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ORIGINS OF CANADIAN OLYMPIC WEIGHTLIFTING

INTRODUCTION

The author does not pretend to have written everything about the history of Olympic weightlifting in Canada since Canadian Weightlifting has only one weightlifting magazine to refer to and it is from the Province of Québec "Coup d'oeil sur l'Haltérophilie", it is understandable that a great number of the articles are about the Quebecers. The researcher is ready to make any modification to this document when it is supported by facts of historical value to Canadian Weightlifting.

(Ce document est aussi disponible en langue française)

The early history of this sport is not well documented, but weightlifting is known to be of ancient origin. According to legend, Egyptian and Chinese athletes demonstrated their strength by lifting heavy objects nearly 5,000 years ago. During the era of the ancient Olympic Games a Greek athlete of the 6th century BC, Milo of Crotona, gained fame for feats of strength, including the act of lifting an ox onto his shoulders and carrying it the full length of the stadium at Olympia, a distance of more than 200 meters. For centuries, men have been interested in strength, while also seeking athletic perfection. Early strength competitions, where Greek athletes lifted bulls or where Swiss mountaineers shouldered and tossed huge boulders, gave little satisfaction to those individuals who wished to demonstrate their athletic ability.

During the centuries that followed, the sport continued to be practiced in many parts of the world. Weightlifting in the early 1900s saw the development of odd-shaped dumbbells and kettle bells which required a great deal of skill to lift, but were not designed to enable the body's muscles to be used efficiently. When the Olympic Games were revived in 1896, weightlifting was included in the program of the modern games as a part of gymnastics. The lifts contested were the one-hand dumbbell lift, won by Launceston Elliot of England with 71 kg, and the two-hands continental clean and jerk, won by Viggo Jensen of Denmark with a lift of 111.5 kg.

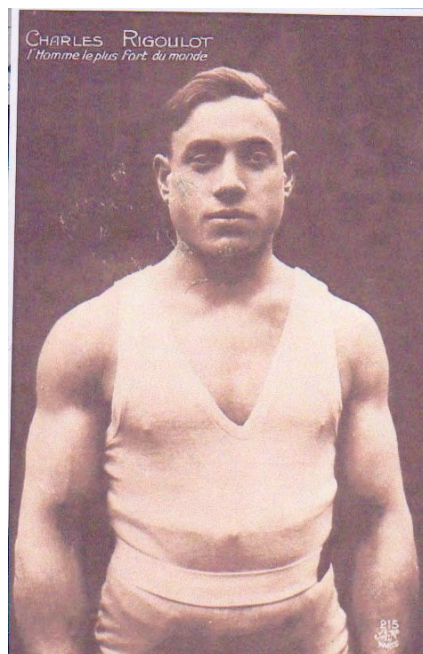
Weightlifting was not on the program of the Paris Olympics in 1900. In 1904 at St.Louis, weightlifting was a part of athletics. The gold medal winners were Otto Osthoff, USA, with an one-hand dumbbell lift of 86.75

kg and P. Kakousis of Greece with a two-hands continental clean and jerk lift of 111.5 kg The London Olympics of 1908 and the Stockholm Olympics of 1912 did not include any form of weightlifting in their programs. World War I cancelled the Games scheduled for 1916.



All sorts of barbells were used in competitions.

Organized competition on an international level in this sport began with the founding of the «Fédération Internationale Haltérophile» (FIH) in 1920. Later this Federation extended its jurisdiction over physique contests and became known as the «Fédération Internationale Haltérophile et Culturiste» or the International Weightlifting and Physical Culture Federation.

