ones. Now that the program is over, Forbes said she plans on continuing to track her activities and what she eats.

Forbes works in a high school in the cafeteria where she encourages teens to pick vegetables

as a side and explains that it’s okay to have mac and cheese, but if you’re picking something unhealthy try to have something healthy with it.

Many thanks to all the participating volunteers, athletes, and supporters who made these programs so much fun and so helpful for health and fitness!

### Practitioner education

Communication challenges are a significant barrier affecting the health of individuals with intellectual disabilities. Many of them have trouble realizing or expressing their health concerns, and many health professionals have not had the opportunity to receive specific training, or are not familiar enough with this population, to know the best questions to ask to draw out the issues.

In addition to the training and experience provided to those who volunteer with Healthy Athletes, SOBC is actively working with B.C. medical schools and health professionals to increase opportunities for communication and exposure to help combat these issues. The response has been enthusiastic.

In 2018, Special Olympics BC and our partners at the Golisano Foundation’s Healthy Communities program teamed up with the Canadian Dental Hygienists Association to bring better dental care for people with intellectual disabilities.

The Lifelong Smiles for Individuals with Intellectual Disabilities online course is designed to help oral health professionals more effectively connect with and support



*Fit Families & Friends in Kelowna gather before an outing this summer.*



clients with intellectual disabilities in maintaining good oral health over their lifetime.

The four-module course, developed by dental hygienists, is free and covers:

- Information about individuals with intellectual disabilities,
- Preparing the dental office to welcome clients with intellectual disabilities,
- Desensitizing strategies for a successful dental appointment for individuals with intellectual disabilities,
- Strategies to support your client's daily oral care.

For more information visit [www.cdha.ca](http://www.cdha.ca).

Also, at UBC and the University of Victoria, clubs are being initiated to give students more interactions with people with intellectual disabilities. Increasingly, they are considering individuals with intellectual disabilities for opportunities that will further increase student familiarity and comfort, such as UBC inviting SOBC athletes to become volunteer demonstration patients for the UBC Clinical Skills program.

### Supporters

Globally, Special Olympics Health is made possible by the vision and support of the Golisano Foundation, and partners such as the U.S. Centers for Disease Control and Prevention and Lions Clubs International.

Here in B.C., Special Olympics BC's health work is made possible by the Golisano Foundation grant and the ongoing support of our provincial partners and fundraising events, including the leading role of the Government of British Columbia and the generous support of provincial partner Westminster Savings Credit Union. ○

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[specialolympics.bc.ca/healthy-athletes](http://specialolympics.bc.ca/healthy-athletes)

## Government of Canada funding helps provide vital opportunities



*Minister of Science and Sport Kirsty Duncan and Central Nova MP Sean Fraser visited Team BC 2018 rhythmic gymnastics practice at the 2018 Special Olympics Canada Summer Games in Nova Scotia.*

The **Government of Canada** has been an important supporter of Special Olympics Canada and Special Olympics BC, providing significant funds to develop new and existing sport programs and competitive opportunities. Without this support, we could not offer the full range of opportunities that make such a difference in the lives of Special Olympics athletes and their families.

This year, in addition to their ongoing support of SOBC's Performance Program and youth programs, funding from the federal government helped Team BC coaches and athletes travel from coast to coast to attend the 2018 Special Olympics Canada Bowling Championships in May, and the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia in July.

Minister of Science and Sport Kirsty Duncan and Central Nova MP Sean Fraser also attended the National Games in Nova Scotia, and stopped by a Team BC rhythmic gymnastics practice to meet with the athletes and wish them luck. The rhythmic gymnasts demonstrated a routine for their honoured guests, which ended in hugs and high fives all around.

The Government of Canada also funds training and travel expenses for athletes, coaches, and mission staff to travel to National and World Games, giving athletes the life-

changing experience of representing their home at these high-level competitions.

SOBC Athlete Leadership programs, Leadership Summits, and Coaching Summits receive support from the Government of Canada, allowing individuals throughout the Special Olympics BC community to come together to take part in networking opportunities and listen to inspiring expert speakers. Participants at these events come away with new tools and ideas to take back to their grassroots communities.

With the help of federal government funding, SOBC has strengthened our sport programs by developing tools and resources to support coaches and athletes. Support from the Government of Canada has also helped SOBC create new sport opportunities across the province, giving athletes the chance to train and compete in a variety of sports within their home communities.

SOBC is extremely grateful for the support of the Government of Canada. If you have a moment, please thank your local Member of Parliament for this support as it truly makes a difference. ○

**Canada**

# Sports Celebrities Festival makes a difference for SOBC athletes

Held on October 4 at the Fairmont Hotel Vancouver, the **2018 Sports Celebrities Festival presented by Wheaton Precious Metals** put Special Olympics BC athletes in the spotlight alongside the entire Vancouver Canucks roster and leading B.C. sports celebrities, while raising important funds for the Canucks for Kids Fund and SOBC.

At the event, Randy Smallwood, CEO of Wheaton Precious Metals, shared why the mining company is such a strong supporter of this important gala.

"At Wheaton, we have been very fortunate over the years, and sharing this success with the communities in which we and our partners operate is a core part of our values and culture."

This year, the Sports Celebrities Festival celebrated its 20th anniversary. Over the last two decades, this unique and inspiring event has raised more than \$5.5 million for SOBC and the Canucks for Kids Fund.

The elegant, interactive gala included opportunities for guests to meet and mingle with the entire Vancouver Canucks roster, top B.C. sports celebrities, and Special Olympics BC athletes. Guests also had the chance to face off against a Vancouver Canucks player in the ever-popular games room, featuring games like table hockey, soccer darts, and much more.

Attendees were treated to a delicious three-course dinner and were wowed by magician Shawn Farquhar, who joined forces with Canadian comedy icon Brent Butt for a spellbinding and hilarious show. Butt also took to the stage later in the evening to entertain the crowd.

Guests also had the opportunity to bid on an array of unique items in the well-stocked silent auction, which included exciting items like exclusive dining opportunities, unique sports memorabilia, and wonderful wines.

For the second year in a row, SOBC – Langley athlete Christian Burton took the mic as the event's co-emcee, joining Sportsnet 650 Starting Lineup host James Cybulski. Speaking to Breakfast Television Vancouver earlier in the day, Burton described why the Sports Celebrities Festival is important to Special Olympics BC athletes.

"The event is so special because it presents an opportunity to show everyone in B.C. who we are as athletes, and to show that we play sports at a very good level, just like everyone else."

Vancouver Canucks forward Brandon Sutter has been the event's ambassador for the past



*Vancouver Canuck Bo Horvat and SOBC athlete Malcolm Borsoi struck a solid pose on stage.*



*Surrey athlete Melissa Semke takes on Vancouver Canucks player Nikolay Goldobin in a game of table hockey.*

three years, and described how meeting SOBC athletes and seeing their love of sports inspires him and the other Canucks players.

"It takes you back and makes you realize how fun it is to play games and how special of a situation we're in," Sutter said to Breakfast Television. "We get to the event and meet all the other athletes and you realize how much we have in common."



*Langley athlete Christian Burton rocked the mic for the second year in a row alongside Sportsnet 650 Starting Lineup host James Cybulski.*

During the event, Sutter shared his personal perspective on the powerful impact of Special Olympics with Sports Celebrities Festival guests. Sutter's cousin Chris and close family friend Mikey are Special Olympics athletes, and he has seen firsthand the difference it has made in their lives.

"Social skills, fitness, nutrition benefits, confidence, and of course the excitement.

All Photos: Jeff Vinnick / Vancouver Canucks





*Athlete Reporter James Clifford and SCF ambassador Brandon Sutter covered all of the evening's action for Canucks TV.*



*Sports Celebrities Festival guests take in the array of unique items in the silent auction.*



*SOBC athlete speaker Paige Norton wowed the crowd alongside Canucks SCF ambassador Brandon Sutter.*



*SOBC – North Shore athlete Kristina Tammark and Canuck Elias Petterson were all smiles at the 2018 Sports Celebrities Festival.*



*Vancouver Canuck Tyler Motte and SOBC – Burnaby athlete Christina Tomingas showed some love in the always-inspiring Parade of Athletes.*

These are just a few of the incredible benefits these athletes now have access to," Sutter said.

Speaking alongside Sutter, SOBC – Abbotsford athlete Paige Norton captivated the sold-out crowd with her story of how Special Olympics has dramatically changed her life and her health.

Born with Down syndrome and a number of health issues, Norton had her first heart surgery at just five months old, and open-heart surgery at three years old. She and her family

were told that Norton would need additional surgeries as she grew older.

"Imagine how happy and surprised my parents were when, at 13 years old, my cardiologist told us he didn't feel I would need any further surgery. He said my healthy lifestyle, sports, and my training have given me a strong heart."

Norton is now an accomplished athlete who has earned her way to seven Provincial Games, four National Games, and two World Games. She was named Special Olympics BC

Athlete of the Year in both 2011 and 2017, and was named Special Olympics Canada Female Athlete of the year in 2017.

Support from the Sports Celebrities Festival allows Special Olympics BC to provide quality year-round sport programs and competitions across the province, helping athletes like Norton reveal their true potential every day. We thank all of the Sports Celebrities Festival sponsors, attendees, and supporters who give so generously each year. ○

## Wheaton Precious Metals



**Wheaton Precious Metals** (formerly Silver Wheaton) has been the presenting sponsor of the Sports Celebrities Festival since 2006, helping raise over \$5.5 million to date for Special Olympics BC and the Canucks for Kids Fund. Wheaton Precious Metals CEO Randy Smallwood also generously supports SOBC as Board Chair, and took the time to serve as

Honorary General Manager for Team BC at the 2016 Special Olympics Canada Games in Corner Brook, Newfoundland. We are so grateful for Wheaton Precious Metals' dedication to Special Olympics BC, and this year we were thrilled to induct them into the SOBC Hall of Fame, recognizing them as strong and steadfast supporters of our work. ○

# Thank you to the supporters of the 2018 Sports Celebrities Festival

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 Mirage Hardwood

National Bank Financial  
 NBM Group  
 Odium Brown Limited  
 PLLR Lawyers  
 PricewaterhouseCoopers LLP  
 RBC Capital Markets  
 RCG Group / Swordfern  
 Management  
 S. J. Ritchie Research  
 Farms Ltd.  
 Shato Holdings Ltd.  
 Shier Family  
 Smythe CPA  
 Stor-More Closet & Blinds  
 TD Bank Group  
 The Fan Zoo  
 Wheaton Precious Metals

## Organizing and Advisory Committee

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 Blair Shier, Co-Chair  
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 Scott Ellis, Auction Chair  
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 Deena O'Brien  
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## Special Thanks

Aerostream Logistics  
 BC Lions Football Club  
 Brandon Sutter  
 Brent Butt  
 Canucks TV  
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 John Shorthouse  
 Paige Norton  
 Shawn Farquhar  
 Spencer Ho  
 Vancouver Canucks  
 Vancouver Canucks Alumni  
 Vancouver Whitecaps FC



# Staples campaign an inspiring success across B.C.

The Staples Canada Give a Toonie Share a Dream campaign was full of inspiration and fundraising success in 2018, helping bring athletes and communities together to support life-changing Special Olympics programs throughout the country.

Now in its 18th year, the Give a Toonie Share a Dream campaign raises funds and awareness to help make dreams come true for Special Olympics athletes. During this national campaign, Special Olympics athletes and volunteers join Staples staff in stores to invite customers to donate at the till or online. The 2018 fundraiser, which took place from April 21 to May 27, raised more than \$750,000 across Canada.

"The campaign was amazing, as it is every year," said Campbell River Staples General Manager Dennis Peeman. "It's a ton of fun."

Peeman said the Give a Toonie Share a Dream campaign is "something the entire store looks forward to." He said the campaign gives Staples employees an opportunity to get to know the athletes in their community, who are "all amazing individuals and characters."



SOBC – Burnaby athletes Jeff Hayes and Katie Little with Marine Drive General Manager Gary Howell (middle).



Teams share a high five at the 2018 Staples / Special Olympics BC Softball Tournament.



SOBC – Kamloops athletes had a great time supporting the campaign at their local Staples store.

At Vancouver's Marine Drive Staples, General Manager Gary Howell described the campaign as "the best experience ever!" and said he couldn't wait to do it again next year.

Employees at the Marine Drive location worked to make the SOBC athletes visiting the store "feel like the rock stars that they are," said Howell.

SOBC – Vancouver athlete Mathew Schmiing visited a number of stores throughout the Lower Mainland over the course of the campaign, and was grateful to Staples employees and customers for their support of Special Olympics programs.

"It makes me feel good on behalf of athletes like myself with an intellectual disability, knowing that we are appreciated and knowing that there are people out there who are looking out for all of us," said Schmiing.

In addition to supporting the important Give a Toonie Share a Dream campaign, Staples employees from across the Lower Mainland come out in droves each year to take part in the **Staples / Special Olympics BC Softball Tournament** in July. This year the event saw 15 Special Olympics BC athletes join six teams of Staples employees for a day of friendly competition, inclusion, and sportsmanship in Burnaby.

We are so grateful to Staples Canada staff and customers for their support of Special Olympics through the Give a Toonie Share a Dream campaign and annual softball tournament. Our sincere thanks to all the athletes and volunteers across the province who gave their time and energy to make the campaign a success for Special Olympics! ○

**staples** ™  
work. learn. grow.

# Dueck Auto Group Car Shows rev up support for SOBC

Each summer, **Dueck Auto Group** hosts a series of Car Shows to benefit Special Olympics BC, and 2018 was another amazing year. The Dueck Richmond Father's Day Show in June had a record-breaking year, squeezing in over 200 vehicles onto the lot! The event drew big crowds and exceeded their expectations. In July, Dueck Downtown's Car Show had another steady year, with 68 vintage vehicles taking part. The show encouraged many generous spectators to come down and appreciate the vehicles, and helped Dueck Downtown raise the most money in their Car Show history. Wrapping up the series, Dueck on Marine hosted a Custom & Classic Car Show in August, and although weather caused a slow start to the day there were over 170 vehicles registered on the lot and spectators all around to enjoy them.



SOBC athletes had a great time supporting the Dueck Downtown Car Show in July.

The shows were tons of fun with music, great vehicles, and barbecues, but Dueck says the highlight of the shows were the amazing speeches from Special Olympics BC athletes, which brought the car owners and spectators together. They are proud to support SOBC and can't wait to do it again in 2019! ○

# JYSK Canada bringing Special Olympics support home

Homeware retailer **JYSK** has been a great partner of Special Olympics since 2004. In 2018, JYSK has supported SOBC athletes by raising \$100,000 for Special Olympics Canada through select product sales and Draft an Athlete. We are so grateful to JYSK for their ongoing commitment to Special Olympics! ○





# Friendship and fundraising highlight BC LETR events

BC RCMP Staff Sergeant Tom Norton says participating in a **Law Enforcement Torch Run for Special Olympics BC** event is an incredible experience.

"It's inspirational, there isn't anything like it. I can't describe it other than say you look around and there is chatter and all kinds of noise going on. It's excitement; it's electric!" Norton said during the Surrey leg of the Lower Mainland Torch Run.

A dedicated SOBC – Abbotsford coach, Norton says his favourite thing about BC LETR events is they raise funds that provide SOBC athletes with life-changing opportunities and ensure coaches can have the privilege of working with Special Olympics athletes.

In 2018, all across the province, law enforcement members worked hard to raise funds and awareness for SOBC through BC LETR events. Along with playing an important role in supporting SOBC programs, these inspiring events highlighted the amazing levels of camaraderie and mutual respect between LETR members and Special Olympics athletes.

The Lower Mainland Torch Run swept through 16 communities in June. More than 400 law enforcement members and 50 SOBC athletes took part, including a core team that ran in every leg of the event.

Abbotsford Police Department Chief Constable and BC LETR Executive Council member Mike Serr says he looks forward to the Abbotsford leg of the event every year.

"I just love meeting all the athletes and meeting all the coaches. It's a chance to catch up and hear about all the great events they participate in, the medals, and the achievements."



*Delta*

Part of the core team, which logged more than 55 kilometres during the four-day run, SOBC – Delta athlete Kim Davies enjoys spending time with her law enforcement friends during the Lower Mainland Torch Run.

"It's fun and I enjoy meeting a lot of people and making new friends. It's challenging sometimes but I enjoy it."

Law enforcement members ran shoulder to shoulder with SOBC – Prince George athletes and other members of the community in June's Prince George Torch Run. Lisa Alvarez, a civilian employee with Prince George RCMP, played an important role in organizing the event and also laced up for the run along with her eight-year-old son.

Alvarez says it is wonderful to see SOBC – Prince George athletes have a great time during the run. "You can see the pride and joy on their faces. It's a wonderful thing!"

Alvarez says the athletes are always very appreciative of the law enforcement members' support, and the LETR members love doing positive things in their community.

Law enforcement members and SOBC athletes came together in May for a fun weekend of fundraising on Vancouver Island. From May 4 to 6, Saanich Police Department Constable Lisa Bruschetta, Central Saanich Police Service Corporal Pat Bryant, and Oak Bay Police Department Constable Sheri Lucas camped out on scaffolding at Uptown shopping centre to raise funds and awareness for SOBC at Free the Fuzz. On May 6, Special Olympics supporters also hit the Galloping Goose Trail for the Victoria Torch Run.

"I do it because I get so much back from it," Lucas said to the Victoria News. "It's amazing. If you see an athlete that starts Special Olympics, how far they develop in the friends they have and how much they come out of their shell, you would donate all the time."

