



**PROMOTION PLUS**  
GIRLS AND WOMEN IN  
SPORT AND PHYSICAL ACTIVITY

# Network News

Volume 21 Number 1 ■ Spring/Summer 2010

## What a difference 20 years makes!

November, 1990, ProMOTION Plus was born. Twenty years ago!

by Jan Mansfield

How appropriate that the 20th anniversary is the same year that Canadian women achieved phenomenal success at the 2010 Olympic and Paralympic Winter Games, right in ProMOTION Plus' backyard!

Forty-one Canadian women won six gold, six silver, and three bronze medals. Of the seven female coaches on Canada's Olympic coaching staff, six contributed to a medal-winning performance. What a difference from 22 years previously when Canadian women won four medals in total at the Calgary Games. This year's female Paralympians were equally stellar. Two female coaches guided six female athletes to win seven gold, four silver, and four bronze medals.

On the other hand, this was also the year that a bid to give women an equal opportunity to compete on the world stage, in ski jumping, failed — at least for now. Despite the support of ProMOTION Plus and many other women and organizations, women did not win the right to compete in the sport in the 2010 Olympic Games. So, what difference has 20 years made? It has produced a new awareness about inequities, and has bred a new generation of women who will go to great lengths, even to the Supreme Court of Canada, to try to right those inequities.

These women are following in the footsteps of some remarkable women who were recognized on International Women's Day on March 8. *Remarkable Women:*

*Honouring Women From Our Vancouver Communities*, was an event to honour local women athletes from the Remarkable Women poster series. One of those was Barbara Howard who became the first black athlete to represent Canada when she competed in track at the 1938 British Empire Games at the age of 17. ProMOTION Plus Chair Debbie Pyne spoke to her at the event.



"I was amazed to learn that she was unaware of being the first black athlete to represent Canada in international competition," says Debbie. "She told me she was astonished to learn of this fact many years later!"

"In my eyes she was remarkable, even 72 years later. I marveled at her, a woman who loved track and overcame many obstacles to compete on the international stage and for her country. Black, female and one heck of an athlete!"

ProMOTION Plus also used the opportunity of International Women's Day to make its first presentation in a year of

celebrations that will recognize girls and women in sport in BC. Simone Longpre, Past Chair of ProMOTION Plus and a member of the 20th anniversary committee and AJ Murray presented *20 Years of Making a Difference*, a Powerpoint presentation about the history of ProMOTION Plus. They also attended the *Gender, Sport, and Nation* event at the University of British Columbia. It was an event sponsored by UBC's Women's and Gender Studies Undergraduate Program, the Centre for Women's and Gender Studies, Access & Diversity, and Critical Studies in Sexuality, with guest speakers Dr. Patricia Vertinsky and Dr. Margot Young. ProMOTION Plus was well represented at the event by Debbie, Simone and AJ as well as Jennifer Fenton and Bryna Kopelow.

Throughout 2010 ProMOTION Plus will be celebrating its 20th Anniversary at events around the province, culminating in a special gala celebration in October. Check the website frequently for updates. We encourage all of you, whether you have been with the organization for many years, or are just discovering it now, to attend these functions and help us launch its next 20 years.

Happy 20th Anniversary,  
ProMOTION Plus!



## This Issue

Volume 21, Number 1.  
Spring/Summer 2010

### Our Vision

All girls and women in the province of British Columbia will participate in and have access to a complete range of opportunities, choices and resources for positive experiences in physical activity and competitive and recreational sport and have equity as participants and leaders.

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## Message From the Chair

### GETTING STRONGER THROUGH CHANGE

2010 is shaping up to be a monumental year for us in British Columbia! The Olympic and Paralympic Winter Games have come and gone, and now almost seem like a dream. ProMOTION Plus turns 20 years old, and we are proud as we reflect on its history and celebrate its achievements. The provincial sport system seems to be in flux, and with the creation of a new sport agency, this has all the makings of being remembered as a year of change for sport in BC.