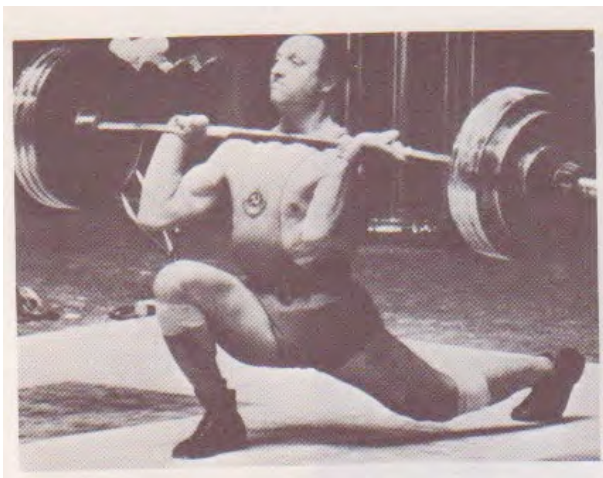


Charles Rigoulot - France

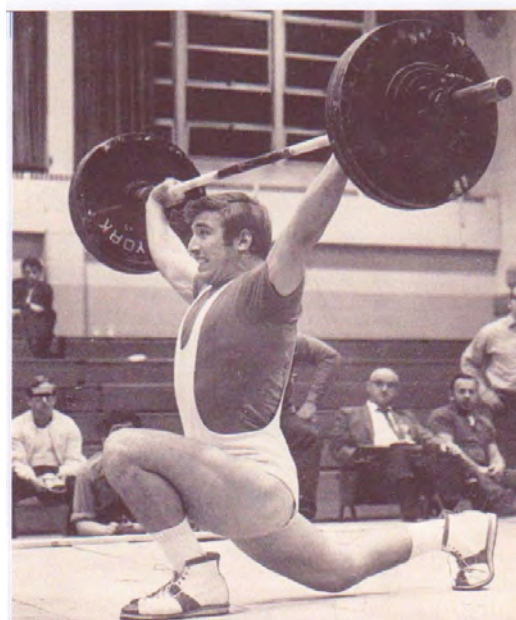
The strongest man of his era

At the Antwerp Olympic Games of 1920, the one hand snatch, one hand clean and jerk and two hands clean and jerk were contested. Added to these, in the Paris Games of 1924, were the two-hands press and the two hands snatch. Weightlifting events, as we know them today, were first

introduced to the Olympic Games in 1928. At those Games and at all Olympic Games thereafter, until 1972, the lifts known as the three Olympic lifts were contested; two-hands press, two-hands snatch and two hands clean and jerk. When the barbell was used at those 1928 Olympic Games, Olympic Weightlifting became a sport of strength, speed, and precision; a ballet of the laws of physics and man's determination to conquer those laws.

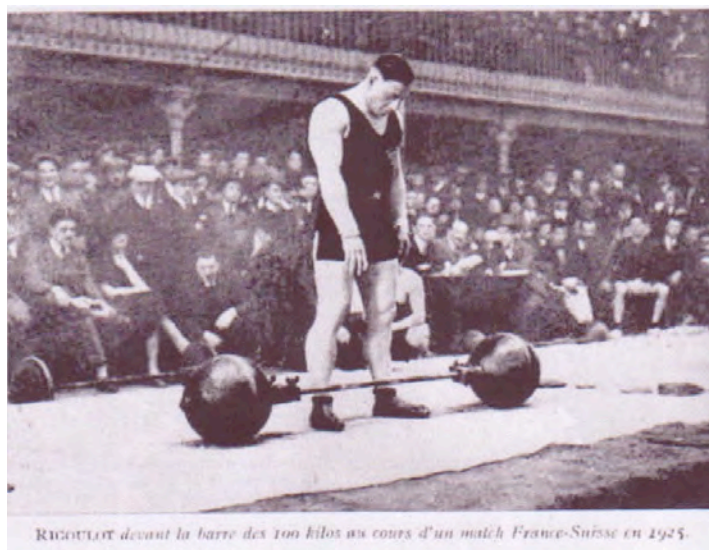


R. Plyukfelder URS



Alex Parzych

But until 1935 in many other international and national championships the five lifts (as in the 1924 Games) were the basis of competition. In 1972, the two-hands press was removed from the Olympic lifts due to the complexity of giving a fair and standard judgement to the athletes who were performing it around the world.



RIGOULOT devant la barre des 100 kilos au cours d'un match France-Suisse en 1925.

1925 - The great French champion, Charles Rigoulot, gets ready to attempt lifting 100 kg during a meet France- Switzerland

Weightlifting in the United States became an organized AAU sport in 1927 through the efforts of Dietrich Wortmann, who served as National Chairman until his death in 1952. Spearheaded by the enthusiasm, generosity, and encouragement of Bob Hoffman, US weightlifting crashed the international scene back in 1936 when Tony Terlazzo won America's first gold medal at the Berlin Olympics. From that year on, US weightlifters have participated in every annual World Championships until 1980.



Le développé devant les arbitres.

An unknown athlete performing a military press, in front of referees.

ORIGINS OF CANADIAN WEIGHTLIFTING



MAP OF CANADA



1910's

Toronto has the eldest records of a Canadian weightlifting club. Tucked between two old stores on Bloor Street in Toronto was a passage way entrance to Oliphant's Academy of Physical Culture, where the walls were lined with globe type barbells from another era and photo's of old strong men looked down the walls.

Even though it was little known among the weightlifting fraternity it has been a Mecca for strong men from these years on, with a lot of the Greats making it a must to visit when they are in town.

The Academy was started by Bill Oliphant in 1913 and has since been going strong ever since, although it's location has changed twice over the years and is now (1970's) located at 501 Dupont street near Bathurst in Toronto. It certainly is the oldest physical training establishment in Canada.

Bill Oliphant ran a very successful gym and apart from fitness and bodybuilding he also has some very good Olympic style weightlifters represent his Club. He also helped lifters from other Clubs by providing a place to train especially the Jewish group as Friday nights the YMHA building was closed in Toronto.

1920's

An article regarding the earliest days of Ontario lifting entitled "My part in the Iron Man's Sport" is published by the American magazine Strength & Health and written by a Norman Miller. It says that Norm Miller: "... changed weightlifting from feats of strength to an organized sport and discovered and trained every Canadian champion..." Born in Toronto, through various experience and endeavors, Miller had generated notable strength by the time he was 23 years old. In an effort to drum up interest in a lifting club, in late 1929 he placed a newspaper advertisement. He got only one response.