BC LETR members also showed their support for SOBC athletes at competitions. Many law enforcement members presented ribbons at SOBC Regional Qualifiers across the province in 2018.

In July, Ridge Meadows RCMP Constable Josh Brushett had the honour of representing British Columbia in the LETR Final Leg for the 2018 Special Olympics Canada Summer Games in Antigonish. BC LETR Provincial Director and retired Abbotsford Police Department Deputy Chief Constable Rick Lucy also took part in the five-day run that raised awareness for Special Olympics in 32 communities in Nova Scotia.

We are very grateful to law enforcement members across the province who support Special Olympics BC through BC LETR events! ○



*Golden*



*Prince George*



*Vancouver*



# LETR recap

Special Olympics BC would like to thank the various agencies that organized events in 2018 to raise funds and awareness.

The Delta Police Department hosted their annual 50/50 draw at a **Vancouver Giants game** in late 2017, raising more than \$4,200.

Saanich Police Department Constable Lisa Bruschetta, Central Saanich Police Service Corporal Pat Bryant, and Oak Bay Police Department Constable Sheri Lucas camped out on scaffolding to raise funds and awareness in May's **Free the Fuzz** fundraiser. The event also received support from the Victoria Police Department.

Also in May, the **Metro Vancouver Transit Police Charity Golf Tournament** was a great day on the greens that raised more than \$28,000 for Special Olympics BC.

The Abbotsford Police Department hosted their annual **Challenge Run** in June. Many community members came out to take part and support this family-oriented event for SOBC.

Mission RCMP members worked up a sweat on stationary bikes to support SOBC at their successful **Cycle for a Cause** fundraiser in October.

In November, BC LETR Provincial Director Rick Lucy was inducted into the **Richard LaMunyon Law Enforcement Torch Run for Special Olympics Hall of Fame** at the LETR International Conference in Las Vegas, Nevada. Reserved for



*Burnaby RCMP and B.C. Sheriff Services members had a great time with SOBC athletes at Boston Pizza's Station Square restaurant.*



*BC LETR Provincial Director Rick Lucy receives his award from LETR Chairman Emeritus Richard LaMunyon, LETR Chairman Scott Whyte, and Special Olympics athlete Stacey Johnston-Gleason.*



individuals who have demonstrated a sustained and significant contribution to the LETR and Special Olympics, induction into the Hall of Fame is the most prestigious honour given out in the LETR community.

Also in November, BC LETR members joined forces with Boston Pizza to serve up support for SOBC through the **Cops, Pops, and Pizza** event. Law enforcement members and Special Olympics BC athletes served customers and collected donations at Boston Pizza restaurants across the province.

Metro Vancouver Transit Police and the Vancouver and Victoria police departments held successful **overtime drives** this year, raising funds through donations of banked time to support SOBC programs.

We also thank the many agencies who held raffles, hosted barbecues, and sold T-shirts this year to raise funds for SOBC. ○



*The Metro Vancouver Transit Police Charity Golf Tournament had its most successful year yet in 2018.*

*LETR members raised funds and awareness from behind bars at Free the Fuzz in Victoria.*

## Thank you!

Special Olympics BC thanks the following individuals, foundations, and corporations for their generous donations throughout the year to assist us in supporting SOBC athletes.

### Individual and company donations

- Cherald Tutt
- Kenneth and Lesley Dunbar
- Manning Elliot LLP

### Foundations

- Andrew Mahon Foundation
- Calabrio
- Golisano Foundation
- GoodLife Kids Foundation
- Lewis Family Foundation
- Majormaki Foundation, held at the Vancouver Foundation
- Prairie Lily Fund
- RBC Foundation

### In-kind donations

- Blake, Cassels & Graydon LLP
- Brad McDougall
- Deloitte
- Dueck Auto Group
- Essilor Canada
- Henry Schein Cares
- Hyphen Communications
- Patterson Dental
- Echo Brands



# SOBC supporters make big waves at Polar Plunge events

Law enforcement champions and other fearless Plungers charged into chilly waters at two Polar Plunge for Special Olympics BC events in 2018. Staged in partnership with the Law Enforcement Torch Run for SOBC, these frigid fundraisers saw participants laugh, splash, and show off their colourful costumes as they raised funds and awareness for SOBC.

More than 200 people got bold and cold at the third annual **Vancouver Polar Plunge for SOBC presented by Westminster Savings Credit Union** on March 3. This year's fundraiser at Kitsilano Beach was the most successful yet, raising more than \$95,000.

Along with pumping up the crowd with an inspiring speech at the Vancouver Polar Plunge, SOBC – Abbotsford athlete James Clifford donned a colourful cape and joined law enforcement members, corporate teams, and other participants for the icy dip.

"Special Olympics is very important to me – it's like a second family," Clifford said before the Plunge. "I'm doing the Polar Plunge for it, so I'm looking forward to Plunging with everybody!"

Law enforcement agencies from across the Lower Mainland came out to support this frosty fundraiser at Kits Beach. For the third straight year, the Vancouver Police Department was the top law enforcement fundraising team.



*The Westminster Savings team getting bold and cold at Kits Beach.*

"It's an annual event we look forward to every year and the VPD and other police agencies in British Columbia have been supporting Special Olympics for many, many decades now, and the police are really proud to be part of that," VPD Chief Constable Adam Palmer said to CTV News Vancouver.

The following week, more than 90 people crashed into the waters off Willows Beach at the first-ever **Vancouver Island Polar Plunge for SOBC** on March 11. The event in Oak Bay



*Law enforcement members and other brave Plungers get freezin' for a reason at the Vancouver Island Polar Plunge.*

brought in more than \$20,000, far exceeding its original fundraising goal of \$5,000.

SOBC – Victoria athlete Emily Walzak said the Vancouver Island Polar Plunge was a lot of fun and she was grateful to see so many local law enforcement members out to support SOBC. Walzak gave a heartfelt speech at the event and later plunged into the Pacific alongside fellow SOBC athletes.

"It means a lot to see law enforcement out today," she said after the event. "It means that they really care about us as athletes and they want to show their support – and all the fundraising that they did was really amazing!"

Victoria Police Department Chief Constable and BC LETR Executive Council member Del Manak said it was exciting to be part of the first Polar Plunge for SOBC on Vancouver Island, and it was wonderful to see the event receive strong community support.

"I think this is a great fundraising event, and to be on the Executive Council and supporting such a special group of people and such a special cause, I find it inspiring and it's one of the best things that I get to do as a police chief," he said.

Huge thanks to all the law enforcement agencies and volunteers who helped make these Polar Plunge for SOBC events big successes.

We are grateful to Vancouver Polar Plunge Presenting Sponsor Westminster Savings; Media Sponsors City Television, JACK 96.9, OMNI Television, Sportsnet 650; and Event



*There were many colourful costumes at the Vancouver Island Polar Plunge.*



*Burnaby RCMP Chief Superintendent Deanne Burleigh, TJ Schmaltz from Westminster Savings, VPD Chief Constable Adam Palmer, and SOBC – Abbotsford athlete James Clifford judged the costume competition at the Vancouver Polar Plunge.*





*BC Lions alumni Marco Iannuzzi, in costume and in character as Gru from the Despicable Me films, leads his team of cheering Minions from Team Dueck into the icy waves.*

Sponsors Dueck Auto Group, Safeway, and Tim Hortons. Sincere thanks to Vancouver Island Polar Plunge Event Sponsors Thrifty Foods, Serious Coffee Millstream Village and Oak Bay, and The Neal Estate Team.

We can't wait to get bold and cold with Polar Plunge for SOBC events in 2019! The Vancouver Island Polar Plunge will take place on February 17 and the Vancouver Polar Plunge will be on March 2. To find out more or to register, visit [plunge4specialolympics.com](http://plunge4specialolympics.com). ○

## Signature Authentics seals their support for Special Olympics

Signature Authentics supports Special Olympics across the country and right here in British Columbia, with funds generated from sealed-bid auctions in this province going to Special Olympics BC initiatives. Signature Authentics operates in 75 locations throughout the province.

Signature Authentics started in 1993, primarily as an art publisher and distributor. With the success of the Toronto sports franchises at that time, SA created and distributed limited editions of authentically autographed Blue Jays and Maple Leafs art prints. Now, with more than 20 years in the industry and having had the privilege to work with sports icons like Wayne Gretzky, Maurice Richard, Gordie Howe, and many more, Signature Authentics has become one of the most respected names in the sports memorabilia and marketing business.

Our thanks to Signature Authentics for their support, and to all those who bid in their sealed auctions. ○



## Postmedia helps spread the word about Special Olympics

Local daily news media **The Province** and **Vancouver Sun** have been proud supporters of Special Olympics BC for more than 20 years. They've donated media space to our print advertising campaigns to create major awareness of our initiatives throughout B.C., and conveyed the exceptional stories of our athletes through their ongoing editorial support.

Postmedia and The Province have been closely involved in promoting our marquee events, including the New Car Dealers / Special Olympics BC Auction that thrives on the generosity of New Car Dealers throughout B.C., as well as the Goldcorp Invitational Golf Tournament, which brings significant support from the mining and banking sectors.

Postmedia is also an important media partner for the Sports Celebrities Festival presented by Wheaton Precious Metals, providing significant awareness for this key fundraising event, and offers us a way to publicly express gratitude to all our donors, partners, and event participants. Postmedia employees also volunteer their personal time to Special Olympics BC initiatives by providing committee support and photography services at many SOBC events.

We are very grateful to Postmedia for spreading the word about Special Olympics BC, and for their ongoing support of important events and initiatives across the province. ○



## Endowment funds create lasting support for Special Olympics

We are so grateful for support received through endowment funds, which create opportunities with Special Olympics BC in perpetuity. The **Howard G. Carter Memorial Fund**, the **John M. Sims Fund**, the **Gordon Walker Memorial Fund**, and the **Bob and Marge McNary Memorial Fund**, all provide important support for Special Olympics BC and will continue to do so for many years to come.

For more information on these funds or how

## Other ways to support SOBC

There are so many ways you can support SOBC to enrich the lives of athletes with intellectual disabilities throughout the province! Here are some ways you can help make a difference:



### Donate your Aeroplan miles

Special Olympics BC is fortunate to be part of the Aeroplan Beyond Miles donation program. Frequent-fliers can donate their Aeroplan Miles to support Special Olympics by visiting <https://beyondmiles.aeroplan.com/eng/charity/618>



### Donate a Car

You can donate your vehicle to support Special Olympics BC – there is no cost to you, and it's incredibly easy! Working on our behalf, **Donate a Car** takes care of the entire donation process from the pickup to the final sale, and works to maximize the dollar amount passed on to SOBC. To donate your vehicle, please visit [donatecar.ca](http://donatecar.ca). ○

to create an endowment fund for SOBC, please visit our website at [specialolympics.bc.ca](http://specialolympics.bc.ca) or contact Dan Howe at 604-737-3079 / [dhowe@specialolympics.bc.ca](mailto:dhowe@specialolympics.bc.ca).

To make a donation to an endowment fund:

**Online:** [specialolympics.bc.ca](http://specialolympics.bc.ca)

**By phone:** 604-737-3180 / 1-888-854-2276

**By mail:** [Name of Fund]

c/o Special Olympics BC, #210 – 3701 Hastings Street, Burnaby, BC V5C 2H6 ○

# Sobeys support helps power Special Olympics athletes

Through a national partnership with Special Olympics Canada, support from the **Sobeys Inc. Better Food Fund** is helping athletes with intellectual disabilities eat better, feel better, and do better.

In 2018, Sobeys launched Better Food Nutrition Sessions, which focus on tools and tips to make healthier food choices while bringing together employees, athletes, volunteers, families, and caregivers. Sobeys representatives delivered a Better Food Nutrition Session at the Special Olympics BC Athlete Leadership Conference held in April, which was well-attended and received by SOBC athletes.

Gary Davies, Human Resources Manager for Sobeys West, said they were excited for the opportunity to participate in this year's Athlete Leadership Conference. He said Sobeys is passionate about food and it's something they celebrate.

"Our mission is to bring better food to Canadians by helping them eat better, feel better, and do better," Davies said. "This is why we are so excited about our partnership with Special Olympics because this is exactly what we are speaking about during these presentations."

Davies said he enjoyed the opportunity and was impressed with the athlete's engagement.

"Everyone was having fun, learning, and laughing at the same time, coaches included."

Sobeys was also the co-presenting sponsor of the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia. Here, Sobeys sponsored a mussel bake on the beach for athletes, made sure athletes and volunteers were fuelled with healthy meals and snacks, and organized energetic cheer squads to keep spirits high.

From September 13 to 23, Sobeys held their first-ever national check-stand fundraising campaign in support of Special Olympics. In Sobeys stores throughout the country, including Safeway and Thrifty Foods, customers were encouraged to make a donation to Special Olympics at the checkout, helping to raise \$708,000 for Special Olympics programs across Canada.

As part of this national campaign, athletes and

volunteers were invited into Sobeys stores on September 15 for their Fall Food Fair. This event was centered on the theme "Eating like an athlete" and focused on healthy meal and snack solutions for on-the-go athletes and families.

We are so grateful to Sobeys for supporting Special Olympics and their dedication to improving the health of athletes across the country! ○



*Sobeys representatives led a Better Food Nutrition Session at the Athlete Leadership Conference held in April 2018.*



*SOBC – Victoria athletes had a great time supporting Sobeys' first check-stand fundraising campaign for Special Olympics.*



*Special Olympics Team BC 2018 swimmers getting ready to enjoy a mussel bake sponsored by Sobeys at the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia.*



## Westminster Savings helps enrich lives with SOBC

This year, support from Provincial Partner **Westminster Savings Credit Union** helped enrich lives and provide life-changing opportunities for Special Olympics BC athletes.

As part of their partnership, Westminster Savings drafted 15 Team BC 2018 athletes from the Lower Mainland to the 2018 Special Olympics Canada Summer Games, which took place in Antigonish, Nova Scotia from July 31 to August 4. Their support helped fund the athletes' travel, accommodation, and competition costs.

The credit union also served as Presenting Sponsor of the Vancouver Polar Plunge for Special Olympics BC, helping this fun and frigid event raise a record-breaking \$95,000 for SOBC programs throughout the province.

Generous support from Westminster Savings also helped SOBC athletes and coaches attend Performance Camps, providing valuable opportunities for attendees to learn from sport experts and

enhance their athletic and coaching skills.

"At Westminster Savings, we know that active living provides numerous health benefits that enrich the lives and wellbeing of individuals and our communities. We are honoured to support Special Olympics BC as they help local athletes gain confidence, skills, and friendships through sport," Westminster Savings President and CEO Gavin Toy said.

We are incredibly grateful to Westminster Savings for being a dedicated supporter of Special Olympics BC. Their energy and commitment has helped change and enrich the lives of athletes with intellectual disabilities, and we look forward to continuing our work together. ○





# Celebrity champions change the world with Special Olympics

Special Olympics is an inspiring movement of athletes, families, coaches, volunteers, sponsors, and celebrities coming together with the common goal of improving the lives of people with intellectual disabilities and inspiring everyone to open their hearts to a wider world of human talents and potential.

When high-profile supporters stand up as champions of our athletes and movement, it makes a difference. Special Olympics BC is fortunate to have many champions from the world of professional and amateur sports who give their time to support our movement and advocate for our athletes and cause.

Celebrity champions attend the Sports Celebrities Festival presented by Wheaton Precious Metals to show their support for Special Olympics; they give their time to provincial and local events to interact with our athletes and community; they lend their voices to calls for awareness of Special Olympics and respect and support for athletes. They make a difference by setting an example for a more inclusive, respectful world.

The **Vancouver Canucks** generously help SOBC with their significant full-team participation in the annual Sports Celebrities Festival in support of SOBC and the Canucks for Kids Fund. Their generosity towards Special Olympics continues year-round, as they provide ticket donations so athletes and coaches can attend games, offer assistance from their players and coaching staff for training and development events, and give SOBC access to autographed memorabilia that creates key fundraising opportunities for SOBC provincially and at the local level. They never hesitate to support Special Olympics athletes by cheering for them and raising awareness in their online channels.



*Canucks staff members generously donate their time to run functional testing sessions with SOBC athletes at their Live 2 Give Day in Burnaby.*

For the fourth straight year, SOBC athletes benefited from the Canucks Live 2 Give day, an all-staff event where Canucks employees spend

the day volunteering with Lower Mainland charities. Enthusiastic and encouraging Canucks staff members ran a functional testing session to help SOBC athletes track their fitness, strength, and progress.

The **BC Lions Football Club** is a long-standing supporter of Special Olympics and their players are great champions who attend events such as the Sports Celebrities Festival and the Vancouver Polar Plunge for SOBC. Many players and leaders have enthusiastically gotten further involved.

Quarterback **Travis Lulay** has been an incredible champion of Special Olympics throughout his football career in B.C. and during his college years at Montana State, and Lulay's teammates **Manny Arceneaux** and **Jeremiah Johnson** also generously supported Special Olympics with participation in events and awareness-raising on social media.



*BC Lions quarterback Travis Lulay getting bold and cold at the 2018 Vancouver Polar Plunge for Special Olympics BC.*

**Vancouver Whitecaps FC** generously donates unique autographed memorabilia for fundraising and gets their players and icons involved in Special Olympics events. They are quick to kindly help raise awareness in their web and social media channels and offer encouragement to SOBC athletes.

In 2018, the Whitecaps supported the Sports Celebrities Festival presented by Wheaton Precious Metals by donating the use of their inflatable soccer darts game to the ever-popular games room, and Whitecaps Ambassador Carl Valentine attended this important event.