I know this is a year I will never forget, especially as I transition to "Past Chair" of this organization. Events over the past five months have inspired me to try to gaze into a crystal ball, and to contemplate what changes are coming that may necessitate the reinvention of our organization.

French philosopher Henri Bergman once said, "To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly." I'm sure he wasn't referring to organizational change, but we can heed his words, because change is necessary for both individuals and organizations to evolve. What better time than, at the age of 20, as ProMOTION Plus moves from adolescence to adulthood, to grasp the opportunity to build on the past while accepting (and even instigating) changes to create an even stronger and more vibrant organization!

As I end my term as Chair, I do have some questions of myself. Did I do enough, did WE do enough, to ensure that more girls and women have increased opportunities to participate in sport and physical activity? Have we provided more choices?

Have we proven to government that we are worthy of their continued support and funding? I, along with our current Board of Directors, believe the answers lie in the hands of every person who believes in the value of providing more opportunities for girls and women. We must solicit and welcome those who can help take us to a brighter future.

For the past two years I have had a card (from 2010 Legacies Now) pinned to the front of my refrigerator. It contains a passage that begins with the words, "A legacy is a shadow that stretches forward . . ." It ends with, "For everyone. Forever". The words strike a chord in me because they make me think about the people I work with day in and day out, those who give endlessly and selflessly "for the love of sport", colleagues and volunteers who have made a difference over the last 20 years with ProMOTION Plus, and who continue to carry our vision forward, devoting hours to making it work, even with limited resources.

My heartfelt thanks goes to our Board, the Executive, the Victoria Chapter, the staff and the many partners who support the important work of ProMOTION Plus. I look forward to serving in my role as past chair for the next several years. And I look forward to seeing many of you at the Annual General Meeting on June 16.

Warmest regards,  
Deborah Pyne  
Chair of ProMOTION Plus

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# Focus on Women in BC

## 20th Anniversary Success Stories

*As part of our year-long 20th anniversary celebrations we are dedicating the Focus on Women in BC series to prominent women in sport and physical activity in BC who have made a positive contribution to the work of ProMOTION Plus over the years.*

**CINDY CRAPPER** has been a long-time supporter of ProMOTION Plus and has been a facilitator for the Women and Leadership workshop series since it began five years ago. As an athlete she achieved international success as a track and field thrower. She earned many awards, set national records, and won the 1984 Canadian Olympic Trials. A coach and mentor, she developed strength and conditioning programs for provincial and national team members including athletes with disabilities. In her current role as Vancouver Park Board Access Services Recreation Coordinator, Cindy collaborates with the community to make recreation accessible, inclusive, and affordable. Bryna Kopelow spoke with her recently.

**BK:** *How did you first become involved in sport and physical activity?*

**CC:** At five-years-old I started becoming very active outside of home. I took dance classes, learning highland, tap and modern. At the same time I started swimming and I was a bit of fish in the water and swam a lot. When I was about 11 or 12 I decided to stop swimming because it was taking up so much of my time that I was not able to participate in sports at my school. I went on to play basketball, softball, volleyball and track and field.

**BK:** *How did physical activity make a difference in your life?*

**CC:** I know it will be hard for some people to believe but I was quite a shy girl early on in life! Dance and sports changed all that for me. It really brought me out of my shell. Sports helped me to build self esteem, become a team player, to work through disappointments and develop



*Cindy Crapper*

strong self confidence. I think the biggest thing sport really helped me to work through was nervous energy, fear, and challenging situations. I learned to perform when I needed to in difficult times.