1930's

In 1934 Bill Gryfe, Toronto, Ontario, taught weightlifting at the Toronto's YMHA. A number of enthusiastic young men registered for his weightlifting classes, and the activity really took fire, so to speak. A photo along with a short article appeared in *The Body Builder* magazine in September 1936. They formed their first weightlifting team: Abe Ginsberg, Izzy Bass, Lou Cohen, Syd Cohen, Gordon Bernstein, Joe Sklar, Max Goldstein, Sol Klein, Izzy Crystal, Dave Twyman, and Ben Pinkus.

Bill Oliphant encouraged competition with his Club and the YMHA. Both Clubs at this time were the strongest Clubs in Toronto in the period 1932 to 1948.

Each year in August at the Canadian National Exhibition various sports activities were on display, and in 1935 the sport of weightlifting was introduced by Mr. Oliphant in co-operation with the CNE management. It continued annually until the war started in 1939.

These competitions had world caliber athletes from the USA, which seemed to add a spark of interest into the Weightlifting Clubs in Toronto. William Oliphant was an inspiring person.

Bill Gryfe (1910-2005), Ontario, in his memories talks of a young man 20 years old, in 1923, who was a student of the Oliphant Academy, who bent spikes with his hands, he tore telephone books, decks of playing cards and twisted a horse shoe nail with his hands until it looked like a corkscrew. These feats of strength really inspired Bill Gryfe who was 13 years old at the time.

Also in 1939, Izzy Crystal lifting for Oliphant's set a new two hands provincial press record in the 132 lbs (60 kg) category with a 170 lbs (77.1 kg) and won the gold medal in his division.

Eventually Norm Miller's group, with three members, joined the Broadview YMCA; training in the three competition lifts attracted enough members for a "team" in late 1930.

Reports of Lifting Shows and Events



A group of our husky Canadian friends. The Swansea Weight Lifting Club, Toronto, Canada, the group sponsored by Don Rose, weight lifting leader and enthusiast of 852 Dovercourt Road, Toronto. Front center. Sammy Baker and the bar bell used in the International championships of last Labor Day at Toronto in which the York lifters won five of the titles. Front sitting, left to right. Harry Blomme, Roy Duncan, Chuck Stokes, Don Rose, Jim O'Brien, Maurice Hendon, Paul Amato. Back row standing. Norm Crombie, Harold Turner, Doug McVey, Don Sutherland, Bruce Smith, Harold McGowan, Bud Ferris, Howard Ferris and Vic Best. The front row shows bar bell men of considerable experience and lifting ability. In the back row with the exception of Bruce Smith are the novices of a short training period.

Here are extracts from the magazine "The Arena-Strength" of September 1934.

Canadian Weight Lifting Federation news:

Honorary President: D. L. Rose, Toronto

President: Armand Angers, Apollon weight lifting Club, Montreal

1st Vice Pres. Léopold Blondin, Marquette Weight Lifting Club, Mtl.

2nd Vice Pres. J. Bell, Verdun Weight Lifting Club

3rd Vice Pres. Harvey Hill, Verdun Weight Lifting Club

General Secretary, Donat Plourde, Club Haltérophile du Canada (also member of St. James Weight Lifting Club; Préfontaine Weight Lifting Club; East End Weight Lifting Club and St. Denis Weight Lifting Club)

1st Director Norman J. Miller, Toronto

2nd Director Roy Hall, Toronto

3rd Director L. Ledoux, St. Denis Weight Lifting Club, Mtl.

4th Director A. Thifault, St. James Weight Lifting Club, Mtl.
 5th Director Gordon Venables, Toronto

The Montreal Championships will take place on July 25th, 1935, the Quebec Provincial Championships will take place August 29th, 1935 in Montreal; the 1935 Canadian Championships will be held early in the next year, either in January or February 1936.

All who are interested are invited to get in touch with the Secretary, Mr. Donat Plourde, at 52 Jarry St., Montreal, Canada.

List of Canadian records:

Right Hand Snatch

Flyweight	89	lbs	E. Dorion
Bantamweight	139	lbs	A. Angers
Featherweight	142	lbs	A. Angers
Lightweight	141	½ lbs	A. Barbeau
Middleweight	139	lbs	L. Ledoux
Light Heavyweight	128	½ lbs	F. Vachon
Heavyweight	137	¾ lbs	O. Lapointe
Extra Heavyweight	173	¾ lbs	E. Caouette

Left Hand Snatch

Flyweight	77	lbs	P. Gagné
Bantamweight	112	½ lbs	A. Angers
Featherweight	120	lbs	E. Lortie
Lightweight	119	½ lbs	A. Barbeau
Middleweight	128	½ lbs	L. Ledoux
Light Heavyweight	126	½ lbs	A. Gratton
Heavyweight	110	½ lbs	E. Laporte
Extra Heavyweight	173	¾ lbs	E. Caouette

One Hand Clean & Jerk (Right)

Flyweight	112	lbs	Y. Poupart
Bantamweight	156	lbs	A. Angers
Featherweight	167	¼ lbs	A. Angers
Lightweight	171	lbs	A. Barbeaux
Middleweight	150	lbs	L. Ledoux
Light Heavyweight	181	½ lbs	A. Gratton
Heavyweight	no record		
Extra Heavyweight	213	lbs	E. Caouette