Thanks to the Whitecaps and Major League Soccer (MLS), SOBC was also invited to be part of the 2018 MLS WORKS ESPN Special Olympics Unified Sports All-Star Soccer Match. SOBC – Prince George soccer player Katherine Giannis and coach Tarleen Tiwana were part

of the exciting experiences in Atlanta July 30 to August 2. MLS WORKS and ESPN host this program and invited 42 delegates this year representing all 22 MLS clubs.



*Vancouver Whitecaps FC Ambassador Carl Valentine at the 2018 Sports Celebrities Festival presented by Wheaton Precious Metals.*

Legendary broadcasters **Howie Meeker** and **Bernie Pascall** have long been inspiring examples of support for Special Olympics that helped establish our movement in Canada. They remain active supporters of the movement today, giving everything from their time at events and supporting SOBC on social media. This year, Bernie Pascall emceed the Hall of Fame ceremony at the 2018 SOBC Leadership Summit in Richmond, where he shared his stories and experiences with representatives from the SOBC community.



*Bernie Pascall sharing his Special Olympics experiences at the 2018 SOBC Leadership Summit.*

In addition, many stars and sports organizations elsewhere in Vancouver and in communities around B.C. generously give their time and support to SOBC Locals. We are so grateful to these champions for raising awareness and support in their communities as well.

Our sincere thanks to all of these valued celebrity champions who help empower Special Olympics athletes and lead the way with their examples of respect and dignity! ○

# SOBC inducts nine new members into Hall of Fame

Celebrating 50 years of Special Olympics seemed like the right time to honour the largest class of inductees to the **Special Olympics BC Hall of Fame**.

This year, Special Olympics BC welcomed nine new members to the Hall of Fame. These deserving individuals and organizations were inducted in a ceremony at the SOBC Leadership Summit on October 27.

The SOBC Hall of Fame recognizes significant, long-lasting contributions that individuals and groups have made to our movement. Induction into the Hall of Fame celebrates the most outstanding achievements and contributions and is one of the highest honours bestowed within the Special Olympics BC organization.

The ceremony was hosted by Canadian broadcasting legend and longtime Special Olympics advocate Bernie Pascall. A Canadian Association of Broadcasters Hall of Fame member, Pascall covered the first International Special Olympics Games in Chicago in 1968.

Pascall said it was an honour to welcome the new inductees, who have shown the true spirit of Special Olympics and gone above and beyond in their dedication and support.

## **BUILDER INDUCTEES (PROVINCIAL): Michael Campbell, Pam and Moray Keith, Rick Lucy, and Colin MacKinnon**

**Michael Campbell** is one of Canada's most respected business analysts, best known as the host of Canada's top-rated syndicated business radio show MoneyTalks and the Senior Business Analyst for BCTV News on Global. Through his hard work for SOBC, he was instrumental in securing a grant of \$1 million.

Campbell's fundraising efforts also include him being Chair of the annual Goldcorp Invitational Golf Tournament. Through his leadership and his considerable network, the tournament has gone from raising \$70,000 a year for SOBC to more than \$380,000 a year, making it one of SOBC's most important fundraisers.

Campbell was also instrumental in negotiating a \$1-million dollar sponsorship for SOBC.

Since 2005, he has used his World Outlook Financial Conference to raise funds and awareness for SOBC, and he uses his MoneyTalks radio program to increase the visibility of SOBC programs, athletes, and sponsors. As well as being a dedicated fundraiser, Campbell donates generously to SOBC.

**Pam and Moray Keith** are significant supporters and influencers within the B.C. automotive community and have helped build a strong relationship between the New Car Dealers Association and Special Olympics BC. As owners and leaders of the Dueck Auto Group, Pam and Moray show remarkable dedication to helping Special Olympics BC athletes.

Pam is currently Past Chair on the SOBC Board of Directors, having previously served as Chair.

Both are heavily involved in all of SOBC's major fundraising events, selflessly donating



*Goldcorp Invitational Chair and SOBC Director Michael Campbell is inducted into the Special Olympics BC Hall of Fame.*



*Strong SOBC supporters Pam and Moray Keith receiving their induction into the Special Olympics BC Hall of Fame.*

their time and money to the Goldcorp Invitational Golf Tournament, the Sports Celebrities Festival presented by Wheaton Precious Metals, the New Car Dealers Foundation / Special Olympics BC Auction, and the Vancouver Polar Plunge for SOBC presented by Westminster Savings Credit Union.

Pam and Moray also encourage their employees to fundraise and volunteer for SOBC.

Pam and Moray host show-and-shines at their three dealerships, donating the funds raised to Special Olympics BC Locals.

On top of all this, they provide Special Olympics BC with the use of large trucks for transporting equipment for the Goldcorp Invitational Golf Tournament, Healthy Athletes screenings, and Provincial Games.

**Rick Lucy** has been an instrumental part of the success of the Law Enforcement Torch Run for Special Olympics BC. As the recently retired Deputy Chief Constable of the Abbotsford



*2018 SOBC Hall of Fame inductee Rick Lucy at the 2015 Special Olympics World Games Final Leg in Los Angeles.*

Police Department, Lucy has a long history with the LETR. He ran in the very first LETR event in B.C., from Calgary to Vancouver, to open the 1990 Special Olympics Canada Summer Games.



Twenty-eight years later, Lucy found himself once again carrying the torch for SOBC, as he was part of the five-day LETR Final Leg that kicked off the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia.

In July 2009, he chaired the Games Organizing Committee for the Special Olympics BC Summer Games held in Abbotsford. One year later, he joined Team BC as a mission staff member for the 2010 Special Olympics Canada Summer Games in London, Ontario.

As a vital builder of the LETR in Abbotsford, Lucy has been an active leader on the BC LETR Executive Council and stepped into the role of Provincial Director in 2010, and he serves on the LETR International Executive Council as Regional Coordinator for Region XI (Canada). Lucy also sits on the SOBC Board of Directors.

In addition to his work with the LETR, Lucy volunteers as an SOBC coach and has attended National and World Games. He participated in the 2011 Special Olympics World Summer Games in Athens, Greece, as an assistant coach with Special Olympics Team Canada's soccer team. Lucy was also part of the Final Leg of the Torch Run at the 2015 Special Olympics World Summer Games, culminating in the time-honoured tradition of lighting the cauldron at the Opening Ceremony.

For the past 35 years, **Colin MacKinnon** has been a dedicated and true friend of Special Olympics BC. He is currently the longest-serving member on the SOBC Board of Directors, first joining in 1986.

During this time he has held the positions of Chair, Past Chair, Treasurer, and Vice Chair, and has played a crucial role in the development of SOBC financial policies and practices.

For two decades, he was a key organizer of the Tiger Williams Golf Classic, which was one of the most significant sources of funds for SOBC for many years. When Tiger's tournament wound up, he continued his support by volunteering on the Final Fore Golf Tournament and Goldcorp Invitational Golf Tournament committees.

In 2013, SOBC had the great pleasure of awarding MacKinnon with a Queen Elizabeth II Diamond Jubilee Medal. Created on the occasion of the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada, the medal serves to recognize significant contributions and achievements by Canadians.

MacKinnon also served on the Special Olympics Canada Board of Directors for over 12 years, taking on many roles including Chair.



*Long-standing SOBC Director Colin MacKinnon being inducted into the Special Olympics BC Hall of Fame.*

Most recently, MacKinnon was working on a task force for Special Olympics Canada. MacKinnon was part of a team planning the organization's 50th anniversary, with the goal of enhancing the Special Olympics movement nationally and provincially. With its Global Day of Inclusion and its #50moments campaign, the dedicated work of MacKinnon has helped raise the profile of Special Olympics in this global anniversary year.

## SPONSOR INDUCTEES: Pacific Coastal Airlines and Wheaton Precious Metals

**Pacific Coastal Airlines** has been a significant contributor to the success of Special Olympics BC and its athletes since it first came on board as a sponsor in 2000.

For Special Olympics BC staff, volunteers, and athletes, the cost of flying to an event or function can be a real barrier. Fortunately, Pacific Coastal Airlines helps SOBC bring athletes and communities together from across the province to share their love of sport.

A great B.C. airline, they generously provide regular schedule, charter, and cargo services to 65-plus destinations across B.C., as well as air travel for SOBC athletes, coaches, and volunteers to attend events all over the province.

Recently, Pacific Coastal Airlines has helped many athletes get to Regional Qualifiers, providing an essential opportunity for athletes to compete at these events and have the chance to represent their Region at next year's 2019 Special Olympics BC Winter Games in Greater Vernon.

Quentin Smith, President and CEO of Pacific Coastal Airlines, has supported SOBC for many years and their generosity also includes donations of auction items to our three major fundraising events, the Goldcorp Invitational Golf Tournament, the Sports Celebrities Festival presented by Wheaton Precious Metals, and the New Car Dealers Foundation / Special Olympics BC Auction.



*Pacific Coastal Airlines helping athletes get to the Alpine Skiing Regional Qualifier in March 2018.*

**Wheaton Precious Metals** has been the Presenting Sponsor of the Sports Celebrities Festival since 2006, helping this inspiring and interactive gala raise more than \$5.5 million to date for SOBC and the Canucks for Kids Fund.

In 2009, Wheaton Precious Metals increased their support by becoming a significant and ongoing sponsor of the Goldcorp Invitational Golf Tournament. The Vancouver-based company also stepped forward in 2014 as a prominent sponsor of the Special Olympics Canada Summer Games in Vancouver. The company also provides SOBC with silver coins and bars for use in auctions, raising even more funds.



*Wheaton Precious Metals CEO and SOBC Board of Directors Chair Randy Smallwood accepting their induction into the Hall of Fame.*

Wheaton Precious Metals CEO Randy Smallwood has also generously supported SOBC through his efforts as a member of the SOBC Board of Directors since 2012. In September 2016, he took on the role of Chair and was re-elected to this position in September 2017 and September 2018.

Additionally, Smallwood served as Honorary General Manager for Team BC at the 2016 Special Olympics Canada Winter Games in Corner Brook, Newfoundland. Smallwood attended team training camps before the Games and travelled to Newfoundland to cheer on athletes at their events.

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## ATHLETE INDUCTEE: **Matthew Williams**

SOBC – Langley's **Matthew Williams** is an accomplished athlete and an inspiring advocate for people with intellectual disabilities around the world.

Williams has excelled in both summer and winter sports. He competed as a member of Special Olympics Team Canada in basketball at the 2015 Special Olympics World Summer Games, finishing fourth with his team. Williams also participated in speed skating at the 2017 Special Olympics World Winter Games, where he secured a silver medal with a personal-best time in the 1,000-metre.

On the national level, Williams was a four-time medalist at the 2016 Special Olympics Canada Winter Games in Corner Brook, Newfoundland, winning gold, two silvers, and bronze in speed skating. At the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia, Williams helped propel the BC Warriors team to silver in basketball.

Williams' dedication to sport matches his commitment to the Special Olympics movement.

In December of 2010, Williams was named a member of the Board of Directors for Special Olympics International (SOI), the top governing authority for the Special Olympics movement. The move came after he was elected Chair of the Special Olympics Global Athlete Congress in June 2010. Williams was also appointed a Sargent Shriver Global Messenger that same year.

Williams continues to sit on the Board of Directors for SOI and serves as the Chair of the Global Athlete Congress.

In addition to his work with SOI, Williams continues to play an essential role in his home province of British Columbia. He currently sits on Special Olympics BC's Leadership Council, which serves as the link between the community and regional programs and the Board of Directors of Special Olympics BC. This group plays an important role in helping chart the course of SOBC sport program development, strategic plans, policies, and resources.



*SOBC – Langley athlete Matthew Williams with SOBC Sport Consultant Jacques Thibault and Special Olympics Canada Board of Directors Chair Mark Tewksbury at the Hall of Fame induction ceremony in October.*

## BUILDER INDUCTEES (LOCAL): **Lee Chic and Joanne Thom**

SOBC – South Okanagan Local Coordinator **Lee Chic** has been the driving force in her Local's success for the past 12 years. After the Local had been shut down for five years, Chic made it her mission to breathe new life into SOBC – South Okanagan.

To build the programs back up, Chic took an innovative approach. Oliver and Osoyoos are popular tourist destinations, and their populations can fluctuate between seasons, making fundraising a challenge. Chic reached out to the communities and asked if she could come every week and collect their bottles and cans for recycling, using the proceeds to benefit SOBC – South Okanagan programs. For the past dozen years, Chic has been the driving force behind this project, which nets thousands of dollars a year for the Local.

Along with playing a critical role in her Local's fundraising, she has also developed an invitational bocce tournament in the area that has become one of summer's annual "don't miss" events.

Chic said it is a great honour to be recognized for her work and is thankful for all the support she has received over the years.

**Joanne Thom** has been a dedicated Special Olympics BC – Kimberley/Cranbrook volunteer



*Longtime SOBC – South Okanagan Local Coordinator is inducted into the SOBC Hall of Fame at the Leadership Summit in October.*

for the past 25 years. During that time she has worked tirelessly for the athletes of her Local, which is one of the hubs of her Region. Thom's commitment to helping people with intellectual disabilities came to the forefront when she stepped up and took on the role of Local Coordinator.

Her dedication to her Local ensures quality programming that offers 5-pin bowling, alpine skiing, basketball, bocce, curling, golf, softball, swimming, and Club Fit, as well as Active Start/FUNDamentals for young athletes.



*Dedicated SOBC volunteer Joanne Thom receiving her induction into the SOBC Hall of Fame.*

Thom put in countless hours to resurrect one of the only SOBC alpine ski events in B.C., ensuring that athletes from around the province had a yearly competition. She also worked hard to bring a first-class golf tournament to the Local, helping raise valuable funds.

Her passion for serving her Local also extends to her commitment to volunteering for both provincial and national events. Always willing to lend a hand, Thom has represented B.C. as the parent liaison at five National Games and three World Games. ○



# SOBC Leadership Council update

Special Olympics BC's **Leadership Council** provides vital guidance for our organization and movement, and benefits significantly from the efforts of these valued volunteers.

Comprised of the Regional Coordinators representing the eight SOBC Regions and respected leaders in the SOBC sport world, the council serves as the link between community and regional programs and the Board of Directors of Special Olympics BC. This group plays an important role in helping chart the course of SOBC sport program development, strategic plans, policies, and resources.

In 2018 the council welcomed two new members: SOBC – Surrey athlete Susan Wang and SOBC – Abbotsford volunteer Roshan Gosal.

An accomplished athlete who also serves on the SOBC Board of Directors, Wang is passionate about alpine skiing and won a bronze medal at the 2017 Special Olympics World Winter Games in Austria. Also in 2017, Wang received a Spirit of Canada 150 Award in recognition of the success she has achieved through hard work and perseverance.

Wang takes over for SOBC – Richmond

athlete Vincent Li, who also served on the SOBC Board of Directors. A longtime SOBC athlete, Li has worked hard to spread awareness for Special Olympics in his community, and provided a valuable perspective on the council.

Gosal is a SOBC – Abbotsford coach who brings his perspective on youth to the council. For the past four years, he has worked to stop the hurtful use of the R-word by running a highly successful Spread the Word to End the Word campaign in Abbotsford schools. In 2016, he was recognized for his outstanding efforts with a Peace Medallion in the Young Social Change Leader category at the YMCA of Greater Vancouver's 2016 Power of Peace Awards.

Deanna Levchuk stepped down from the Leadership Council after several years of providing great insights related to risk management. She had previously volunteered on the 2014 Special Olympics Canada Summer Games Organizing Committee.

Jean Tetarenko has transitioned away from her role as Region 6 Coordinator and has joined SOBC staff as Competition & Youth Coordinator.

As of winter 2018, SOBC is working to fill the Region 6 Coordinator position.

Sincere thanks to all of the Leadership Council members who take so much time and care to help strengthen Special Olympics BC and support all athletes, coaches, and volunteers! ○

## SOBC Leadership Council

**Leadership Chair:** Patty Wheeldon

**Regional Coordinators:**

Marie-Helene Labonte (Region 1)

Sheila Paynter (Region 2)

Donna Bilous (Region 3)

Karen Theriault (Region 4)

Darren Inouye (Region 5)

(Region 6 to be determined)

Tina Giesbrecht (Region 7)

Tracy Heartt (Region 8)

**Members:**

Roshan Gosal

James Sutherland

Susan Wang

Matthew Williams

## 2018 anniversary celebrations for SOBC Locals

SOBC is so fortunate to have incredible athletes and volunteers in 55 communities around the province, and we are continually amazed by the long-standing volunteer dedication that makes programs possible all over B.C.

Each year, SOBC recognizes the Locals who are marking anniversary seasons, a testament to their inspiring ongoing dedication to helping athletes and being part of this incredible movement. We would like to share these anniversary celebrations so everyone can join in recognizing the achievements of these Locals!

In 2018, the following Locals marked anniversary years:

### Happy 35th anniversary – established in 1983

SOBC – Chilliwack

### Happy 30th anniversary – established in 1988

SOBC – Langley

SOBC – Ridge Meadows

### Happy 25th anniversary – established in 1993

SOBC – Castlegar

SOBC – Quesnel

SOBC – Salt Spring Island

Thank you to all the athletes and volunteers who make their Locals so remarkable, and who make Special Olympics BC such an inspiring, welcoming, empowering, and fun community! ○

## Raising awareness at World Outlook Financial Conference



Since 1990, the **World Outlook Financial Conference** has been bringing together top-quality financial analysts together with sophisticated Canadian investors to share world-class information and analysis. Their goals are simple: "We want to protect attendees from profound financial instability encompassing the world. And we want to make them money."