**BK:** *What are some of the highlights or a defining moments you experienced with sport?*

**CC:** There are quite a few. I thought I hit the big time when I got sponsored by Adidas. I would recite, "All Day I Dream About Sports" (acronym for Adidas). I won the Canadian Championships in all three throwing events a few times. I was on the front page of the sports page in the newspaper for the first time, and was on television and radio. I got a full ride scholarship and became an All American, SEC champion, and Olympic Trials Champion. All that time, I was either training to prevent injury or to recover from injury. The biggest recovery I had to make was when I was hit with a Javelin ten days before the Junior Pan Am Games, 1/8 of an inch from my Achilles. Even though my ankle was like a balloon I still competed and won a silver medal. There was nothing that was going to stand in my way to compete and I believe this is a reflection of will, determination, strength and heart. I tried to be the best I could be at all times and that was hard at times to balance time for sport and time away.

**BK:** *Has there been a special person or role model who has supported or inspired you?*

**CC:** I come from a hockey and athletic family. At the local arena my mom ran the concession stand, my dad was a time keeper, my brother Kim was a referee, my brother Jamie played hockey and my oldest brother Robin watched me play or studied. My mom and dad supported me no matter what sport I was doing. I admired my older brother Jamie. Through most of his hockey career he had an A or C on his jersey. He was drafted by Philadelphia and later played in Europe, founding developmental hockey for the Bracknell Bees in England. He was a leader on the ice and I admired him as an athlete.

My high school basketball coach, John Yakopitch, was incredibly motivating and his winning attitude was infectious. Steve Chamko, a PE teacher and wrestling coach, and Sylvia Mousseau, my grade nine science teacher, both inspired, supported and encouraged me to do well throughout High School, and continue to do so. Pat Etcheberry, my university coach at Kentucky, Bill Heikkila from Ottawa and Glen DiGeorgio from Nanaimo, my National Coaches — all guided me. Emmy McBride, head track coach of the Knights of Columbus Track team, guided my parents and myself to make sure I was competing where I should.

**BK:** *Is there anything you would change about your experience?*

**CC:** I would have played a bit more golf. It would have made my golf game better today!

**BK:** *What recommendations would you make if you were in charge of creating a new Canadian sport and recreation policy for the participation of women and girls?*

*(continued on page 8)*

# Female Apprentice Coaches at BC Winter Games

Apprentice female coaches enrolled in the 2010 Coaching Mentor/ Apprenticeship Program had the opportunity to participate in the 2010 BC Winter Games in Terrace in March, the culmination of months of preparation under the guidance of their mentors.

The program run by ProMOTION Plus and the BC Games Society matches experienced coaches (male or female) with female apprentices who are interested in pursuing a career in coaching.

“It was a really fantastic experience to see experienced coaches support the new coaches,” said consultant Brenda Adams, who helped facilitate the program at the Games in Terrace. Some of the coaches observed their mentors in action, while others actually got to do some of the coaching. “It was great to be a part of seeing this wealth of information being passed along,” said Brenda.

Apprentices join the program to learn more about the technical aspects of

2010 BC Winter Games Female Apprentice Coaches	
Linda Price (ARCHERY)	
Mira Pavlica (ARCHERY)	
Amanda Leonard (SPEED SKATING)	
Brenda Keutzer (SPEED SKATING)	MENTOR: Carol Dennison
Allison Browne (WOMEN'S ARTISTIC GYMNASTICS)	MENTOR: Garry Ricks
Jennifer Watts (WOMEN'S ARTISTIC GYMNASTICS)	MENTOR: Jennifer Dober
Adrienne Davidson (ALPINE SKIING)	MENTOR: Tim Harder
Lana Brown (RINGETTE)	MENTOR: Pauline Collins

coaching their chosen sport. However, following the Games, many commented that they came to learn about the importance of the social aspect of coaching. Just knowing that there was someone available to answer their

questions was a huge asset. Although the program for the Winter Games' apprentices finished in Terrace, many indicated that they will stay in touch with their mentors.

Brenda said that several mentors indicated on the evaluation forms that they got more out of the program for themselves than they expected. One of the mentors commented that prior to being involved in the program he hadn't really thought about his responsibility and role in helping newer coaches, and in turn helping develop his sport.