One Hand Clean & Jerk (Left)

Flyweight	110	lbs	E. Dorion
Bantamweight	116	lbs	A. Angers
Featherweight	141	½ lbs	E. Lortie
Lightweight	137	¼ lbs	A. Goyette
Middleweight	138	lbs	L. Ledoux
Light Heavyweight	106	lbs	O. Dubé

Heavyweight	101 lbs	W. Besner
Extra Heavyweight	156 ½ lbs	E. Caouette

Two Hands Clean and Military Press

Flyweight	126 lbs	D. Pilon
Bantamweight	161 lbs	A. Angers
Featherweight	162 ½ lbs	E. Hefferman
Lightweight	210 ½ lbs	A. Barbeaux
Middleweight	196 lbs	R. Hall
Light Heavyweight	215 ½ lbs	J. Cox
Heavyweight	189 lbs	O. Lapointe
Extra Heavyweight	245 lbs	E. Caouette

Two Hands Snatch

Flyweight	150 ¼ lbs	A. Angers
Bantamweight	141 lbs	A. Angers
Featherweight	162 ½ lbs	E. Hefferman
Lightweight	183 ¾ lbs	H. Moule
Middleweight	205 ½ lbs	J. Russell
Light Heavyweight	224 lbs	R. Hall
Heavyweight	182 ½ lbs	D. Rolling
Extra Heavyweight	231 lbs	E. Caouette

Two Hands Clean & Jerk

Flyweight	156 ½ lbs	Y. Poudard
Bantamweight	224 ½ lbs	A. Angers
Featherweight	220 lbs	E. Hefferman
Lightweight	250 lbs	J. Russell
Middleweight	282 ½ lbs	L. Ledoux
Light Heavyweight	280 lbs	R. Hall
Heavyweight	245 lbs	E. Laporte
Extra Heavyweight	285 lbs	E. Caouette

Canada has had its share of "strongmen" over the years. But a question arises immediately... Why initially the province of Quebec, so sparsely populated at the beginning of the century, provided so many giants, so many extraordinary strong and resistant persons? The lifestyle of the Quebec ancestors was certainly one of the most favorable factor to the development of physical strength and courage. This physical strength was not only a luxury, it was a condition of survival, a valuable material in everyday life. During the warm season the people worked seven days a week plowing the land with farm animals and at the coldest time of the year, men worked in the forest as lumberjacks. They cut down trees and trimmed them with axes. Life in lumberjack camps was a hard life where physical strength was honoured, the living conditions were violent and the settling of scores harsher.

In Quebec's society strength was worshiped, it was regarded as a blessing, a gift from God. Add to this natural and healthy food and you will understand why the average strength of the first Quebecers was

outstanding. Physical strength was an integral part of life of Quebecers. Everyone was interested. Men clashed at who could lift the heaviest stone, stop the most spirited horses. In Quebec it is no exaggeration to say that all these tests of strength is part of the cultural heritage.

While doing this research the author was able to trace the history of many strong Quebecers who were recognized in their respective eras. Here are a few names of these persons: Mister Grenon from Baie St-Paul; The Courtemanches; Ignace-Michel de Salaberry; J.-B. Lagimodière; Charles-Michel de Salaberry; Antoine Voyer; Maurice-Roch De Salaberry; Priest Joseph Crevier; Jos. Montferrant; The Honorable J.-E. Turcotte; Vital Poitevin; Maxime Duhaime; Julien Deschamps; F.X. Aubry; Claude Grenache; Joseph Taillefer; both Têtu - Charles and David; Amable Archambault; David Michaud; Étienne Desmarteau; Mrs. Henri Cloutier (maiden name Marie-Louise Sirois from Ste-Anne de la Pocatière, Qc. (1866 - 1920) whose strength feats are so amazing, and a great number of others worth mentioning.



David Michaud



Madame Henri Cloutier



Horace Barré



Étienne Desmarteau



Hector Décarie



Victor Delamarre

Recognized as being monarchs of the strength in the Province of Quebec, in their respective eras, were respectively: Horace Barré; Benoit Côté;

Arthur Dandurand; Hector Décarie; Victor Delamarre; Philippe Fournier; Oscar Marineau; David Michaud; Grégoire Paradis; Paul Plourde, the Baillargeon brothers amongst others.

Note that at this era they were using the pounds to measure weights - the unit of mass equivalent to the British pound (sym., *lbs*) worth 453.593 grams.

Best known of the early strongmen was Louis Cyr. Born in St. Cyprien de Napierville, Quebec, on October 10, 1863, "The Canadian Samson" performed such feats as a back lift with 18 people weighing a total of 4,337 lbs (1967 kg) and a one arm press with 162 1/2 lbs (73,7 kg) 36 times in succession. To demonstrate his raw strength, he is said to have shouldered with one arm a 433 lbs (196 kg) barrel and resisted the pull of four 1,200 lbs (544 kg) horses stimulated by the whip and the voice of the grooms. In memory of Louis Cyr, the City of Montreal has erected a 15-foot high monument representing the strong man, in the west end of the city.