The 2018 WOFC was held on February 2 and 3 in Vancouver. We are grateful that Special Olympics BC once again had a presence at the conference, accepting donations from attendees and sharing stories of our athletes and programs.

The 2019 WOFC will be held on February 1 and 2 in Vancouver. Our thanks to conference founder Michael Campbell for the event's amazing support of Special Olympics.

Please see <http://moneytalks.net/events/world-outlook-conference-2019.html> for more information. ○

# 2019 Special Olympics BC Winter Games in Greater Vernon



## Special Olympics BC Winter Games Greater Vernon 2019



The 2019 Special Olympics BC Winter Games were awarded to Greater Vernon, and will star more than 600 athletes with intellectual disabilities from all over the province and the Yukon competing with pride in eight sports.

The 2019 Provincial Games, running from February 21 to 23, are the largest SOBC Winter Games to date, with a new sport joining the Special Olympics Canada winter-sport competition cycle. The sport of 5-pin bowling moved from summer to winter, joining alpine skiing, cross country skiing, curling, figure skating, floor hockey, snowshoeing, and speed skating. Participating athletes join more than 250 volunteer coaches and mission staff, as well as more than 1,000 volunteers working to stage this inspiring event.

Provincial Games are exciting and empowering experiences for Special Olympics athletes. For many, the Games offer their first opportunity to have the joy of travelling and being part of a team. The dedicated competitors aim for personal-best performances, and they will also be chasing the opportunity to advance to national and international levels of competition. Top performers in Greater Vernon can qualify for spots on Team BC for the 2020 Special Olympics Canada Winter Games in Thunder Bay, Ont., which will be the qualifier for the 2021 Special Olympics World Winter Games.

Greater Vernon is home to outstanding Special Olympics athletes, volunteers, and programs, as SOBC – Vernon runs 16 year-round sport, youth, and fitness programs, but this will be the first time that SOBC Provincial Games have been hosted here.

“In Special Olympics BC Games, the competitors showcase their talents and the true power and joy of sport, and they open



*Snowshoe athletes go for gold at the last Special Olympics BC Winter Games, held in Kamloops in 2015.*

hearts and minds to the abilities of individuals with intellectual disabilities, changing the way the world sees this population that is still too often forgotten or excluded. We know that Greater Vernon is home to outstanding venues and volunteers that will give our athletes the high-quality competitive experience they deserve,” said Dan Howe, President & CEO of Special Olympics BC.

For SOBC – Vernon athlete Justin Sigal, the opportunity to host the Games in his backyard is an exciting prospect.

“For me, being part of Special Olympics means inclusiveness, teamwork, friendship, travel opportunities, working hard, being committed, dedication, and having fun,” said Sigal, who medalled in cross country skiing in the 2017 Special Olympics World Winter Games and currently also participates in alpine skiing.

Local participation from the community is critical to success of the Games. Community leaders like Glenn Benischek, CEO of VantageOne, signed on to be the Games Chair, while former Vernon Jubilee Hospital Foundation’s Sue Beaudry took on the role of Fundraising Chair.

The Games also garnered the support of local graphic artist Stephanie Tambellini, who lent her talents to design the Games logo. Tambellini said the inspiration for the logo was based on the sense of place that is Greater Vernon.

“The ‘V’ shapes represent the diversity in Vernon’s people and landscape,” Tambellini said. “The shapes also convey a celebratory feeling as Greater Vernon proudly plays host to the Special Olympics BC Winter Games based on being an engaged community that values an active lifestyle. The colours chosen represent the sun, water, and land that is synonymous with the Okanagan and make it a desirable place to both visit and reside.”

Tambellini said her team of graphic designers are honoured and thrilled to design the logo for the Games.

“It’s important to our business that we support the community whenever possible and what better way than to design the logo that plays host to Special Olympics BC in winter 2019. It’ll be an exciting event for our community and we are looking forward to cheering on the athletes.”

The 2019 SOBC Games Opening Ceremony kicks off the three-day event, followed by two days of competition. A Closing Ceremony open only to Games competitors wraps up the event, followed by a volunteer recognition breakfast after all the athletes have made their way home.

Whether it’s before, during, or after the Games, athletes, family, and friends can visit [www.sobcgamesvernon.ca](http://www.sobcgamesvernon.ca) for all the latest information. ○



# Empowerment through athlete leadership

Special Olympics BC recognizes how important it is that leadership comes from within, and that is why we create the social space that allows athletes to form a strong and lasting community and feel empowered to speak out on behalf of their peers and themselves.

Through SOBC **Athlete Leadership** programs, athletes develop the skills and abilities to take leadership positions in a number of roles including public speaking, sitting on Local Committees, assisting with fundraising, and as acting peer mentors at sport programs. At the Special Olympics BC Athlete Leadership Conference in April, 59 amazing athletes came together in Richmond to share their skills, valuable perspectives, and inspiring stories.

Participants spent the weekend working on public speaking and leadership skills in the event's Athlete Speakers Bureau 1 and 2 courses, Governance workshop, and Health Heroes training. In addition, SOBC added three new courses to the two-day conference, with Peer Mentorship, Anti-Bullying, and Athlete Reporter training courses added to the agenda.

Athlete Speakers Bureau continues to be one of the most popular courses at the conference. The goal is to help train athletes to write and deliver speeches about their stories and Special Olympics experiences. Athlete Speakers Bureau 1 featured 16 enthusiastic athletes, while Athlete Speakers Bureau 2 involved 10 dedicated speakers. Most of the athletes involved in the second round of speaking training had completed ASB1 the year before and take the course to build their skills to the next level.

SOBC – Surrey's Ryan Canuel shared with his fellow athletes why he's part of Special Olympics.

"My job as a volunteer is to uplift, help, and to inspire others to play sports ... There is no way I can repay Special Olympics for all they have given me," Canuel said.

The Governance track teaches skills to help athletes be part of leadership groups and gives athletes opportunities to share their valuable perspectives on key issues facing Special Olympics. The Governance group included an enthusiastic combination of athletes who

serve on Athlete Councils and/or as Athlete Representative with their Local Committee. It also included athletes who are new to the Governance practice. All brought excellent ideas and opinions to the table for valuable conversations in the session.

Lois McNary, Vice President, Sport for SOBC, says they are very excited to be able to train such committed athlete leaders and look forward to seeing the program continue to grow and evolve in the years to come.

"There's never any shortage of enthusiasm and commitment with our athletes," says McNary. "It's inspiring to watch them

grow in confidence and know they will develop into community leaders advocating for Special Olympics."

Health Heroes training continues to be a key component of the SOBC's Athlete Leadership training, which was first introduced in 2016. The training is presented with the support of Golisano Foundation Special Olympics Healthy Communities grant funding. Part of this year's conference included a presentation by Sobeys, which focused on helping SOBC athletes eat better, feel better, and do better by providing nutrition and cooking tips through a Better Food Nutrition session. Read more about this session on page 24.

Congratulations and thanks to all the participants! We look forward to hearing more about these athletes and welcoming more leaders into the program going forward.

To learn more about Athlete Leadership programs taking place in your community, please contact Michelle Cruickshank at [mcruckshank@specialolympics.bc.ca](mailto:mcruckshank@specialolympics.bc.ca) or 250-208-5402. ○



SOBC – Surrey athlete Marc Theriault in Athlete Speakers Bureau 1.



SOBC – Williams Lake athlete Lorraine Dick in Athlete Speakers Bureau 2.

## Proud Supporters of Athlete Leadership



STRONGER COMMUNITIES TOGETHER™

# Special Olympics athletes shine at 2018 BC Winter and Summer Games

BC Games provide Special Olympics BC athletes a competitive multi-sport environment that supports the development of athletes, coaches, and officials as they move on to higher levels of competition.

At February's **Kamloops 2018 BC Winter Games**, SOBC – Victoria's Emily Walzak made the most of her Games experience.

Representing the Vancouver Island-Central Coast Zone 6 team in figure skating, Walzak said while winning a silver medal in Level 3 competition was amazing, participating in the BC Games had a much deeper impact on herself.

"It was so great to represent Vancouver Island at the BC Games and have the whole arena cheering for me," Walzak said. "It's the largest arena I've skated at, and it was amazing. I'm happy with my performance. I did the best I could. It's not always about winning. It's about doing your best and cheering on your teammates."

These integrated competitive opportunities give SOBC athletes a chance to shine in front of their peers from generic sports. SOBC figure skaters and basketball teams were part of the more than 1,200 athletes taking part in the 29th edition of the BC Winter Games.

On the hard court, a whirlwind of action over two days saw the Vancouver-Coastal Zone 5 team go undefeated to capture gold in Special Olympics division for basketball. Donny Gillanders served as Head Coach of the squad, and said he was impressed with his team. He said it didn't take long for the team to gel on and off the floor.

At July's **Cowichan 2018 BC Summer Games**, more than 3,700 participants, including 2,808 athletes, 543 coaches, and 382 officials were in the Cowichan Valley for the 31st edition of the BC Summer Games. SOBC sent 25 athletes and nine coaches to the event, taking part in athletics and swimming.

For SOBC athletes, the weekend was as much about competition as it was getting a chance to bond with athletes from all across the province. Inclusion plays an important role for SOBC athletes. In an interview with Black Press, Donovin MacCumber of Special Olympics BC – Burnaby stressed that point.

"It's just something good to make friends, meet new people – that's what I look forward

to when I come to these kinds of events," said MacCumber, who won a bronze medal in shot put.

SOBC athletics Coach Deborah Carter said inclusion is an important component of BC Games and said everyone involved, from athletes, coaches, and officials, were treated with nothing but respect. She said the SOBC team were able to use their down time to play games and gel as a team. Carter said it was a wonderful opportunity as a coach, saying "it was probably the best BC Games experience I have ever had."

In total, SOBC athletes came home with an impressive haul of 27 gold, 21 silver, and 17 bronze medals. In athletics, SOBC – Surrey track and field standout Olivia Neuman led the charge, taking home four gold and three silver medals. In the pool, Justin King of SOBC – Mission came away with six gold medals. ○



1: Vancouver Island-Central Coast Zone 6 athlete Krista Grzybowski won a bronze medal in shot put at the 2018 BC Summer Games.



2: Vancouver Island-Central Coast Zone 6 athlete Allan Hanner shows off the bronze medal he won in the shot put at the 2018 BC Summer Games in Cowichan.



3: SOBC – Victoria figure skater Emily Walzak won silver at the 2018 BC Winter Games in Kamloops.



4: Evan MacNamara of the Fraser River Zone 4 team goes in for a layup in the final game of the first day of competition at the 2018 BC Winter Games.



5: Cariboo-Northeast Zone 8 Head Coach Brian Cullinane discusses strategy with Matthew Hender at the 2018 BC Winter Games.

Kathleen Fisher photography

Kathleen Fisher photography



# Club Fit helping athletes ramp up fitness and health

Special Olympics BC **Club Fit** programs are growing around the province, providing weekly physical training to help athletes build their overall fitness and health to benefit them in their sport performance and throughout their lives!

Intended for participants ages 14 and up, Club Fit offers quality weekly physical training sessions that help SOBC athletes improve their fitness and health, supplementing and benefitting their participation in traditional sport programs. Athletes are also permitted to take part in Club Fit as the only program they are registered in, so the program benefits those athletes by helping them improve overall health and fitness, helping them access ongoing activity opportunities throughout their lives.

SOBC Sport Consultant Jacques Thibault, an internationally recognized training and speed skating expert with a Master's degree in science, is working with SOBC athletes and coaches to help empower them to be their very best. Thibault notes that Club Fit is designed to give athletes what they can't get from their sport programs, and points out the top five reasons why every Special Olympics athlete should be in Club Fit:

## 1. Better performance in all Special Olympics sports

No matter how we look at it, being stronger, more agile, having better balance, being more flexible, and being in better shape are advantages in sports. Most sports require strength, and strength is developed

much faster in Club Fit than at sport-specific practices. If you want to run faster, throw bowling balls easier, or swim faster, being stronger will help your performance.

## 2. Better health and fewer injuries

Health Canada recommends 150 minutes of exercise per week. Many Special Olympics programs train only 60 to 90 minutes per week. Adding Club Fit will give you the additional time necessary to improve your health, strength, and fitness, which will diminish injuries and sickness and improve your sport performance. A triple good thing.

## 3. Club Fit instructors are professionals

All Club Fit instructors are qualified instructors that can provide the best training for health and sport performances. They have training knowledge and can recommend adequate exercises just for you. This is a huge advantage that coaches and athletes must be part of.

## 4. Club Fit is a great place to meet new people

Special Olympics athletes love to meet people and have a great time. Club Fit is not just about working hard, it's also about working out with great people. The instructors and volunteers are amazing, and all athletes



Region 1 athletes take part in a Club Fit session in Invermere.

encourage each other during sessions.

## 5. Club Fit helps you look good and feel great

When athletes work hard, they always love the way they feel and the way they look. Losing weight, feeling strong, and being in shape is a great feeling to have.

For program leaders, SOBC offers a growing base of flexible Club Fit resources that can be combined in numerous ways to achieve a high-quality program that meets the fitness goals of all athletes.

More coaches with personal training backgrounds or exercise, strength and conditioning, or kinesiology experience are being sought to help power these quality programs and create opportunities for SOBC athletes. Please spread the word! To get involved with this rewarding opportunity, please contact SOBC's Helen Cheung by email at [hcheung@specialolympics.bc.ca](mailto:hcheung@specialolympics.bc.ca) or by phone at 604-737-3055 / 1-888-854-2276 toll-free. ○

## Knights of Columbus provide longstanding support for Special Olympics

The **Knights of Columbus** and Special Olympics have a long-standing and important relationship, dating all the way back to the founding of Special Olympics in 1968. Today they continue to be a valued international partner and a source of great support here in B.C. Members of the Knights of Columbus do a great deal to assist people with intellectual disabilities, including volunteering and running fundraising campaigns to support Special Olympics BC.

In April, the BC/Yukon Knights of Columbus invited Special Olympics BC to speak about our life-changing programs at their 107<sup>th</sup> annual State Council AGM and Convention in Richmond.



SOBC – Surrey athletes Jesse and Zack Thibeault at the Knights of Columbus State Council AGM and Convention.

SOBC – Surrey athletes Zack and Jesse Thibeault shared their experiences and the impact that Special Olympics has made on their lives. The Knights presented SOBC with cheques totalling more than \$6,000, continuing their strong support of the Special Olympics movement.

We greatly appreciate support from the Knights of Columbus, and we look forward to making a difference together for many years to come. ○



## Home Hardware helps enrich lives with Special Olympics

Special Olympics BC is grateful for the generous support of **Home Hardware**, which helps empower more than 4,800 athletes across the province and thousands more across the country to enrich their lives through sport. Home Hardware has been a National Partner of Special Olympics Canada since 2000, and their generous funding is supplemented by marketing support such as mentions in TV commercials.

Home Hardware is a National Sponsor of one of SOBC's most successful and prestigious annual fundraising events: the Sports Celebrities Festival presented by Wheaton Precious Metals benefiting SOBC and the Canucks for Kids Fund.

SOBC is extremely grateful for the year-round support of Home Hardware. ○



# SOBC athletes compete with pride at 2018 Regional Qualifiers

There's nothing like the thrill of competition to get you moving. To qualify for the 2019 Special Olympics BC Winter Games in Greater Vernon, SOBC athletes from all eight Regions laced up their skates, waxed their skis, and sharpened their skills for SOBC's 2017-18 season of winter-sport **Regional Qualifiers**.

At the 2019 Provincial Games, athletes will compete for the opportunity to advance to the 2020 Special Olympics Canada Winter Games in Thunder Bay, Ontario, which is the qualifier for the 2021 Special Olympics World Winter Games. For SOBC athletes, it all starts with the Regional Qualifiers.

It was exciting to see 5-pin bowling make its debut in the winter-sport competition cycle this season, and there were great qualifiers in alpine skiing, cross country skiing, curling, figure skating, floor hockey, snowshoeing, and speed skating. In total, more than 600 athletes who competed at Regional Qualifiers were selected to participate in the 2019 SOBC Winter Games.

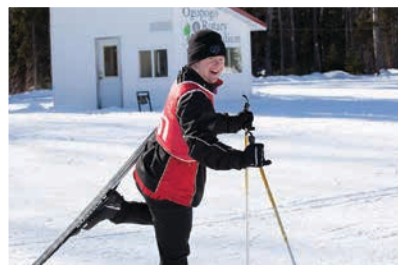
The action started with the Floor Hockey Regional Qualifier for Regions 4 and 5, hosted by SOBC – Vancouver on December 2, featuring plenty of fast-paced and hard-fought games. February and March 2018 saw the bulk of all Regional Qualifiers, spread over 15 days of competition with 20 different events and more than 1,000 athletes taking part.

Lois McNary, Vice President, Sport for SOBC, said she was excited to hear about the level of competition throughout the eight Regions, as well as the tremendous efforts by all the Locals, volunteers, and staff.

"It's no easy task putting on such a wide range of competitions for athletes in such a short period," McNary said. "But we have some



*Athletes, coaches, and volunteers enjoy the sunny skies at the Alpine Skiing Regional Qualifier at Kimberley Alpine Resort on March 4.*



*SOBC – Kelowna hosted the Cross Country Skiing Regional Qualifier in February under sunny skies.*



*The Floor Hockey Regional Qualifier for Regions 4 and 5 hosted by SOBC – Vancouver kicked off the 2018 season.*

competition was hosted by the Otway Nordic Ski Center, who helped set up the course and gave coaches, athletes, and families use of their facilities.