The Winter Games apprentices came from communities across the province including Mission, Abbotsford, Maple Ridge, Chetwynd, Kamloops, Cranbrook, Vancouver, Delta, Vernon and Enderby, and are involved in a cross-section of sports. A new group is just getting underway with the program that will see them attend the 2010 BC Summer Games in Langley in July.

## More Females at 2010 BC Winter Games

The number of females who participated in various capacities at the 2010 BC Winter Games in Terrace has increased overall since the previous Games two years ago.

	TERRACE 2010		
	Total	Female	
		Total	% of Group
Academy	25	18	72.00
Ast Coach	149	104	69.80
Athletes	1075	677	62.98
Apprentice/Mentor Coach	6	6	100.00
Head Coaches	123	52	42.28
Officials	184	85	46.20
<b>Total</b>	<b>1562</b>	<b>942</b>	<b>60.31</b>

	KIMBERLEY CRANBROOK 2008		
	Total	Female	
		Total	% of Group
Academy	40	31	77.50
Ast Coach	186	108	58.06
Athletes	1411	746	52.87
Apprentice/Mentor Coach	3	1	33.33
Coaches	157	59	37.58
Officials	184	85	46.20
<b>Total</b>	<b>1981</b>	<b>1030</b>	<b>51.99</b>

# Lucy Praught Receives Leadership Award

Lucy Praught has been inspiring women and girls in the Terrace area for many years. Her efforts were recognized with the ProMOTION Plus Leadership Award, presented to her at the civic luncheon during the 2010 BC Winter Games in March in her home town.

Lucy is the owner of Out Spoke'N Bike and Sport. Her focus from the beginning has been on providing a venue where women (and men) can feel empowered and embrace cycling as a means to develop a healthy lifestyle. Promoting health and

wellbeing through cycling is her mandate and many women have benefitted from her positive approach. Through her bike shop she has developed women's group rides that bring together women of all abilities, body types and aspirations to enjoy cycling together. She organizes an annual ride for breast cancer which has drawn as many as 80 riders and raises money for cancer research. Every spring she hosts Ladies' Night Out — an open house for women in the community that brings together organizations, businesses and groups that cater to sport in Terrace,

celebrates fitness and kicks off the riding season.

As a Trek cycling dealer, Lucy has been recognized as the top seller of women-specific bikes in Canada — not bad for a store in northern BC with a small geographic area to draw from!

The award was presented to Lucy by the Mayor of the City of Terrace, David Pernarowski, the President of the Terrace 2010 BC Winter Games, Peter Weeber, and Irene Schell, Past Chair of ProMOTION Plus.



## Girls Only Success Story

Ellena Holding braces for a kick from a fellow *Girls on the Move* member as they practice their Muay Thai skills at Warriors Realm in Courtenay. Nineteen girls are a part of the program at Courtenay Recreations Youth Services. It offers a variety of activities including Pilates, Bellyfit and Ringette. *Girls on the Move* (City of Courtenay) participated in the ProMOTION Plus 2009/10 Girls Only Incentive program.

## Report from ProMOTION Plus Victoria

The 9th annual *KidSport and ProMOTION Plus Golf Tournament* is being held at Prospect Lake on May 20. Games and prizes at every hole are included with the registration fee. There will be a live and silent auction, as well as a 50/50 draw. This year's fund raising target is \$12,000.

Raise a glass while giving back at the *Re-Sip-Rocate* wine and cheese event on June 8 at Cedar Hill Golf Course in Victoria. Join us as we toast the 20th Anniversary of ProMOTION Plus and the accomplishments of our provincial organization and local Victoria chapter. We will honour local Olympians and past volunteers. The event's guest speakers are Marion Lay and Wendy Pattenden both of whom have significantly influenced gender equity in sport for Canadian athletes.

The recipients of grants for *Proud to Play Like a Girl*, *Play it Forward* and *In Training* will be announced on May 20.