Louis Cyr

Horace Barré, born in Montreal in 1872, was almost equal to Cyr in all-around strength, but he lacked the showmanship and spirit of Cyr. He is said to have shouldered an enormous barbell weighing 1,270 lbs, and to have walked with it for 50 feet. In putting a dumbbell overhead with one arm, he surpassed Cyr's World Record with a lift of 275 lbs.

One of best lightweight heavyweights to have emerged was Arthur Dandurand, born in Montreal in 1878, was one of the greatest light heavyweight strongmen on record. At the age of 42, he completed a right hand deadlift with 552 lbs He could also shoulder a barrel weighing 500 lbs.

It is after the passage of all those strongmen, and others, that Canadian weightlifting as we know it today, was born. But all of that

became a reality thanks to builders of the first hour, the volunteers.

There was some weightlifting in the Province of Quebec in the early 1930's. There was some for sure under the leadership of Harvey Hill from Verdun, PQ; Charley Walker of the Montreal Central YMCA and Bill Kennedy of the Montreal Sun Life Insurance Weightlifting Club. Those people were English-speaking and could read the specialized American magazines on weightlifting, something that most French-speaking Canadians could not do. At this time Harvey Hill, native of England, got a franchise of the Amateur Athletic Union of the United States as well as an affiliation with the International Federation. It sets the beginning of the Canadian weightlifting. Harvey Hill, Charley Walker, William Kennedy were among the first to be interested and formed the first weightlifters. They also won several international victories.



Harvey Hill - Verdun, Québec
Pioneer of Québec and Canadian weightlifting

Mr. Hill moved his club to the YMCA of Verdun while another coach, Charlie Walker moved, his, at the Montreal YMCA allowing local meetings.

Little by little, in the forties, four or five clubs organized themselves in the Province of Quebec, one in downtown Montreal at the building of the Sun Life of Canada with William Kennedy; Lionel St. Jean founded club Cyr YMCA Notre-Dame-de-Grâce (NDG); The Colonial club also set itself up with a chart. Other towns in the province of Quebec also saw clubs appearing. Thus, in Hull, Émilien Savard was interested in weightlifting. The Drummondville's Chief of police Jos. Moquin trained Rosaire Smith, the first weightlifter to participate in international competitions. In Quebec City, Gérard Michaud, Maurice Allan and Jean-Yves Dionne firmly established weightlifting. Raymond Dorion started a club in Baie-Comeau; Jack Bacon in Port Alfred (later called La Baie) where Adrien Gilbert was developed and later represented Canada in the Olympic Games.

Amongst the well known persons related to weightlifting in those years there was Lionel Saint-Jean of Montreal. Lionel made his way into

weightlifting through his general involvement in the sport world during his school years. Gymnastics had the favors of Lionel when he was with the Cadet Corps of the Army. They gave demonstrations to the other students, at the end of the year. They were always practicing and he became intrigued by the means of improving his own strength. One day he saw a copy of the long-time popular American magazine "Strength and Health" published by Bob Hoffman of York, Pennsylvania. He bought it. It was the first time he read about weights and strength. He also bought himself a set of springs. He began with that and then followed with barbells. Then, by coincidence, he saw in a local newspaper that there was a weightlifting competition in Montreal. Even though he had no experience in that field, he decided to enter the competition and compete. This is where he met for the first time the men mentioned earlier: Hill, Walker, and Kennedy.

Of the people involved in the domain of strength that Mister St. Jean met that day, there was also Arthur Dandurand whom he met at Dandurand's home, with Mr. Hill, in the later years of Arthur Dandurand. Mr. Dandurand was no longer the same 80 kg muscular strongman. He had aged considerably.

In the earlier years in the Province of Quebec, there were no real power lifters but there were many bodybuilders. The Montreal Weightlifting Association never got involved with bodybuilding activities.



In the Province of Quebec there were some strongmen who were very active locally. Those were very colorful people with specific abilities in strength. They had something in common. They were usually heavy-set persons. Then, Jules Sylvain was slowly becoming a fairly good weightlifter when the strong men were popular but still unknown.

One exception to the rule about heavy persons was Victor Delamarre from Quebec City, who at bodyweight of 160 lbs, (70.5 kg) would have performed an one-arm bent over of 309.5 pounds (140.2 kg). Religion was all powerful. In his public appearances Victor always repeated his favorite sentence: "God alone is my Master".

One needs to understand the context in which these demonstrations of strongmen unfolded and were very different from what we are used to nowadays. Arbitrators-judges were usually people in good faith but with little knowledge in this field (parish priest, pharmacist, Mayor, etc.). It was pretty easy to falsify it was a given announced weight of the dumbbells in many ways. Scales were scarce and when found, not as accurate as they are today; the weight of the dumbbells could be altered by adding or removing small balls of lead through a small opening in the two balls of the dumbbell therefore, impossible for viewers to see visually, from the audience, if the announced weight was the same as the one of the dumbbell. Usually strongman did not compete face to face, one versus another in competitions or, serious adversaries were not present to challenge the strongman either.