Another highlight from this year's Regional Qualifiers was the alpine skiing event at Kimberley Alpine Resort. Joanne Thom, Local Coordinator for SOBC – Kimberley/Cranbrook, said the all-Region event featured beautiful weather with plenty of snow, making for ideal race conditions.

In all, 57 skiers took part in the two-day event. Again, it was the people behind the scenes that made the event a success, said Thom.

"All the ski coaches did such an amazing job," Thom said. "Their help made it run seamlessly.

amazing people in our communities who go above and beyond to make sure the athletes get a chance to compete at their best. Thank you to everyone who came together during Regional Qualifiers."

Highlights included Prince George hosting its first-ever Snowshoeing Regional Qualifier in late February. The event was a great success thanks in large part to the wide range of volunteer groups who came on board. The

We also had the local Kimberly race team volunteer with set-up and timing, which is such a big help."

The Speed Skating Regional Qualifier in Richmond on March 10 and 11 also brought together some of the province's best athletes. In total, 26 skaters from across the province took part in the Regional Qualifier.

"I get really nervous with butterflies in my stomach before competitions, but when I get there I forget and just jump on the ice and skate," said SOBC – Victoria speed skater Chris Thorpe.

Thorpe said he's starting to see his hard work pay off, posting some personal best times. He also said he sees the improvements off the ice. He said being a SOBC athlete has improved his self-confidence in his everyday life.



*Members of the SOBC – Trail 5-pin bowling team take part in a Regional Qualifier on March 11.*

SOBC would like to thank all the amazing coaches, volunteers, and supporters who made this season of winter-sport Regional Qualifiers a huge success. Congratulations to all the athletes who competed with pride and achieved so much! ○



# Volunteers enjoy ‘fantastic, inspiring’ experience at SOBC Leadership Summit

More than 100 leaders from across the province came together for a weekend of inspiring speakers and networking opportunities at the **2018 Special Olympics BC Leadership Summit** in Richmond. Held on October 27 and 28, the event also provided an opportunity to celebrate the 50th anniversary of the Special Olympics movement and recognize the outstanding work of a number of amazing individuals and organizations.

The summit brought together a knowledgeable, enthusiastic group that included SOBC athletes, members of the Board of Directors, staff, and volunteers representing 46 Locals. For many attendees, the event provided an opportunity to learn from expert speakers and each other, and bring new tools and ideas back to their communities or Regions. Topics included branding, the Cultural Inclusion Project, finance, fundraising, health issues related to people with intellectual disabilities, the Performance Program, sport development, and youth programs.

SOBC – Burns Lake Local Coordinator Gloria Brown said she learned a lot from presenters and other volunteers at the summit.

“It was fantastic, inspiring – loved it!” she said.

Brown says one of her takeaways from the event is how competition plays an important role in helping athletes develop their skills and experience the joy of sport. Coming out of the summit, one of her goals was to provide athletes with more opportunities to compete, and soon after the summit her Local acted on this by scheduling a snowshoeing competition for January 2019.

“If anyone ever gets offered a chance to go to the summit they should definitely take it,” she says. “Because it’s an amazing event and it inspires you!”

Special Olympics Canada Board of Directors Chair Mark Tewksbury and SOBC – Langley athlete Matthew Williams kicked off the summit with inspiring speeches that set the tone for the weekend.

A gold-medal-winning



*SOBC – Vancouver volunteer Wilson Wong and SOBC – Smithers volunteer Gale Jones at the Leadership Summit.*



*SOBC – Penticton volunteer Mona Hazell (right) receives her Special Olympics Canada 50th Anniversary Medallion from SOBC Vice President, Sport, Lois McNary.*

Olympic swimmer, Tewksbury talked about what he has learned through his involvement in sport, including the importance of inclusion, diversity, and working together as a team. Tewksbury says Special Olympics has a lot to teach other sport organizations, and whenever he gets a chance to see Special Olympics athletes compete, he is always impressed by their dedication and sportsmanship.

“It’s that spirit of ‘We cheer for sure for the brave individual that puts it out there and come first, and we often cheer even louder for the athlete that finishes up the pack, because we all appreciate that determination and that joy of effort.’”

Williams spoke from

an athlete’s perspective, talking about the challenges he has faced and how Special Olympics has helped him thrive. When Williams was growing up he loved playing sports, but as he got older he had trouble keeping up and fitting in with his teammates. Eventually he made the very tough decision of quitting organized sports. Then, Williams got involved with Special Olympics, and it changed his life forever.

“It was the first time that I accepted who I was, and I was proud of having a disability, and I wasn’t ashamed for people to know who I was. And that really meant a lot for me, and I really still remember that moment and how valuable it was.”

The first day of the summit featured a luncheon that celebrated the 50th anniversary of Special Olympics and saw nine new inductees to the SOBC Hall of Fame: Michael Campbell, Lee Chic, Rick Lucy, Pam and Moray Keith, Colin MacKinnon, Pacific Coastal Airlines, Joanne Thom, Matthew Williams, and Wheaton Precious Metals. The luncheon was emceed by Canadian broadcasting legend and longtime Special Olympics advocate Bernie Pascall.

Later in the day, Special Olympics BC also honoured SOBC – Penticton volunteer Mona Hazell, SOBC Board of Directors Vice Chair Ted Hirst, and Pascall with Special Olympics Canada 50th Anniversary Medallions, recognizing their outstanding support of the Special Olympics movement in British Columbia.

SOBC – Kimberley/Cranbrook coach Misty Pagliaro said being in attendance for the ceremonies was a wonderful experience. For her, the most memorable moment of the summit was seeing Thom, SOBC – Kimberley/Cranbrook’s Local Coordinator, get inducted into Special Olympics BC’s Hall of Fame.

“I was so happy and elated for her! Such a special moment – and I was so happy to be able to witness it!”

Pagliaro said she learned a lot from the presentations, and she appreciated how the summit included information on the history of Special Olympics. She said the event reminded her that she is part of a bigger community and that volunteers play a critical role in the success of SOBC.

“I went away with a feeling of knowing that I am part of something worldwide, special, and big – and what I do makes a difference!” ○



*SOBC – Campbell River volunteers Jody Higgins (left) and Maureen Hunter (right) with Mark Tewksbury.*

# SOBC athletes and volunteers honoured locally and nationally

We're very pleased to congratulate and celebrate Special Olympics BC members who were recognized in 2018 with awards for their significant contributions to Special Olympics, sport, and community!

- A dedicated cross country skier and 10-pin bowler, SOBC – Nanaimo athlete **Dennis Lynch** was named the Male Masters Athlete of the Year at the 13th annual Nanaimo Sport Achievement Awards, recognizing his sport achievements and contributions to the community.

- Longtime coach and current Region 3 Coordinator **Donna Bilous** was honoured for her hard work and dedication to enriching the lives of athletes with intellectual disabilities with her induction into the Abbotsford Sports Hall of Fame, and by Sport BC who presented her with the prestigious Presidents' Award for her work in speed skating.

- A founding member of Special Olympics BC and a volunteer for more than three decades, SOBC – Kamloops volunteer **Marilyn McLean** was inducted into the Kamloops Sports Hall of Fame for her



*Healthy Athletes Clinical Director Pam Kiselbach receiving the 2018 Golisano Health Leadership Award.*



*SOBC – Terrace Local Coordinator Jo Buck with her Community Sport Hero Award from Sport BC.*



*SOBC – Kelowna volunteer Garth Vickers receiving the Sovereign's Medal for Volunteers from the Honourable Janet Austin at a ceremony in Victoria.*



*SOBC – Nanaimo athlete Dennis Lynch receiving the honour of being named Male Masters Athlete of the Year at the Nanaimo Sport Achievement Awards.*

incredible work with SOBC.

- SOBC – Langley volunteer **Sylvia Anderson** was presented with the coveted Eric Flowerdew Volunteer Award for her contributions to numerous organizations

over a period of decades, including her time with Special Olympics BC in Langley.

- Two inspiring SOBC volunteers were honoured with the 2018 Golisano Health Leadership Award for their work in health and wellness: **Pam Kiselbach** was one of the first Healthy Athletes Clinical Directors in B.C., and has since attended almost every Healthy Athletes Screening hosted around the province. **Brad McDougall** was also recognized for his work as the lead Opening Eyes Clinical Director and ensuring that athletes in B.C. get the eye care they deserve.
- SOBC – Kelowna volunteer **Garth Vickers** was awarded the Sovereign's Medal for Volunteers by the Honourable Janet Austin at a ceremony at Government House in Victoria, recognizing his dedication and commitment to volunteering in his community.
- An integral part of SOBC – Terrace, Local Coordinator **Jo Buck** was honoured for her 25-plus years of commitment and hard work with the Community Sport Hero Award, celebrating those who have dedicated themselves to amateur sport at the community level.
- A passionate and dedicated supporter of the BC LETR and SOBC for over 25 years, Metro Vancouver Transit Police Interim Chief Officer **Barry Kross** was recognized by Special Olympics Canada with the Rob Plunkett Law Enforcement Torch Run Award at a ceremony in Toronto.

Congratulations to these deserving winners, and to all of the members of the SOBC family who have been recognized in their own communities this year whom we may have missed! We love to hear about and celebrate your achievements – please forward stories to: [michaelo@specialolympics.bc.ca](mailto:michaelo@specialolympics.bc.ca) ○

## Park'N Fly Vancouver helps Special Olympics athletes hit the skies

**Park'N Fly Vancouver** has a long history of providing cost-effective and well-supported parking for Vancouver International Airport passengers, and for many years they have also given generously to help Special Olympics athletes thrive.

Park'N Fly Vancouver has supported Special Olympics BC by donating auction items for fundraising events and providing parking for staff and key volunteers when travelling for SOBC. The company also makes a point of hiring Special Olympics athletes and people with disabilities.

They offer a range of parking and transportation services and

solutions at Vancouver International Airport, including wheelchair-accessible transportation between their lots and the airport.

Park'N Fly Vancouver extends a special discount offer to members of the SOBC community, giving lower-than-web rates for business and leisure travel. Quote the number 787911 when you contact Park'N Fly to receive the SOBC discount. ○





# Coaches build skills and relationships through Performance Program camps

## SOBC's Performance Program

is a long-term plan with the goal of enhancing the skills and performance of coaches, and through them all SOBC athletes. The program is not just for elite athletes – it's for coaches who are open to new training techniques, and athletes who are committed to training. Participating coaches and athletes take the skills they learn back to their local programs to benefit all athletes, not just a few.

In October 2018, Special Olympics BC athletes and coaches from across the province came together to elevate their performance at SOBC's Figure Skating Performance Camp. The camp in Coquitlam covered a variety of topics, including on-ice drills, dryland training, and mental preparation.

SOBC – Vancouver figure skating coach Jessica Chapelski participated in the event, and says Performance Program camps play a valuable role in helping coaches develop their skills.

"It's so beneficial to coaches to be able to get together and share ideas, to be able to hear how other people are coaching and working with their athletes, and just to be inspired to work with our athletes in different ways," Chapelski says.

Fourteen athletes and 20 coaches attended the event in Coquitlam, which was the first Performance camp of the 2018-19 sport season. Highlights included sessions on technical skills, such as jumps and turns, that were run by experienced SOBC coaches and a workshop on mental preparation with mental performance consultant Sarah Kiengersky.

During the 2017-18 sport season, the Performance Program put on the Club Fit Summit in Richmond and a camp for alpine skiing, cross country skiing, and snowshoeing in Sun Peaks. Because the season included national competitions, another focus for the Performance Program was helping Special Olympics Team BC athletes and coaches prepare for competition, and SOBC hosted Team BC training camps for 5- and 10-pin bowling, athletics, basketball, bocce, golf, rhythmic gymnastics, soccer, softball, swimming, and powerlifting.



*Athletes and coaches focus on snow skills at January's Alpine and Cross Country Skiing Performance Camp for Region 1 in Invermere.*



*Coaches learn new exercise techniques at March's Club Fit Summit.*



*Athletes and coaches worked to develop their skills at October's Figure Skating Performance Camp in Coquitlam.*

Team BC bocce Head Coach David Wilkinson took part in January's bocce training camp in Kelowna. The SOBC – Kelowna coach said it gave the team an important chance to practise with indoor bocce balls and develop strategies to improve their performances.

"This camp rekindled and built on the excitement and importance of going to Nationals and representing B.C. to the best of our abilities."

SOBC coaches and athletes also worked to elevate their performance at Regional Performance Camps. These camps are hosted by SOBC Locals, and help the Performance Program reach more athletes and coaches throughout the province.

The 2017-18 sport season saw SOBC – Invermere host an alpine and cross country skiing camp for Region 1 in January and SOBC – Comox Valley hold a floor hockey camp for Region 6 in February.

SOBC – Comox Valley athletics, floor hockey, and softball coach Randy James organized and ran the floor hockey camp.

"The benefit in hosting a Regional Performance Camps is it allows the coaches from within the Region to get together, to collaborate, and to learn from one another in terms of the best practices that are going on in their home Locals," he says.

The 2018-19 sport season will see SOBC athletes and coaches take part in Performance Program camps all across the province in both summer and winter sports.

Significant support from the Government of Canada, RBC Foundation, and the ongoing generosity of SOBC's provincial partners help make the Performance Program opportunities possible.

For more information and stories, please visit [specialolympics.bc.ca/performance-program](http://specialolympics.bc.ca/performance-program) or contact Helen Cheung, Performance Program Coordinator, by email at [hcheung@specialolympics.bc.ca](mailto:hcheung@specialolympics.bc.ca) or by phone at 604-737-3055 / 1-888-854-2276 toll-free ○

SOBC Performance Program supported by

Canada



RBC Foundation®

# Champions of respect ending the R-word

On and around March 7, Special Olympics champions throughout the province and around the world spoke out in support of the 10th annual **Spread the Word to End the Word®** awareness day. Champions of inclusion and dignity for individuals with intellectual disabilities use this inspiring campaign and the international awareness day to help stop the hurtful use of the R-word and rally people to pledge respect at [r-word.org](http://r-word.org).

Since its inception a decade ago, more than 763,900 people have signed to take the pledge. While progress has been made, there's still work to be done.

At [r-word.org](http://r-word.org), thousands of people have shared their experiences of how the R-word negatively affects their lives and what they're doing to end its use. This year alone, more than 40,000 people have taken the pledge online.

In addition to the grassroots events happening year-round in schools and communities throughout the province, SOBC and our supporters share messages of respect and understanding through social media on and around the Spread the Word to End the Word awareness day, reaching thousands of followers. Many celebrities, SOBC sponsors, sport organizations, and individuals help spread the word through posts and shares.

In Abbotsford, University of the Fraser Valley student Roshan Gosal initiated the Spread the Word to End the Word campaign throughout the community for the fourth consecutive year. The campaign had the support of all 11 Abbotsford high schools, UFV, and the City of Abbotsford.

This year, Special Olympics BC – Abbotsford athletes were joined by Abbotsford City Mayor Henry Braun, UFV President Jackie Hogan, UFV President Select Joanne MacLean, SOBC – Abbotsford Local Coordinator Cindy Suffel-Marchbank, and representatives from all 11 Abbotsford high schools for a photo shoot at City Hall organized by Gosal.

"My goal was to reflect the community of Abbotsford's commitment to Special Olympics and the Spread the Word to End the Word Campaign," Gosal said.

Across Canada, supporters pledged to end the R-word and joined motionball in saying there's #NoGoodWay to use the R-word. motionball has joined the movement with their #NoGoodWay campaign and many champions across Canada took up the call in 2018.

Support for that campaign included a



Members of SOBC – Abbotsford were joined by City Mayor Henry Braun, UFV President Jackie Hogan, UFV President Select Joanne MacLean, and representatives from all 11 high schools in Abbotsford for a photo shoot at City Hall organized by SOBC volunteer Roshan Gosal.



Jaffray Secondary School students signed a pledge as part of their R-word campaign.



powerful and widely shared video driven by a simple truth: if you use the R-word, people will see you differently. The video was created by motionball board member Mike Mills and features a cameo by Youtube sensation Madison Tevlin, who has Down syndrome.

Spread the Word to End the Word is making a difference. Although use of the R-word still exists and more acts of inclusion need to be encouraged, today teens are having more connections with people with intellectual

disabilities in school and in their neighbourhoods, breaking down stereotypes and perceptions that exist for people with disabilities.

Sincere thanks to everyone helping to raise awareness and promote respect with the Spread the Word to End the Word campaign!

Learn more at [r-word.org](http://r-word.org).



# Stories from Special Olympics BC Locals

## SOBC – Comox Valley athletes lead the way at the Special Olympics Canada Bowling Championships

By **Debbie McCooey, SOBC – Comox Valley 5-pin bowling coach**

Special Olympics Team BC 2018 5-pin bowler and SOBC – Comox Valley athlete Linda Careless was given the honour of leading Team BC into the Opening Ceremony at the Special Olympics Canada Bowling Championships in Prince Edward Island in May. She worked very hard at her training, and was always prepared and did everything that was asked of her. Linda was very excited to be a part of Team BC and was a huge supporter and cheerleader for her fellow athletes. She also loved meeting athletes from other areas and finding out what their interests are and where they were from. She was very positive throughout the Games and always had a huge smile on her face.