Visit the ProMOTION Plus website for more information and event registration forms

## Academy Draws Youth at BC Games

A Youth Inclusion and Awareness workshop presented at the BC Olympic & Paralympic Youth Academy gave the 23 male and female youth participants an opportunity to discuss some of the sensitive topics that arise in sport. Perspectives and issues about homophobia, gender, race and ableism were explored during the workshop presented by Brenda Adams on behalf of ProMOTION Plus, a partner in the Academy which took place during the 2010 BC Winter Games in Terrace.

Developed for student leaders with an affinity for sport, the Academy gives participants the opportunity to learn about the

Olympic movement and Olympic values and to develop individual leadership styles and abilities. The interactive workshop addressed the need to provide a safe place for youth to discuss sensitive topics and to ask questions.

"I was quite surprised at how engaged the youth were in the workshop," said Brenda, a life coach and educational consultant with a background in kinesiology and adult education. "It was really exciting to see them start to question some of what they had always thought was true."

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# Olympic Memories

## More than just great sport performances

by Ann Holmes

I have many wonderful Olympic memories from my week away from Prince George. In the midst of speed skating medal performances, Canadian women's hockey team triumphs, and curling wins, I went to the movies. My husband and I attended a double screening put on by the Vancouver PRIDE house and CAAWS.

My initial intention for the evening was to meet the host, Mark Tewksbury, have him sign my copy of his book, and offer my clichéd words of praise to him for his 1992 Gold medal in backstroke at the Barcelona Olympics. Yes, meeting Mr. Tewksbury was a highlight, but the movies and discussion that followed were fabulous and added to my Olympic experience. "A Knock Out" and "Training Rules" were billed as two amazing documentary films about the plight of open and proud lesbians in the world of competitive sport. They didn't disappoint.

As an instructor at the College of New Caledonia in northern BC I've been teaching a sociology-type course about sport in Canada for a number of years. Every year I include a lecture about homophobia in sport. Many texts and historical pieces offer information on lesbianism and homophobia, and my intention is to open the conversation with my students about these topics. My students are mostly first year Human Kinetics students and generally they have a long history with sport, and in particular, with team sports. After reading Tewksbury's book, "Inside Out, Straight Talk From a Gay Jock", my interest in homophobia and the experiences of gay athletes in sport was piqued and I wanted to share this story with my students.

I began the class with a discussion about Johnny Weir and his recent Olympic figure



*Ann Holmes with Mark Tewksbury at PRIDE house in Vancouver.*

skating performance. Weir is a flamboyant, artistic athlete who has been labelled "feminine" in his skating. This led to a comparison of the ideals of what men 'should' portray in figure skating and how 'ladies' in the same sport should display their athleticism. The can of worms was opening . . .

We moved onto other gender topics — the continuing "old boys network" in sport and how the International Olympic Committee was a prime example of this (less than 15% of IOC members are women), the trivialization of women's sport (which was brought to light with the exclusion of female ski jumpers from the Olympics) and the fear of lesbianism. We talked about the power of labels and how fear and isolation hurt these athletes, and the pressure within sport to hide their sexuality and appear straight.

Finally I handed out the executive summary of the CAAWS position paper entitled "Seeing the Invisible — Speaking about the Unspoken". The real homophobia discussion started and it was evident that the prevailing attitude in sport, even after

all these years, is that homosexual athletes should just stay in the closet. My students expressed concerns, which boiled down to fear and ignorance, with comments such as getting hit on or problems in the shower after the game. Once the discussion opened up and empathy and consideration was given to the experiences "on the other side", some minds were opened with a fresher perspective.

I had a brief, albeit memorable conversation with Mr. Tewksbury when I met him. He asked about my interest in his book and I told him about the lecture that I was preparing to give, and how important I felt it was to have an open and frank discussion about a subject that many athletes and coaches have never discussed or are uncomfortable talking about. His question to me was, "How do your students respond to the discussion?" I told him that they are challenged by it, but I felt it was necessary to try to open up minds and think about the experiences of ALL athletes. Then he signed my book, "Keep teaching them!! Thank you for all you do!" What a thrill. But honestly, after delivering my lecture and knowing that many of my students thought about these issues just a little differently, and that in the future they may choose to use different words in the locker room or on the playing field, or that they may think about sexual diversity and discrimination in a new way, that was the bigger thrill.