Sample of the barbells in use in that era.



Victor Delamarre

The bent over is a one arm lift in which the person would bring the barbell to the shoulder of his choice, usually using both hands wrapped over each other while holding the bar. From there the weight would almost not move upwards; the person would place the elbow of the arm holding the bar against his hip of the same side and bend his body slowly to the side, in the opposite direction of the barbell, placing the other hand on the thigh slightly over his knee, until the strong arm holding the barbell would straighten up, while bending the upper body towards the floor. It is quite a balance and strength feat.



Jean Baillargeon small finger's ring shown here
with a \$2.00 CAN; inside diameter: 28mm or 1 1/8 inches.



The Baillargeon Brothers:
From L to R: Charles, Paul, Adrien, Lionel, Jean, Antonio.

There were also the Baillargeon family six brothers and six sisters (Georgette, Thérèse, Monique, Géraldine, Alice, and Gemma) from St. Magloire de Bellechasse, Quebec, considered by many as being the six strongest brothers in the world. Their first adviser on training methods and show business acts was Jean-Yves Dionne from Québec city, who later became one of the pioneers of weightlifting in Canada. The brothers all took up professional wrestling eventually. They all

weighted over 200 lbs (90 kg) and were part of a big boned family. Paul Baillargeon still holds the world record in the Hall of Fame of York, Pennsylvania, for a one arm bent over of 321 pounds (145.6 kg). Paul was also well known for having climbed telephone poles with a horse, on more than a thousand (1,000) occasions. Jean easily passed a quarter (\$0.25 CAN), the largest CAN coin of the time, in his small finger ring. Note that the ring he wore at his small finger was of the size 19; (28mm or 1 1/8 inch inside diameter). (All the brothers are now deceased).

The first two women known to have participated in a sanctioned weightlifting competition, held at the arena in Baie Comeau, Quebec, in 1952, were Gemma Dorion of Baie Comeau, Quebec, and Géraldine Baillargeon of Quebec City

Gemma Dorion was a truck driver which was very unusual in those years. She worked for a brewery company in Baie-Comeau, P.Q. and was the sister of a weightlifter, Raymond Dorion. She weighed approximately 125 lbs (56.7 kg).

At times, Gemma Dorion was part in some demonstrations of strength in her area, performing various exercises such as: 90 lbs (40.8 kg) standing presses for 6 reps.; she split snatched 75 lbs (34 kg) for 5 reps. and 125 lbs (56.7 kg) split clean and jerk for 2 reps. She followed by putting 200 lbs (100 kg) on the bar and doing 12 consecutive dead lifts; pressed behind the neck 65 lbs (29.5 kg) for 5 reps.

Her ultimate meet was a face to face with Géraldine Baillargeon, a member of the "Strongest Family in the World" in front of three weightlifting referees and only the three official Olympic movements were performed. The referees were: Léopold Arsenault; Raymond Dorion and Jean-Yves Dionne, all three referees were duly accredited in weightlifting. It took place during a strength demonstration performed by the Baillargeon brothers. Gemma came out with the honors, winning the meet.

Géraldine was a member of the famous Baillargeon brothers' family known as the strongest family in the world at the time. Being of an imposing stature for a young girl of those years, Géraldine at 17 years old was 5'8" tall and 170 lbs (77 kg). She established many records of those years: 175 lbs (79.4 kg) split clean & jerk and a military press of 125 lbs (56.7 kg). Géraldine was doing dead lifts of over 400 lbs (181.5 kg) and holding above her head at arms' length 300 lbs (136 kg) placed there by assistants.



Géraldine Baillargeon

Gemma Dorion was known as driving a beer delivery truck, at Baie Comeau which was very unusual in those years.

Yvon Chouinard had the chance of meeting very well the members of the famous Baillargeon family. Towards the age of 14 years, it was in the back yard of Antonio Baillargeon that Yvon touched his first Olympic barbell, a York barbell, made of metal. Antonio Baillargeon lived on Aiguillon Street in Quebec City, facing the school where Yvon was going to. At noon, after the diner, Yvon and his school mates, went to Antonio's back yard and attempted different lifts of which the clean and the press. Antonio let them have a good time.

Jean made one finger deadlift of 310 lbs (140.5 kg) on an Olympic bar with his middle finger and so were the other members of the family.

Norm Miller's group from Toronto thought they had enough experience to challenge a top-flight USA group, a German-American team from Detroit, in the spring of 1932. They were beaten badly in the basic scoring (no Hoffman or Sinclair formulas back then). Later they were on a par with the Motor City Club.

I do want to highlight one particular paragraph where Norm Miller's crew, following some exchanges with the Detroit team, returned to a basic focus on the sport in general where he says: "... we performed crusades in the interest of weightlifting. I would get the old car and take the boys and the barbell here and there all over Southern Ontario districts trying to establish an interest in the sport. Then after getting some interest and being instrumental in starting up a half dozen clubs throughout the Province we finally had our first Ontario championships held in Kitchener, December 5". This article does establish the certified beginning of a provincial championship and the organization of weightlifting in Ontario.