We are proud of our whole team, which included Randy Bates and Trevor Carter from Comox Valley and Thomas Bell and Michael Cook from Castlegar. They all did very well and it was a huge honour for Linda to be the flag bearer! ○

## News from SOBC – Grand Forks

By **Erica McCluney, SOBC – Grand Forks swimming coach**

Despite this year's devastating floods in downtown Grand Forks which resulted in the permanent closure of the bowling alley, SOBC – Grand Forks athletes competed in the recent Special Olympics BC bowling tournament in Castlegar.

Even though the team has been unable to practice since last spring, SOBC – Grand Forks athletes had a stellar showing in Castlegar, finishing in first place ahead of five other teams in Region 1.



*SOBC – Grand Forks athletes Jayson Pappas, Noah Trainer, Allan Sandner, Amy Heaton, coach Andrea Yallits, and athlete Claire Yallits at the bowling tournament in Castlegar.*

Claire Yallits led the team scoring four consecutive strikes in her third game. Amy Heaton was close behind and contributed big numbers to the score card.

We are so proud of our SOBC – Grand Forks athletes for their continued hard work and dedication. ○

## Where There Is A Will, There's A Way – Team BC Ogoogogos Basketball

**Leah Briault, Head Coach – Team BC Ogoogogos, 2018 Special Olympics Canada Summer Games**

2016 was where the story of the BC Ogoogogos began. In many ways it was a groundbreaking year for Special Olympics BC basketball, for it was the year several B.C. basketball programs attended Regional Qualifiers, the March Madness tournament in North Vancouver.

Those three days in March 2016 were where 10 players from Naniamo, Vernon, Salmon Arm, Kelowna, and Kamloops became joined. Little did any of them know where this would lead. That next year nine of the 10 qualified to come together to make up the Ogoogogos team for the 2017 Special Olympics BC Summer Games in Kamloops. They practiced hard for that year leading up to the Summer Games and were undefeated and ultimately won gold in their division! The 2018 Special Olympics Canada Summer Games were the following year, and all nine were elated to make Team BC Ogoogogos, and added a 10th player from Naniamo that they had just faced at Provincials, making them a full team.

At the Team BC Training Camp, they built "a wheel" for the team, where each spoke represented a word each athlete and coach brought to make the team become one. That wheel brought them together in more than one way, as the team took those words and wrote them on their basketball so each time they practiced at home, it would remind them

of what they brought to the team even though they were miles apart.

This team spread apart by demographics had a hard hill to climb, it seemed against all odds not playing together on a regional or regular basis. However, each time they did play and practice together with the coaches they gelled, and back at their homebases, they gained the guts and grit to master the obstacles in front of them on and off the court, that ultimately lead this dynamic group to succeed given the circumstances against them.

Now this brings us to this past summer at the National Games in Antigonish, Nova Scotia, where the Ogoogogos came together again, now the full roster of 10, and they not only repeated that same feat of undefeated gold, but had the best stats of all the teams in all the divisions in the nation.



*Team BC Ogoogogos with their gold medals at the 2018 Special Olympics Canada Games in Antigonish, Nova Scotia.*

As the Head Coach of this team looking back, I am amazed and in awe of these athletes to how they grew together and became a wheel of one in sport, friendship, adversity, inclusion, and respect for this wonderful game. The gold medals they won truly reflects the light Team BC Ogoogogos had from within and I will always remember the moment the final whistle blew in their last game together. Our memories and experiences will last a lifetime. Where there is a will, there is a way and basketball in Special Olympics British Columbia will never be the same. ○

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## **SOBC – Kelowna athlete takes flight**

**By Tina Kiester**

Connor Kiester is a 20-year-old athlete who has participated in Special Olympics programs since he was 13, first in Oregon, and now in Kelowna, B.C. He has challenges in communication due to his autism. One of Connor's favourite sports is alpine skiing. The 2017/18 season was a qualifying year with a Regional Competition, and he was excited to be able to race. However, the competition was to be held in Kimberley (near Cranbrook), and the team would be flying to get there. Connor would be taking his very first flight with the team, rather than any family.



*Connor Kiester at the Alpine Skiing Regional Qualifier in Kimberley.*

To help him get ready, his family got help in creating a social story, and he got a thorough tour of the airport. When the flight date arrived, Connor was excited, but not anxious. The ski coach said he did exactly what he was supposed to do, without any issues. Connor also correctly pointed out all the landmarks on the ground while they flew over them (he loves maps). The return flight also went well, and Connor enjoyed coming back to the familiar airport where he knew right where to go. He raced well and will be competing in the 2019 Special Olympics BC Provincial Games in Vernon. Thanks to Special Olympics BC for helping Connor take his first flight! ○

## **News from SOBC – Kimberley/Cranbrook**

**By Joanne Thom, Local Coordinator**

SOBC – Kimberley/Cranbrook has achieved many highlights in the year 2018. At the Leadership Summit and 50th Anniversary of Special Olympics Celebration in Richmond, we saw Local Coordinator Joanne Thom honoured with her induction into the Special Olympics BC Hall of Fame in the Local Builder category. Way to go Joanne! The cities of Kimberley and Cranbrook have been the beneficiaries of Joanne's intense dedication to Special Olympics. We are so appreciative to have you Joanne. Thank you.

We say thank you to our many corporate sponsors, including Staples Canada and Sobeyes Canada as well as the many local businesses

that support our Local. Our sponsors make it possible for our athletes to participate in their chosen sports.

We will be sending 18 athletes and five coaches to the 2019 Special Olympics BC Winter Games in Vernon from February 21 to 23. Our athletes will compete in alpine skiing, cross country skiing, and 5-pin bowling.

A special mention to two of our athletes who went to National Games in Antigonish, Nova Scotia and did our Local proud: Kendall Salanski who competed in swimming and achieved personal bests in all her events with the support of her coach Penny Coyle, and golfer Erin Thom who has been chosen to go to the 2019 Special Olympics World Games in Abu Dhabi along with her coach Misty Pagliaro. These athletes and coaches worked very hard to attain these results.

SOBC – Kimberley/Cranbrook is very active. Summer sports include basketball, bocce, golf, softball, and swimming. Winter sports include 5-pin bowling, alpine skiing, cross country skiing, and curling. We offer Active Start and Fundamentals for youth, and Club Fit and Fit Families and Friends to offer our athletes an opportunity to experience fun and friendship. We are always looking for new athletes and volunteers! ○

## **News from SOBC – Oceanside**

**By Barbara McLeod, Program Coordinator**

On Saturday, July 14, Oceanside hosted its first ever Golf Tournament at Brigadoon Golf Course in Parksville. Golf was added to our sports program as a six-week pilot program last year and has quickly become one of our most popular offerings. We now have 15 athletes in our program supported by our two coaches, Bob and Diane Therriault along with a large number of dedicated volunteers. The athletes were excited to put their weeks of practice to the test and to play in their first competition.



*SOBC – Oceanside athletes and volunteers representing SOBC at their local market.*

Twenty-four athletes from Victoria, Nanaimo, Comox Valley, and Oceanside competed in a nine-hole individual stroke play competition. The weather was perfect and the support from our community as caddies, members of the planning team, and fans was fantastic. Chris and Ross Rivers, owners of Brigadoon Golf Course, are great supporters of Special Olympics. They went out of their way to welcome the golfers, prepare a great supper and make sure that all details were in place for the tournament. Athletes shot some impressive scores and we were able to give an enthusiastic send-off to Region 6 golfers heading to Nationals. It was a great day of golf for all; we look forward to hosting again in the future.

Oceanside is proud of its Club Fit program. Twenty athletes (half of our registered members!) participate weekly to improve their strength, agility, balance, endurance, and nutritional knowledge with the goal of helping them to be better, stronger athletes in all of their sports. To set a baseline, Oceanside Club Fit Coaches and volunteers conducted Functional Testing in October. Thanks for the support of twelve volunteers, we were able to complete baseline test for all of our athletes in one evening. Athletes are now working hard each week to reach their goals in improving in all areas of their fitness.

An important goal in our Local is to tell our Special Olympics stories to raise awareness about our programs and to recruit new athletes and volunteers to our teams. With this goal in mind, we participate in local events, send our stories to local media and have our trained athlete speakers present to various service groups in our community. We are proud to now have five athlete speakers trained and ready to speak when called upon. This year Oceanside athletes and volunteers have set up tables at Chamber of Commerce events, at Newcomers meetings, at the local Volunteer Organization event, at a Transitions Fair, and at a summer market. We participated in the Sobeyes Canada campaign this fall and have had athletes speak to Qualicum Beach and Parksville Rotary groups, Lions Clubs, the Knights of Columbus, and at our Charity Golf Tournament in June. We have plans to speak to secondary students and local day programs this fall. Athlete speakers telling their Special Olympics stories is always inspiring and hugely popular. ○

## **News from SOBC – Prince George**

**By Wilma VanHage, Public Relations Coordinator**

It was an exciting year for the SOBC – Prince George fundraising committee as it was the 25th anniversary of the annual Prince George Special Olympics Charity Golf Classic. The golf tournament is the major fundraiser for the year and has been held on the third Friday of June



for many years. This year we set a goal, in the hope of raising over one million dollars over the past 25 years. We are very fortunate in Prince George as we have great support from the local community. People and businesses are very generous of their time and donations.

The golf tournament is held at the Prince George Golf and Curling Club. There are 18 teams involved, and one of those teams is the Special Olympics golf athletes. These athletes have been playing golf for years and everyone enjoys having them take part in the golf tournament and watching them play. The athletes also enjoy being able to play in the tournament and to work on their game. It was a memorable day for one of our athletes as he got a hole-in-one on the 14th hole, which is a huge undertaking for any golfer. Needless to say that was the highlight of the day. He was the envy of many golfers, as to get a hole-in-one is the goal for any golfer!



**SOBC – Prince George athlete Danny Lafreniere holding the golf ball after his hole-in-one at the golf tournament!**

After the golf tournament there was a dinner, speeches, prizes, and an auction which was very successful as we managed to hit past that one million dollar goal! It was a great day filled with many highlights, but the best part of the day was athlete Danny's hole-in-one! ○

### News from SOBC – Quesnel

**By Rick Prosk, Program Coordinator**

This past year has been another busy one for the Quesnel local. Our registration continues to climb gradually, thanks to new athletes in the under-20 age group.

The focus early in 2018 was on Regional Qualifiers. Quesnel hosted an 11-team northern curling bonspiel. The team of Alfred Schotel, Brock Terlesky, Cory Peck, and Ahstin Gruending finished on top of the 'A' division, and was subsequently invited to join the Region 8 training squad. The bonspiel was

also successful with community collaboration, with 22 volunteers from outside of Special Olympics doing the organizing and officiating. For the other winter qualifiers, Quesnel hit the road for alpine skiing in Cranbrook, floor hockey in Abbotsford, cross country skiing in Kelowna, 5-pin bowling in 100 Mile House, and snowshoeing in Prince George. A road closure on the way to the Prince George airport led to a travel nightmare for the four athletes and two coaches heading to Cranbrook. Flying from one small BC airport into another on a weekend in March showed that there are too few travel options and tales will be told about that trip for years to come. Results from the winter qualifiers saw the bowling team of Glenda Melnychuk, Jessica Colpitts, Cheyenne Janes, and Candice Valois, snowshoe athletes Cory Melnychuk and Paulette Prosk, and 13 members of the Quesnel Fury floor hockey team all qualify for Provincial Games. This group of 23 athletes, along with 10 coaches, will make up the largest winter games team Quesnel has ever produced.

In April, in conjunction with our annual spring awards presentations, we celebrated our 25th anniversary. The impetus for its start in 1993 was the recruitment and training of athletes to compete in events for the Northern BC Winter Games, being hosted in Quesnel that year. We've come a long way since then, and it was gratifying to have former Local Coordinator Dale Hanna and her son (and former Quesnel athlete) Tom travel to Quesnel for the reunion.

What followed was a busy spring season with athletes training for national competitions. Eldon Carter, Beth Hoffman, Evan Curr, and Coach Ellen Martz competed at the 2018 Special Olympics Canada Bowing Championships in May, finishing third. Thomas McHugh competed in track, winning a bronze medal. Riley Foster and Brock Terlesky joined the Kelowna soccer team and won a silver medal in Antigonish, Nova Scotia. Three programs ran through the spring and summer. We had great participation in track this year. For the first time, we co-hosted a joint track meet with the local high school track team. Then, in June, we took our largest-ever track team of 19 athletes to the Kelowna track meet. Also, in June, one of our two soccer teams competed in the Abbotsford soccer tournament.



**SOBC – Quesnel soccer athletes.**

And, after a smoky summer spent on the links, we hosted our fifth annual golf tournament in September, with athletes from Prince George joining us.

This fall, with our largest athlete registration ever, we added a second basketball program, which more than doubled our participation. We've enhanced our Club Fit program by gaining access to the weight room at the local high school. A promised early opening at our local ski hill has gotten the alpine ski team excited. In January, we hope to host and attend several competitions to help prepare our regional team athletes for upcoming winter games.

Other highlights from the past season:

- Having our first trained athlete mentor set to support our snowshoeing program
- Now having a second athlete certified as an Athlete Speaker Level II
- Our athlete committee organizing a very successful second annual fundraiser
- Having seven athletes and two coaches attend BC Winter Games, and win a silver medal for Region 8 in basketball
- Increasing our level of community support, from generous individuals, non-profits, and local companies
- Retaining head coaches in all sport programs ○

### Everyday Champions: News from SOBC – Salmon Arm

**by Joyce Adrian Sotski, Public Relations Coordinator**

'Community' is central to the spiritual being inside each one of us. Community is what we are a part of and therefore, who we are. It defines us, shapes our identity, and unites us. By happy chance, a strong sense of community is happening here in SOBC – Salmon Arm, and we're happy to talk about it!

Helen Keller; author, political activist, and lecturer said, "The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart." This holds true of our community of sponsors, volunteers, athletes, and well-wishers. It's strong and the kinship is propelling the activity and the successes forward.

We're a young organization with dedicated volunteers and an excellent group of athletes. SOBC – Salmon Arm has offered its athletes basketball, bocce, and Club Fit for several years. In 2017, snowshoeing was added and this fall competitive bowling was included in the lineup. A FUNDamentals program is on the drawing board for 2019.

For those athletes from the Salmon Arm Local who qualified for the 2017 Special Olympics BC Summer Games, it was a huge thrill. For many of them it was the first time, ever, they travelled with a team and they thrived on the competition.

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Of these, five qualified for the 2018 Special Olympics Canada Canada Summer Games. Tessa Allwood competed with the BC Ogoopogos basketball team, who won gold for Team BC. Of the four bocce competitors; Carina Chu, Kathleen Nelson, Tristan Harms-Popham, and Nick Anchikoski; Nelson returned home with a silver medal and Chu with a bronze.



*All five competitors from Salmon Arm, the 2018 Special Olympics Team BC bocce team: Tristan Harms-Popham, Nick Anchikoski, Tessa Allwood, Carina Chu, Kathleen Nelson.*

Did any of them qualify for to compete in Abu Dhabi in 2019? No, but they were all enthusiastic about the opportunity. Allwood said, excitedly, "I am ready for it." The Games exemplify how Special Olympics opens doors and builds self-esteem and confidence in the lives of the athletes.

Special Olympics is all about the delicious combination of the power of community and the power of sport, and the benefits that are derived from it go far beyond the obvious. All athletes who participate experience joy and acceptance. It provides opportunity to cultivate friendships and become self-confident; and empowerment to overcome obstacles and achieve personal goals.

Support from sponsors is imperative and incredible. The bocce team practiced in their home gym, in the city-run SASCU Recreation Centre, and the SASCU Memorial Sports Complex through SASLAA. The Home Building Centre sponsors a weekly athlete profile in the paper that informs the public and provides visibility. Other local incentives provide athletes with many opportunities to meet the public. Financial grants come from the Friends of Special Olympics as well as local businesses.

We are all of us just everyday community-minded people and together, we are creating everyday champions! Special Olympics programs and the doors they open give these athletes the chance to gain skills in sports and in life, and improve their health while enjoying the training that could take them to local, regional, national, and international competitions. ○

## News from SOBC – Smithers

**By Alexander Walker, Volunteer Coordinator**

2018 has been an extremely exciting year for the Special Olympics BC community in Smithers. Not only did our community come together to help raise over \$15,000, but we also sent one of our youngest athletes to National Games where she made the podium in three events! Our snowshoe athletes as well as alpine ski athletes also qualified for Provincial Games, making everyone in the community very proud.

Thanks to the continued dedication of our local committee, our new and returning volunteers, and the continued enthusiasm brought forth by our athletes, SOBC – Smithers raised over \$15,000 between fundraisers, grant applications, and donations. The most successful of these was the First Annual Sports Day Fundraiser that was started by members of the Executive. This event saw community businesses sponsor their employees to compete in a fun day of track and field events. Over 20 businesses sponsored employees and quickly discovered that our Track and Field athletes are not to be taken lightly. This event was accompanied by a silent auction, raffle, barbecue, and carnival games which all contributed to its success raising just shy of \$10,000.

In July, Smithers' own Kaylee Richter proved that hard work, dedication, and an appreciation for your training team goes a long way when she came home from National Games sporting three medals! It goes without saying that we are all incredibly proud of Kaylee and the hard work she has put in to make it to this level.

This year also saw the birth of our snowshoeing program in Smithers thanks to a new volunteer. Over the course of the season the athletes trained hard and at Regional Qualifiers in Prince George four of our athletes made it to provincials because of their results. We are so happy to have a snowshoeing program in Smithers now and hope that more athletes come out to enjoy the sport.