*Ann Holmes is a ProMOTION Plus Board member and a Human Kinetics Instructor at the College of New Caledonia in Prince George, BC*

# 2010 Bobbie Steen Awards

Every year a number of women are singled out to receive the prestigious Bobbie Steen Awards which were established to keep Bobbie's dream of equity and fairness alive. This year four women were honoured with awards which were presented March 31 at the River Rock Casino in Richmond in conjunction with the Sport BC Presidents' Awards.



(L-R) Shannon Samler, Sally Samler with Bobbie Steen Legacy Foundation Award recipients Jennifer Eng and Sabrina Chan.

**The Bobbie Steen Legacy Foundation Award** presented by ProMOTION Plus and the Bobbie Steen Legacy Foundation is given to an emerging leader to further their education or to support programming which champions girls and women in sport and physical activity. This year's co-recipients were **Sabrina Chan** and **Jennifer Eng**, a coaching team extraordinaire who were recognized for their outstanding commitment to girls' basketball in Vancouver. They have been ongoing supporters of Vancouver's Real Basketball League (RBL) where hundreds of young girls have encountered Jen and Sabrina as league refs and clinic leaders. While pursuing their post-secondary studies,

they continue to dedicate four evenings per week to the Bulldog girls' practices and games and numerous weekends to tournaments. Jen and Sabrina promote an interconnected Vancouver girls' basketball community, inspiring a spirit of volunteerism in the girls they coach.

The **Bobbie Steen Awards of Excellence** are presented by ProMOTION Plus in conjunction with the BC Games Society, Sport BC and the BC Sport and Recreation Branch.

The **Career Achievement Award** recognizes outstanding role models who have, over the course of their career championed women in sport and physical activity. This year's recipient, **Denise Coutts** has an extensive resume of commitment



(L-R) BC Games' Kelly Mann, Sport BC's Paul Varian, Bobbie Steen Award of Excellence recipient Denise Coutts, Minister of Healthy Living and Sport Ida Chong

to promoting women in the BC sport system. Her many contributions include 20 years of managing and playing in the Vancouver Basketball Commission's Women's League and helping to aim the spotlight on women in sport through

her work with the Minerva Foundation's Women in Sport Award. Denise has amassed more than 25 years of provincial, national, international, and multi-games sport experience as a player, coach, volunteer and administrator. Through her passion, energy, creativity and commitment, Denise models the way to contribute to community through sport.



(L-R) Sport BC's Paul Varian, BC Games' Kelly Mann, Olympic Speed Skater Denny Morrison, Bobbie Steen Award of Excellence recipient Sandi Vyse and daughter, Minister of Healthy Living and Sport Ida Chong

The **Development Award** was presented to the **Kamloops Long Blades** Short Track Speed Skating Club. It was founded in 1992 by former speed skater Sandi Vyse, her mother, Phyllis Vyse, Bill Zirnhelt and Sharon Wall. Making sports accessible to girls is a goal of the club and they ensure that girls are participating at all levels. Recognizing that it is important to have female role models, the club works to encourage young women to become coaches and officials. This award will enable the club to support the training and certification of 6 women to become starters and referees.

## Call for Nominations — ProMOTION Plus Board of Directors

ProMOTION Plus is now accepting nominations to the Board of Directors for election at the Annual General Meeting on June 16, 2010. Elected positions on the Board are: Chair, Vice-Chair, Secretary, Treasurer, up to 9 Directors. All positions are elected for two-year terms.