In the 1930s the York Barbell Company was very popular and some of their weightlifting equipment was in some Canadian gyms. There was some in Montreal. The popularity of York reached Canada through its "Strength and Health". In gyms people were training with standard body building bars and steel plates only. This equipment was very durable. The athletes did not drop the bars to the floors, since the floors were not overly protected to absorb the shocks. Also they trained at times with bent bars due to these bars being the only bars around. Let's not forget that in competition, an athlete received three red lights from the referees, if he dropped the bar to the floor from any height. So, weightlifters always held the barbell, on its way down, even in training. It was not only weight LIFTING but also weight lowering. No doubt the equipment lasted much longer. The standard regular straight bars were very common in weightlifting gyms.

Mr. Saint-Jean never owned an Olympic bar for his own personal training. He trained on a standard six foot bar, with regular body building steel plates. The athletes who could not buy one bar went to any scrap yard in their surrounding area looking for steel bars of one-inch diameter. They had the bars cut to the appropriate length and had collars put on.

Mr. Hill told Mr. Saint-Jean that he had met weightlifters who were training in lifting weights earlier. They were practicing about forty-two movements to accomplish only four or five types of lifts in Olympic competitions. The training methods were not developed. The athletes were training on one arm lifts, two arms lifts, and at every workout dead lifts were performed. Mr. Hill told him that he had met a Mr. Plourde from Montreal, who had competed in weightlifting in the East end of Montreal. None of those persons were born organizers. They had no competition calendar in place, no advance set dates, or anything like that.

In those early weightlifting years, the lifters were beginning lifting barbells at a much later time in life; there were no categories such as juniors, seniors, etc. It was based more on the experience of the athlete than on his age.



*Paul exécutant son dévissé de 321 livres,
record de l'Amérique du Nord.
Columbus, Ohio (USA) 11 mai 1951.
Premier mouvement.*



Deuxième mouvement du dévissé de Paul.



Troisième mouvement du dévissé de Paul.

Paul Baillargeon, world record 321 lbs, one arm - bent over

In Canada, the Provinces were not organized into Federations. But then the Quebec lifters started competing against the lifters from Ontario, at the beginning of the 1930s. The Ontario lifters were also aware of some of the rules and names of the people which they had become familiar with through the same American magazine "Strength and Health". No one that we are aware of had been outside of the country as an athlete; they had seen the pictures, the results, etc. To be able to read English was the key to development of weightlifting in Canada and also travelling abroad was quite rare.

In 1933, Rosaire Smith of Drummondville, PQ, entered his first competition at the Montreal YMCA on Drummond Street. This weightlifting competition would be the first one officially recorded in Canada. The following year, he competed again, placing second in the 123 lbs (56 kg) category.

In the meantime, Jean-Yves Dionne of Quebec City met with Gerard Michaud, in 1939, at the Patro St-Vincent de Paul in Quebec City. Jean-Yves was 16 years old then.

It was a very popular High School well known for its multi sports involvement. The centre had some barbells. It was located at the corner of Côte d'Abraham and St. Olivier Street. Gerard lived on the corner of Côte d'Abraham. Gerard had a weightlifting bar at his house and often had some friends over for training. Michaud had done a 319 lbs (144.5 kg) clean and jerk as early as in 1936. He would have liked to go to the 1936 Olympic Games at Berlin, Germany, but found out that Canada was not affiliated with the International sport governing body. He was very let down. Gerard was in the middle- heavyweight class, 82.5 kg, weighing 177 - 178 lbs in Toronto, at the 1939 Canadian Weightlifting Championships, Gerard Michaud did a 185 lbs (83.8 kg) military press (both heels together, the bar going up at the same speed as the referee's hand and without pause), a 220 lbs (100 kg) snatch in the split style and then a 319 lbs (144.5 kg) clean and jerk also in the split style for the clean. It was before the arrival of the squat style in weightlifting.

It is due to Gerard Michaud that Jean-Yves Dionne, born 24 June, 1923, came in contact with the sport of weightlifting. Gerard was the first person to make him realize that strength was not limited to brute power but there was also dynamic strength where there was some acceleration in the movement of the weight. If a barbell was only pulled at a same speed, it was very difficult for someone to pass under the bar in order to bring it higher. To that effect, Gerard had machined a set of 2½ lbs plates, with a much wider middle diameter, so one would hear a sound due to the acceleration of the bar during any upward movement of the weight.

Mr. Plourde, and other persons training with barbells in Montreal, was probably informed by former well-known strong men such as: Arthur Dandurand, Hector Barré, even Louis Cyr was performing some one-arm lifts or presses which were very close to what was being performed at the international level at the Olympic Games of 1904, in St. Louis.

Mr. Hill was from England originally and had practiced lifting weights in his country of origin. He passed his knowledge on to some very good lifters such as John Stuart and Gérald Gratton of Montreal. There was some training at the Verdun YMCA, the Central YMCA, and the Sun Life club and in the east end of Montreal with Plourde and other little centers. The Colonial Club with Joe Weider was also active in Montreal.