2018 was an amazing year for Special Olympics BC in Smithers and the community is very proud of the athletes continued dedication to a healthy lifestyle! Everyone is looking forward to what 2019 brings! ○

## News from SOBC – Sunshine Coast

**By Micheal Oswald, Athlete Reporter**

2018 was an eventful year for Special Olympics BC on the Sunshine Coast. Inclusion was front and center with local and national competitions and athletes advancing in both sports and leadership.

Swimmers Genny Verge and Stephanie

Rogers, softball players Chris Walker and Amanda Boghean, golfer Gus Vaughan and two head coaches, Cathy Verge and Darren Lane competed at the National Games in Nova Scotia. After rigorous physical and mental training, these fine athletes came home with four gold and two bronze medals!

Since then, Genny Verge learned her excellent performance in Nova Scotia qualified her for the Special Olympics World Games in Abu Dhabi in 2019, and her training for this momentous event continues.

Outstanding track star Amber Maher was a competitor for the second time at the BC Summer Games which took place in Cowichan this year. She came home with seven medals.

Track athletes also participated in the April Fools Run on April 8th under the guidance of head coach Tania Finnigan. The group, dubbed "The Coast Cannons" ran the nearly 22-kilometre run relay style with a collective time of 2:24:33.

Our teams love to be involved in meets and tournaments. Usually that means travelling off



*SOBC – Sunshine Coast athletes march in their local Canada Day parade.*

Friends and family of SOBC – Sunshine Coast

coast to attend. We are not often able to act as hosts but when we do, we have a great time. Softball and curling were two sports that saw competitions here on the Sunshine Coast.

Athletes also advanced their skills in the leadership arena. Athlete coaches Michael Brooks and Derick Pye took part in a leadership conference with head coach Mike Gojevic. Athlete speakers Christel Jensen and Micheal Oswald both spoke at secondary schools on the Sunshine Coast to promote SOBC. Local Coordinator Pat Stuart accompanied athlete speakers Genny Verge and Christel Jensen to a Lions Club dinner where they spoke about Special Olympics and thanked the Lions for their donation to SOBC – Sunshine Coast at last summer's memorial picnic for Annette Bertrand.

Even off the field or court, coaches do extraordinary things. Soccer and floor hockey head coach Mike Gojevic debuted at the



National Transplant Games at UBC where he snagged a gold and two silvers in golf, 10-pin bowling, and lawn bowling. Mike was also an active participant and B.C.'s team manager during this year's tremendous event.

During the celebration of 50 years of Inclusion on July 21st, SOBC – Sunshine Coast athletes enjoyed the special doughnut at our local Tim Hortons. Athletes, coaches, family, and friends slurped java, chatted amongst each other and passed out flyers to spread the word about Special Olympics.

50th anniversary activities included executive members Pat Stuart and Katie Borowski attending the Leadership Summit in Richmond. They listened to athletes' views on Special Olympics; how to improve their health, performance and leadership skills; sports development, and anti-bullying.

As a volunteer, non-profit organization, we depend upon the graciousness of both government and local donations, so fundraising is paramount. Some groups that gave special support this year include; The 100 Women Who Care, The Gibsons Legion, Sechelt H2O Deep Running Class and Unifor Local 1119. All of these wonderful organizations demonstrated their deep appreciation for our athletes' hard work.

Jacques Thibault, sports consultant for SOBC, shared his perspective on improving athletes' skills through meetings and workshops with our coaches. One important aspect is for athletes to practice at least 20 minutes a day on their own time to strengthen their skills.

Volunteerism and inclusion are the backbone of Special Olympics. Community groups such as the Gibsons Firefighters, RCMP, and Douglas College Women's Basketball team have all participated with our athletes in several activities. We even marched in The Canada Day parade. We know that our athletes are appreciated in many different ways all year.

SOBC – Sunshine Coast honoured our own volunteers at a barbeque at Shirley Macey Park in Gibsons this past summer. There were five- and 10-year pins given out to Tina Beckman, Mike Gojevic, Daryl Lowey, Sheena McDonald, Dave Sandness, Debbie Schoenberger, Catherine Duncombe, Sheri Archer, Marylin Downey, Helene Johnston, Judy McDonald, George Proudfoot, and Marion West. Our Christmas Banquet is also a time when athletes and their coaches are recognized for their valiant efforts.

Looking forward to next year, curling athletes Bruce Stuart, Shelley McCuaig, Darlene Nelson and Wes Harrison will compete at the SOBC Winter Games in Vernon, February 21 to 23, alongside head coach and Local Coordinator Pat Stuart. 2019 holds so much promise for all of us in the world of Special Olympics. Live the dream! ○

## News from SOBC – Victoria

**By Andrea Boyes, Public Relations Coordinator**

It's been a wonderful and busy year for SOBC – Victoria! Early in the year we hosted the Curling Regional Qualifier, an invitational swim meet, a 10-pin bowling tournament, and were proud that SOBC – Victoria skaters competed at the 2018 Kamloops BC Winter Games.

In March, we were excited to have the first-ever Vancouver Island Polar Plunge at Willows Beach, where nearly 100 people got bold and cold for Special Olympics BC!

May was an exciting month, with bowlers Patrick Reid, Russell Morfitt, and Tanya Steinhausen bringing home medals from the 2018 Special Olympics Canada Bowling Championships in Prince Edward Island. SOBC – Victoria athletes also visited Staples stores to support the national Give a Toonie Share a Dream campaign, and Free the Fuzz came to town once more, with athletes and volunteers coming out to support the fun event.

Over the summer months, athletes visited Tim Hortons to make and sell the Special Olympics doughnut, watched the legislature light up in red to celebrate 50 years of Special Olympics, and embarked on their 2018 Special Olympics Canada National Games adventure to Nova Scotia, where they brought home an incredible 18 medals!

In September, we were thrilled to learn that local athlete Patrick Reid was selected to compete in 10-pin bowling at the 2019 Special Olympics World Games in Abu Dhabi. Patrick has worked hard and is excited to represent Canada at these Games.

October saw members of the SOBC – Victoria community travel to Surrey and Richmond to attend the Inclusive Health Summit and SOBC Leadership Summit. At the Inclusive Health Summit, Health Messenger Jennifer Ferrier did a speech, sharing her experiences as an athlete and the challenges she sees.

Victoria coaches and athletes also attended the SOBC Figure Skating Performance Camp held in October, and the SOBC Speed Skating Performance Camp held in November. Also in November, athletes and volunteers joined forces with LETR officers to raise funds and awareness for SOBC at the Cops, Pops, and Pizza event at two Boston Pizza locations.

It's been a great year packed full of accomplishments, successes, and memorable moments. We can't wait to see what 2019 brings! ○

## SOBC – Williams Lake snowshoe athletes are Provincials-bound

**By Sue Means, Local Coordinator**

Hard work, commitment, and perseverance paid off for two Williams Lake athletes, who will now be competing at the 2019 Special Olympics BC Winter Games in Vernon.

SOBC – Williams Lake snowshoers Ian Stafford and Austin Weber qualified for provincials after racing to great results at the Regional Qualifier in Prince George.

It's hair straight back for the athletes, training through the summer as well. Head Coach Monique Goward says they're committed to keep training and they're very dedicated and excited. They have been working on core strengthening, stretching, stamina, and of course, nutrition.

That's a real sacrifice for these guys, cutting out the junk food and pop — they're doing their part, and they've developed so fast in such a short time.



**SOBC – Williams Lake athletes Ian Stafford and Austin Weber at the Snowshoe Regional Qualifier in Prince George.**

"We're trying for Worlds!" says Goward.

In Williams Lake, 5-pin bowling is always well attended, with 25 or more athletes every Wednesday. Head Coach Lynn Parkes is planning a "beat your coach" event in the new year. Bowling is always positive and fun for all that attend.

Club Fit Advanced is held on Tuesdays, with the location determined the previous week. Here athletes do quite a bit of outdoor activities, hiking, swimming, and running. It is an intense one-and-a-half hours of cardio, stamina, and core strengthening.

Club Fit is held on Fridays at Concrete Fitness. Athletes work on healthy choices, core strength, stretching, and cardio. They will soon be orientated on some of the fitness machines and will start more strength training.

We also received a grant to host a snowshoe performance camp in March at Bull Mountain, which is a few minutes north of town. The runs are nice and groomed and we are looking forward to it.

We hope to start up a swimming and powerlifting program, and SOBC – Williams Lake continues to move forward and strives to offer a variety of sports activities to keep our athletes healthy and active.

We have amazing athletes and fantastic volunteers, parents, and care providers.

THANK YOU EVERYONE! ○

# 2018 Special Olympics BC award winners

## Athletic Achievement Award

Special Olympics BC – Victoria's **Michael Langridge** is an accomplished athlete who is dedicated to elevating his performance and achieving new personal bests. A great teammate and an inspiring leader, Langridge is the winner of SOBC's 2018 Athletic Achievement Award.

A versatile athlete, Langridge participates in alpine skiing, bocce, Club Fit, floor hockey, and soccer. Langridge takes part in alpine skiing through SOBC – Nanaimo, attending training sessions at Mount Washington Alpine Resort, which is about a three-hour drive from Victoria. A talented alpine skier, Langridge's commitment to the sport has led to some spectacular results, including winning two gold medals at the 2017 Special Olympics World Winter Games in Austria.



*Michael Langridge receives his award from SOBC – Victoria Local Coordinator Kendal Alston and Athlete Coordinator Kyle Eriksen.*

In all of his sports, Langridge works hard at practices so he can further develop his skills. He appreciates the direction he receives from his coaches and is often called upon to demonstrate drills and exercises in training sessions.

In bocce and floor hockey, Langridge serves as a mentor for other athletes, helping them build their skills and learn the sports' rules. An asset to any team he is on, Langridge impressed his coaches with his strong play and leadership skills at the 2018 Floor Hockey Regional Qualifier for Region 6 in Courtenay.

Congratulations to Michael and nominees Becki Allen (SOBC – Delta), Linda Careless (SOBC – Comox Valley), Sheryl Jakubowski (SOBC – Fort St. John), Nicholas LeBlanc (SOBC – Surrey), Dennis Lynch (SOBC – Nanaimo), and Glenda Melnychuk (SOBC – Quesnel)!

## Howard Carter Award

Special Olympics BC – Delta's **Courtney Keith** is well-known for her positive attitude. As a coach for rhythmic gymnastics, her ability to lift up her athletes and help them reach their full potential is matched by her dedication to go above and beyond when it comes to individualized training with the specific needs of each athlete in mind.

Keith works hard to help athletes succeed, and she is the deserving winner of the 2018 Howard Carter Award.

One of Keith's main strengths is her communication skills, and she takes time and care to take athletes' personalities into account when training them. Her positive attitude inspires athletes and coaches, and she always considers an athlete's overall well-being, not just the athlete's progress in a sport.

A coach with almost 10 years of experience with Special Olympics BC, Keith has helped elevate the SOBC – Delta rhythmic gymnastics program. Prior to her arrival, the Local had never sent athletes to Provincial or National Games. Through her hard work, dedication, and commitment to her athletes, Keith helped two SOBC – Delta rhythmic gymnasts break that barrier and make it all the way to the 2014 Special Olympics Canada Summer Games in Vancouver.

Keith has inspired athletes by encouraging them to set goals and try their best, and she has set up extra practices and performances to help them achieve these goals. By setting achievable goals for fitness, nutrition, training, and competition, she has encouraged athletes to move forward in all aspects of their lives.

Congratulations Courtney and nominees Nikki Apps (SOBC – Comox), Penny Coyle (SOBC – Kimberly/Cranbrook), and Wilma VanHage (SOBC – Prince George)!

## Grassroots Coach Award

Special Olympics BC – Abbotsford's **Edna Clifford** has been a pioneer with her Local, dating back almost 35 years as one of its founding members. As a parent who saw a need to bring Special Olympics to Abbotsford,



*Longtime SOBC – Delta rhythmic gymnastics coach Courtney Keith is the winner of the 2018 Howard Carter Award.*

she has worked tirelessly to improve the lives of people with intellectual disabilities through the power of sport. Clifford is the deserving recipient of SOBC's 2018 Grassroots Coach Award.

Clifford began volunteering as the Head Coach of track and field when the Local was first established, and is renowned as a longtime SOBC – Abbotsford basketball coach.

Clifford was also instrumental in establishing SOBC – Abbotsford's swimming program more than 30 years ago. She has also been involved in the Local's Club Fit program, acted as a speech coach at SOBC's annual Athlete Leadership Conference, and served on SOBC – Abbotsford's Local Committee.

Clifford's ties to volunteering with Special Olympics are reinforced by her commitment to her son James, who is an SOBC – Abbotsford athlete.

Clifford is known to all as a coach who not only emphasizes the fundamentals of a sport, but also works to promote an inclusive environment. Clifford's dedication to coaching helps athletes build skills to help them excel in their sports and everyday lives. She encourages athletes to always try their best and teaches them the value of sportsmanship and being respectful.



*Edna Clifford receives her award with son James (left) and husband Ron (right).*



Congratulations to Edna and nominees Greg Bodin (SOBC – Coquitlam), Larry Cagna (SOBC – Comox Valley), John Campbell (SOBC – Nanaimo), Michel Elshof (SOBC – Surrey), Meghan Jamieson (SOBC – Richmond), Vivian Marsh (SOBC – Fort St. John), Ellen Martz (SOBC – Quesnel), and Misty Pagliaro (SOBC – Kimberley/Cranbrook)!

### President's Award

Special Olympics BC – Chilliwack Program Coordinator **Dorothy Franson** works hard to provide athletes with the best possible opportunities. A dedicated and supportive volunteer, she has played a pivotal role in the success of her Local, and is the winner of SOBC's 2018 President's Award.



*Dorothy Franson (left) receiving her award with her daughter, SOBC – Chilliwack athlete Melinda.*

An SOBC – Chilliwack volunteer of more than 15 years, Franson is always ready to step up and support Special Olympics athletes. In addition to her current position as Program Coordinator, she has served on SOBC – Chilliwack's Local Committee as Co-Local Coordinator and Treasurer. She has also played an important role in training new Local Committee volunteers during periods of transition.

Dorothy is dedicated to providing athletes with opportunities to participate in sports. When she noticed that several athletes were interested in bocce, she took it upon herself to start up a program. She was also a driving force in setting up a Club Fit program in SOBC – Chilliwack, which has helped athletes improve their fitness levels. She is currently the Head Coach of SOBC – Chilliwack's bocce program and helps coach the Local's Club Fit program.

Dorothy seeks out new training techniques to help athletes reach their potential, and she makes sure coaches receive the training they need to be

successful. She consistently provides coaches, athletes, and Local Committee members with encouragement and support.

Congratulations Dorothy and nominees Jo Buck (SOBC – Terrace), Shannon Dempster (SOBC – Victoria), Brian Hansen (SOBC – Delta), Karen Hart (SOBC – Surrey), Sheila Hawton (SOBC – Trail), Beverly Inglis (SOBC – Elk Valley), Sally Masters (SOBC – Kimberley/Cranbrook), Lisa McPhedrian (SOBC – Richmond), Dale Redford (SOBC – Grand Forks), and Rick Stanley (SOBC – Nanaimo)!

### Spirit of Sport Award

A hardworking and conscientious athlete, Special Olympics BC – Richmond's **Matthew Lai** always tries his best and cheers on his teammates. Lai is a strong role model and the deserving winner of SOBC's 2018 Spirit of Sport Award.

Lai constantly impresses SOBC – Richmond coaches and volunteers with his love of sport and commitment to training. A Special Olympics BC athlete of more than 17 years, Lai has participated in many sports, including 5-pin bowling, athletics, Club Fit, and figure skating. In all his sports, he works hard to perform at a high level and set personal bests, but takes setbacks with a smile and is always a good sport.

A friendly and compassionate person, Lai makes an effort to ensure others feel welcome. He is always ready to support his Local, and is consistently one of the first people to offer to help out at SOBC – Richmond events.

A graceful and impressive figure skater, Lai sets a strong example for other athletes on the ice. A highly dedicated athlete, he has worked hard to develop his skills, and improvements he has made to his conditioning have led to strong results in the rink and on the track.

Congratulations to Matthew and nominees Jason Pappas (SOBC – Grand Forks), Michaela Robinson (SOBC – Surrey), Adrian Rosen (SOBC – Prince George), Kendall Salanski (SOBC – Kimberley/Cranbrook), Pauline Shaw (SOBC – Victoria), and Brad Smith (SOBC – Delta)! ○



Lisa Jamieson

*Matthew Lai receives his award alongside his family.*

# SOBC Staff Update

2018 has been a year of exciting changes for the Special Olympics BC staff!

In January, we bid farewell to Finance & Administration Manager **Josh Pasnak** after 10 years with Special Olympics BC. Josh worked hard to strengthen SOBC's finances and Locals throughout his time with the organization, and we wished him well as he embarked on a new chapter.

We welcomed **Tim Fitzgerald** to the team in January, who contributed his journalism experience and photography skills to the organization while Communications Manager **Megan Pollock** was on maternity leave in 2018. Megan will return to SOBC in early 2019.

The spring brought two new staff members to Special Olympics BC. **Sarah Russell** joined as Health & Engagement Coordinator in March, taking over from **Ashten Black** who moved on to other opportunities. Sarah brought her extensive experience with the Canucks Autism Network to the role. April saw **Sheida Hajighazi** step into the role of Finance & Administration Manager after a successful five years at KPMG, bringing a wealth of knowledge and experience to the position.