**Nomination Deadline: May 28, 2010 ■ More information: [www.promotionplus.org](http://www.promotionplus.org)**

# Network NewsFlash

■ ProMOTION Plus and CAAWS have selected the following organizations to receive a \$2,000 Increasing Sport Participation for Women 55-70 Incentive Grant: Go Rowing & Paddling Association of Canada (55+ Women's Only Paddling Pre-season Training & Recruitment, Victoria), Denman Seniors & Museum Society (Exploring Fitness & Sport for Senior Women, Denman Island), PacificSport Northern BC (Introduction to Functional Training for Women 55-70, Prince George)

■ Two female coaches from British Columbia are amongst the 18 chosen from across Canada for the Coaching Association of Canada's (CAC) Canada Games Apprenticeship Program. Christina Acton, a speed skating coach from Kelowna and Christina Sharun, a hockey coach from Nanaimo will work alongside their mentor coaches at the 2011 Canada Winter Games in Halifax in February.

■ After the West Vancouver School District Healthy Schools Committee raised the concern that female secondary students were losing interest in physical education classes, the Inactive West Vancouver Students' Focus Group on Physical Education and Activity was formed. Read the resulting report and recommendations posted on the ProMOTION Plus online library.

■ Check the ProMOTION Plus website frequently for additions to the list of events celebrating 20 Years of Making a Difference.

■ Irene Schell was presented with the President's Award on behalf of ProMOTION Plus at the 2010 Sport BC Awards evening at the River Rock Casino. She is currently the Past



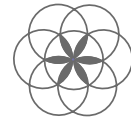
Chair of ProMOTION Plus and has been on the Board since 2003. She chaired the Steering Committee for the Women in Sport Leadership initiative which brought 99 women sport leaders together last year. Irene has served on various boards and committees for sport and service organizations including Karate BC, the Rotary Club of Burnaby Metro-town, Sport BC and 2010 Legacies Now over her twenty-one years working and volunteering in the sport sector. She has been an Event and Technology Manager with the BC Games Society for the past eleven years.

## FOCUS ON WOMEN IN BC (con't from page 3)

CC: There has been a lot of great work done in this area through ProMOTION Plus, CAAWS, UBC and others. I would recommend researching policies and pulling together the most valuable up-to-date information by bringing together key individuals from all levels of sport, recreation and educational organizations, the three levels of government and women's organizations, as well as sponsors. Along with a strong facilitator and policy writer, a Canadian sport and recreation policy could be created to include strategies that support accessibility, inclusion, fairness, health, socialization and fun. I also would want an implementation plan in the policy that would include the C4 Life Model and provide sustainable funding for on going coaching, training, facilities, mentorship and awareness.

Watch Cindy's very entertaining You Tube video pitch to be a torch bearer for the Paralympic Torch Relay for the Vancouver 2010 Paralympic Winter Games. <http://www.youtube.com/watch?v=rF5dbEtfiYY>. She carried the torch in Vancouver on March 11.

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*In Her Footsteps...*  
CELEBRATING BC WOMEN IN SPORT

## In Her Footsteps . . . Celebrating BC Women in Sport

We are seeking nominations for inclusion in the IN HER FOOTSTEPS exhibit at the BC Sports Hall of Fame and Museum.

### Do You Know a Woman We Should Know?

- A woman who has made a significant difference through sport for girls and women in British Columbia?
- A woman who has worked to create access and opportunities for participation in sport and recreation?
- A woman who inspires through her own athletic achievement, passion and dedication?

**Nomination Deadline:**  
**May 27, 2010**

VISIT [www.promotionplus.org](http://www.promotionplus.org)  
FOR NOMINATION FORMS AND CRITERIA.

## MARK YOUR CALENDARS!

### ProMOTION Plus Annual General Meeting

**June 16th, 2010**

Sport Campus BC, Room 160  
3820 Cessna Drive, Richmond  
6:30-7 pm — Reception to follow

Plan on attending the AGM to hear special speakers, hear the latest updates and plans for the organization and help elect the Board of Directors.

MORE INFORMATION:  
[www.promotionplus.org](http://www.promotionplus.org)

**Become a member of ProMOTION Plus. Visit: [www.promotionplus.org](http://www.promotionplus.org)**