Our best wishes went with **Joanie Hayes** as she departed to pursue other interests in July, and with **Charlene Flood** in August as she moved on to a position in healthcare. In September we welcomed longtime volunteer and dedicated member of the Special Olympics BC community **Jean Tetarenko** to the role of Competition & Youth Coordinator. We also welcomed **Leanne Kelly** to the team in September as Community Development Coordinator in Region 2, taking over from **Morgan Parker** who left for new opportunities. A recent graduate of UBC – Okanagan, Leanne specialized in human kinetics and has a strong background in volunteering.

In October we were joined by **Elana Bay**, who started as the Community Development Coordinator for Regions 7 and 8. An SOBC – Smithers volunteer, Elana has experience working with children with and without disabilities in camp settings. ○

# Special Olympics BC set to take on the world in Abu Dhabi

Special Olympics BC is thrilled to congratulate the 11 athletes from across the province who have been named to **Special Olympics Team Canada**. The athletes will represent Canada at the 2019 Special Olympics World Summer Games in Abu Dhabi from March 14 to 21, 2019. The team consists of athletes from all 12 participating Special Olympics provinces and territories across the country.

Lois McNary, SOBC Vice President, Sport, said she was extremely proud of all the athletes and coaches that took part in the 2018 Special Olympics Canada Summer Games and those who were selected to go to the World Games.

"The athletes and coaches that took part in National Games in Antigonish wore the Team BC colours with honour and did a fantastic job representing their province," McNary said. "We are excited to be able to showcase athletes on the provincial, national, and world stage knowing they represent B.C. with pride. Congratulations to the athletes selected to represent Canada at the World Games in Abu Dhabi."

As well as the 11 athletes, SOBC will be sending six coaches and three members of the SO Team Canada Mission staff to Abu Dhabi.



*SOBC - Penticton's John Canning is excited to be part of Team Canada heading to the 2019 Special Olympics World Summer Games in Abu Dhabi.*

Special Olympics Team Canada athletes, coaches, and Mission staff from British Columbia are:

NAME	LOCAL
<b>10-pin Bowling</b>	
Patrick Reid	Victoria
Linda Renner	Prince George
<b>Athletics</b>	
April Armstrong	Burnaby
Malcolm Borsoi	Surrey
Sheryl Jakubowski	Fort St. John
Arianna Phillips	Nanaimo
<b>Athletics coaches</b>	
Peter De Marchi	Burnaby
Tom Norton	Abbotsford
<b>Bocce coach</b>	
David Wilkinson	Kelowna
<b>Golf</b>	
Kyle Grummett	Kelowna
Erin Thom	Kimberley/Cranbrook
<b>Golf coaches</b>	
John Matthews	Kelowna
Misty Pagliaro	Kimberley/Cranbrook
<b>Powerlifting coach</b>	
George Maclagan	Campbell River
<b>Swimming</b>	
John Canning	Surrey
Genny Verge	Sunshine Coast
Kelsey Wise	Kelowna
<b>Mission Staff</b>	
Donna Bilous	Abbotsford
Darren Inouye	Burnaby
Jean Tetarenko	Victoria

Athletes named to Special Olympics Team Canada were selected based on a number of factors, including results from the 2018 Special Olympics Canada Summer Games in Antigonish, Nova Scotia.

Genny Verge of SOBC – Sunshine Coast said being named to Team Canada means the world to her.

"To be chosen as an athlete representing Canada was a shock, an honour, a proud moment for all my accomplishments, it is a dream come true," said Verge, who will compete in swimming.

Verge said she's hoping to post her personal best times in Abu Dhabi.

"I'm going to swim my heart out."

Making Team Canada has been a long, and at times, difficult process for Verge. She said the biggest obstacle she has had to face comes from accepting losses while she competes,



falling short of the goals she set for herself.

"I have overcome these by learning what works best, accepting my losses, and training hard. These obstacles gave me the motivation to be a better athlete. My coaches have helped me overcome with their support, patience, tough love, TLC, and their advice," Verge said.

In the lead up to the Games, team members will train to compete on the world stage. The team met for the first time at two separate weekend sessions at Teen Ranch in Caledon, Ontario. The camps set the stage for the work and opportunity ahead.

Highlights of the camps provided that first opportunity for athletes and coaches to transition from their province or territory of origin to Team Canada.

Jean Tetarenko will be joining Team Canada as part of the Mission Staff. She said it's evident from the opening camps in Ontario just how seriously the athletes take being part of Team Canada.

"The pride team members showed when they truly realized they were going to represent Canada was evident throughout the two camps," Tetarenko said. "The integration of mission staff, coaches, and athletes from across the country into a cohesive team without provincial or territorial borders was clearly evident in both camps."

SOBC – Kelowna's David Wilkinson will serve as Team Canada's bocce head coach in Abu Dhabi. He said there is a special bond forming between athletes, coaches, and mission staff.

"It's another example of how Special Olympics athletes are so accepting of everyone, seeing them start to look out for each other even though they have just met," Wilkinson said. "Plus, the time we spent with other sport specific teams, building on the whole Team Canada concept rather than just our individual sports, is truly beneficial to our overall success."



Sharon Bollenbach, CEO of Special Olympics Canada, said they were proud of the Special Olympics athletes that will be representing Canada at the upcoming 2019 Special Olympics World Summer Games.

"I cannot wait to see you compete on the world stage and wear the maple leaf proudly and with honour," said Bollenbach.

Mike Greek, Chef de Mission for Special Olympics Team Canada 2019, said representing Canada at any sporting event is a huge honour and responsibility.

"We begin as individuals from all across the country, but we will quickly gel as a dynamic, hardworking, and laser-focused team. By the end of the 2019 Special Olympics World Summer Games, we will be a close-knit family!"

In addition to formally announcing the Special Olympics Team Canada 2019 athletes, Special Olympics Canada also officially welcomed Marnie McBean to the team. McBean, an Olympic rower and long-time Special Olympics supporter, will act as Honorary Coach as they compete in Abu Dhabi.



*SOBC - Sunshine Coast's Genny Verge and Team Canada Head Coach Duane Carson of Ontario pose for a photo after a training session in Caldedon, Ontario.*

"I am thrilled to be Honorary Coach for Special Olympics Team Canada 2019," said McBean. "It's a particular honour since it's the 50th year of the movement and I know how hard the athletes and coaches who have earned their positions on this team have been working."

The 2019 Special Olympics World Summer Games will take place in Abu Dhabi from March 14 to 21, 2019. It will be the largest sport and humanitarian event anywhere in the world in 2019. ○

## SOBC project helping build inclusive communities

Thanks to funding support provided by the federal and provincial government through viaSport British Columbia, Special Olympics BC is working to overcome barriers to SOBC athlete participation in diverse communities and welcome more athletes to Special Olympics programs through the **Inclusive Communities Project**.



*An SOBC Try-It Day in Surrey in May 2018.*

Working in the communities of Surrey and Richmond, the project helped SOBC identify and reduce obstacles to participation in Special Olympics programs across ethnic groups.

One of the results of this project was the development of accessible, translated brochures, and informational materials in five languages: Hindi, Punjabi, Tagalog, Simplified Chinese, and Traditional Chinese. Information on how to get involved with Special Olympics BC is now also available in these languages on our website. We are currently working on producing material in Farsi.

SOBC also hosted a number of Try-It Days for young athletes in these communities, providing an opportunity for children with intellectual disabilities from a variety of cultural backgrounds to be introduced to Special Olympics in a welcoming and supportive environment.

Special Olympics BC will be embarking on the next phase of the Inclusive Communities Project by expanding into the communities of Vancouver, Burnaby, and Prince George. However, we can assist any community in their efforts to reach out to a broader group of people.

## Pacific Coastal Airlines helps SOBC athletes reach new heights

For staff, volunteers, and athletes of Special Olympics BC, the cost of flying to an event or function could be a real barrier. Fortunately for us, we have the generous support of **Pacific Coastal Airlines**.

Throughout the year, Pacific Coastal Airlines provides air travel for our athletes, coaches, and volunteers to attend events all over the province, including Performance Program camps and Athlete Leadership conferences.

Quentin Smith, President and CEO of Pacific Coastal Airlines, has supported SOBC for many years. He has attended our fundraising events in person and provided significant support by donating highly valued travel packages as auction items.

SOBC is honoured, proud, and grateful to be supported by Smith and Pacific Coastal Airlines. This year, we were thrilled to induct Pacific Coastal Airlines into the Special Olympics BC Hall of Fame in recognition of their contributions to our organization and helping us bring our community together.

Pacific Coastal Airlines was founded almost 30 years ago and provides regular schedule, charter, and cargo services to 65-plus destinations in B.C. Make sure to check out their schedule if you're flying to a community they serve. ○

*Pacific Coastal*  
AIRLINES

We are looking for individuals who are fluent in a second language and who would be willing to help with media efforts, reach out or speak to new families, or to assist with the development or review of translated materials. If you would like to help with this initiative, whether in one of the identified communities or another, please email Scott Howe at [scott-howe@hotmail.com](mailto:scott-howe@hotmail.com).

We are grateful to the provincial and federal governments and viaSport for supporting this important project and helping SOBC create inclusive communities across the province. ○

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# Young athletes build confidence and have a blast in SOBC youth programs

Five-year-old Veda Graw feels happy and proud when she walks into a Special Olympics BC – Nanaimo Active Start session.

“She absolutely loves it!” her mother Amanda Davis says. “Whenever we tell her it’s Special O day she gets so excited!”

Veda is participating in her third season of the Active Start program. Davis said developing motor skills has been a challenge for Veda, and the instruction and support she has received in the sessions has been very valuable to her.

In her first session, Veda and the other athletes got to kick balls into a net with help from the program leaders. Veda was delighted that she was able to accomplish this, and Davis says activities like this have helped Veda build her physical skills and learn what she is capable of.

“That’s when I felt really grateful and happy that we found Special Olympics and were able to provide this opportunity for her and open up a world that caters to people of different abilities,” Davis said.

The number of SOBC youth programs continues to grow across the province and current programs are going strong. There are now 117 **Active Start**, **FUNDamentals**, and **Sport Start** programs running in communities around B.C., providing children with intellectual disabilities ages two to 18 with opportunities to develop motor, sport, and social skills in a fun and supportive environment.

Active Start is for athletes between the ages of two and six. Each SOBC – Nanaimo Active Start session focuses on a basic movement skill, such as passing or kicking a ball. During the session, Veda and the other athletes take part

in fun activities and games that help them practise the skill. Each class ends with the athletes, program leaders, and caregivers playing with a parachute – something the kids absolutely love.

Veda enjoys running around and being active in the large gym where the sessions take place. She also loves the support she receives from the fun and friendly program leaders.

Davis and her family appreciate how the Active Start program is a safe, welcoming place where Veda is treated with respect.

“Everyone looks at her as a friend and as an athlete, as an equal and a regular kid.”

Keiko Kojima Steeves is a program leader with SOBC – Surrey’s **FUNDamentals** program, which is for athletes between the ages of seven and 11. A continuation of the Active Start program, **FUNDamentals** transitions from focusing on basic movement skills to basic sports skills. Kojima Steeves says the program breaks skills into small pieces to make them easier to learn. As an example, athletes worked on kicking soccer balls without using their hands for balance, and that developed into the athletes taking turns shooting the ball at a target.

Kojima Steeves says along with being a lot of fun, the sessions are a great opportunity for young athletes to build confidence and self-esteem in an inclusive environment.

“Every week we give them a set of goals and they learn social skills and how to get along with each other. They also learn to trust each other and build relationships.”

To build awareness of and participation in our youth programs and ongoing Special Olympics programs, SOBC now actively looks to work with school districts to help educate teachers, support staff, families, and the students themselves as to what we have



Veda Graw loves SOBC – Nanaimo’s fun and inclusive Active Start sessions.



Young athletes build their basketball skills in SOBC – Surrey’s **FUNDamentals** program.

to offer. In order to ensure that students with intellectual disabilities are aware of all the sporting opportunities available to them through Special Olympics in their local community, we host “try-it days.” In addition, we are building school sport programs and competitions that put Special Olympics opportunities right in schools.

For the past two years, the **Special Olympics BC Vancouver Island 3-on-3 Basketball Tournament** has provided students who previously found themselves on the sidelines with an opportunity to be active, develop confidence, and experience the joy of sport.

This exciting SOBC school sport competition also gives students with intellectual disabilities a chance to revel in the student-athlete experience. The pride of putting on their school’s jersey can be a powerful experience for students, and knowing they belong and are accepted by their peers can help them as they transition out of school.

Youth programs supported by





The inaugural tournament in 2017 featured five teams from Comox's G.P. Vanier and Mark R. Isfeld Secondary Schools as well as Nanaimo's Dover Bay and Wellington Secondary Schools. By 2018 the demand had grown to include a pair of schools from the Alberni School District and Ballenas Secondary School, pushing the number of teams to eight.

Jessica Kerr was the coach of one of the tournament's newest entries, the Ballenas Whalers. She can understand why the tournament continues to grow.

"It was an awesome experience for students to get the opportunity to practise as a team, represent our school, and wear our school's athletics attire," Kerr said. "Students loved getting team hoodies that they could keep after the season was over, but there's always so much pride in being able to represent your school."

It was a sentiment shared by Grade 12 athlete Quin Clothier. The Ballenas student said he was excited to be able to tell his fellow students he played school sports. Putting on the school jersey and playing in front of a packed house allowed Clothier the opportunity to feel like he belonged.



*The SOBC - Vancouver Island 3-on-3 Basketball Tournament has grown to include eight teams and is looking to expand to Kamloops in 2019.*

"I felt like I was finally doing something for my school," Clothier said. "I was so determined to play my best game that I just blocked the crowd out."

Clothier said any student with an intellectual disability should consider signing up and giving it a shot.

"Even if they don't win a single game, they would have still tried and had lots of fun," he said.

Sincere thanks to Tim Hortons, the Government of Canada, the Government of British Columbia, the Samuel Family Foundation, The Slight Family Foundation, the GoodLife Kids Foundation, and The Hamber Foundation for supporting SOBC's youth programs and opportunities throughout B.C. ○

## Functional testing helps Club Fit facilitators improve athlete fitness

Special Olympics BC – Kimberley/Cranbrook facilitator Shelley Joubert says doing **functional testing** as part of her Local's Club Fit program has helped athletes build their fitness and self-esteem.

"You see athletes push themselves more," she says. "They have their teammates and coaches cheer them on, and it pushes them to succeed."

Functional testing involves exercises that measure fitness and foundational movements. These sessions are used to test an athlete's fitness level, and to motivate and guide his or her training. Functional testing is important as it provides feedback to coaches regarding the program's effectiveness and shows the personal progress of each athlete.

SOBC is encouraging Locals to do functional testing at least twice a year as part of their Club Fit programs. Joubert says this helps Club Fit facilitators tailor their programs to make them more effective at helping athletes reach their fitness goals.

Joubert says SOBC – Kimberley/Cranbrook Club Fit facilitators go over functional testing results with athletes individually. If an athlete has an area that could use improvement, the facilitators provide the athlete with corrective exercises that will help.

Also, facilitators will address common issues in the warm-up part of the Club Fit sessions. As an example, if athletes are having trouble with jumping, they might play a game where athletes have to jump with two feet into hula hoops.



*SOBC athletes take part in a functional testing session in Richmond.*

Joubert says athletes love the functional testing sessions. They take it as a challenge and enjoy building on their successes. It has also helped them develop their levels of fitness, which has led to them getting more enjoyment out of exercising and participating in their sports.

"It's such a positive self-esteem builder," she says.

To learn more about functional testing sessions, or if you are a coach who is interested in accessing functional testing results or running a functional testing session for your athletes, please contact Helen Cheung, Performance Program Coordinator, by email at [hcheung@specialolympics.bc.ca](mailto:hcheung@specialolympics.bc.ca) or by phone at 604-737-3055 / 1-888-854-2276 toll-free. ○

## Kia Canada support helps drive Special Olympics athletes to success

As the official vehicle partner of Special Olympics Canada, **Kia Canada** featured SOC in many of their TV advertisements and on their social media channels. Kia Canada was also the Vehicle Partner for the 2018 Special Olympics Canada Summer Games, and held a "Special Summer Celebration" sales event during the months of July and August. During this event, a portion of the proceeds from each vehicle sold went to support Special Olympics programs throughout the country, raising \$165,820 for Special Olympics athletes nationwide.

Kia Canada also generously provides vehicle support to Special Olympics BC, including a branded vehicle for SOBC's use. In 2018, Kia also donated car rentals across the province to help staff and members of the SOBC community travel to competitions and events.

"Thank you to Kia Canada and all of your dealers across Canada for your outstanding commitment to Special Olympics Canada," said Sharon Bollenbach, CEO, Special Olympics Canada. "Kia Canada has gone above and beyond to show its commitment to Special Olympics as we celebrate our 50<sup>th</sup> anniversary." ○



# Signature Events

These events have helped to make a significant difference to Special Olympics BC, raising more than \$150,000 in 2018 to support our life-changing sport and competition programs. We are so grateful to these important events and their partners!

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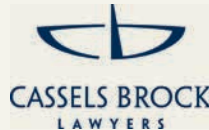
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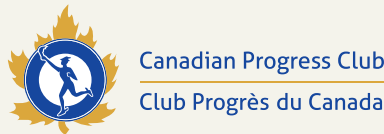
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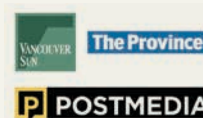
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# Provincial Partners

Without the support of these companies, as well as a host of others, we would not be able to provide the quality sport programs we do. Please support those who support us!

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