Mr. Saint-Jean recognized that he did not have the qualities required to be a successful weightlifter. He had the coordination and flexibility but his strength was lacking. He realized also that he could be more useful as a coach than as an athlete. It was always possible to find athletes, but very difficult to find adequate coaches. Mr. St. Jean was living in the West end of Montreal. He had a club in

his house, one at the YMCA, and there was also a group of people who were doing some acrobatics with whom he was also associated.

In Quebec City, another person was also preparing himself to tackle the weightlifting world - Maurice Allan. Maurice was born in Quebec City in 1927. The first person that influenced Maurice Allan's love for the world of strength was a teacher, whose name was Tremblay. He was a relative of the local living legend Victor Delamarre. This Tremblay was very proud of the performances of the strongmen of the time, such as Victor Delamarre, Hector Dandurand and others. Maurice had the chance to see many pictures of Charles Atlas, a bodybuilder who was often shown in pictures of himself "before". Maurice had decided that he wanted to be the Charles Atlas "after". Maurice purchased some barbells, just a few pounds, and some springs, with the few dollars he had. He started training with them; doing 100 pushups and so on. A while later his physique changed accordingly. With an acquaintance named Lemay, whose brother had some barbells, they started to train together in a garage.

Memory Lane by Ken Carr-Braint

Ontario Championships YMCA Belleville Ontario Sanctioned by the A.A.U. 1939
All weights are in lbs.

Name	Wt. Class	Press	Snatch	C&J	Total
Leon Shortt	112	130	130	170	430
Albert Shortt		75	70	100	245
Arnold Eves		x	x	x	200
Tom Pedder	123 1/2	170	185	220	555
Bill McMurter	132 1/4	145	140	175	460
Bill McQuaid	148 3/4	150	150	190	490
Jack Edmunds		135	145	180	460
Gord Yearwood		x	x	x	450
Jim Pepper	165 1/4	145	150	190	485
George Woods		x	x	x	x
Jack Cooper	181 3/4	175	210	255	640
Frank Sunderland		150	185	225	560

1940

Joseph Roland (Joe) Turcotte was born in St. Boniface, Manitoba on April 20, 1915. The Turcotte family was very active athletically, no doubt inherited from the father. Joseph Senior who was a big, powerful man who had wrestled professionally and had been a heavyweight weightlifting champion of Western Canada.

It was in 1936 that a co-worker recommended that Joe Turcotte see one Austin Smotney after he saw Turcotte easily pick up a 145 pound (66 kg) set of wheels on a two-inch (5 cm) axle in the CN shops. Smotney, despite his English name, was of German descent and had a long acquaintance with a close fraternity of strong men. From 1938 to 1942, Joe had to take on the coaching duties of the CNR in Transcona. In 1940, Joe won the 165 lbs. (75 kg) class in Manitoba, his total exceeding the provincial light-heavyweight and heavyweight records. The records he set in the middleweight class (75 kg) in Manitoba stood for 21 years.

From 1940 to 1948, Jean-Yves Dionne, Quebec, was performing professional acrobatic acts in North America with one Riverin Gosselin. They were performing under the name of the Dionne brothers. Jean-Yves, at a bodyweight of approximately 150 lbs (68 kg) was the bottom person in the duo in a balancing act and needed to become stronger for obvious reasons. His partner Riverin being of almost the same bodyweight or slightly heavier. Jean-Yves had got into the habit of training in barbell clubs in the United States at places such as the famous club of Seigmund Klein in New York, Philadelphia, and York PA. That's when he understood that he had to train with weights to get stronger.

1941

Bill McMurter a well known lifter and official from Belleville, Ontario, had trained at Oliphant's periodically and, in 1941, while recuperating with a broken leg. Bill Oliphant let Joe train there and offered assistance with exercises all for free as he was a member of the Armed Forces.

Rosaire Smith won the Canadian Weightlifting Championships in the 123 lbs (56 kg) category in Toronto with lifts of 165 lbs (75 kg) military press, 155 lbs (70 kg) snatch, and 220 lbs (100 kg) clean and jerk.

There were not many weightlifting competitions anywhere due to the World War.

1942

Jules Sylvain, who was to become one of the greatest Canadian weightlifters, was born on December 20, 1925, in Quebec City and has always lived there. He began training in weightlifting at the age of 17. Like any other youngster, Jules was still going to school and also played hockey. He used barbells for the first time, at the Centre Durocher, on St-Valier Street, in Quebec City, when he noticed a bodybuilding set of barbells, with a standard bar, in a corner of the Centre. It was a 220 lbs (100 kg) body building set, property of the local strong man, Gerard Michaud. It was being used by other individuals training there. Jules weighed approximately 114 lbs (52 kg) at the time. He noticed that he already could lift more than all of the other individuals without any training. There was no weightlifting

instructor at the Center. When any two or three individuals wanted to lift weights they were on their own. Some knowledgeable persons such as Napoleon Gauvin, Gerard Michaud, Jean-Yves Dionne, Maurice Allan and René Lacroix also came at the Centre and trained there at times. They performed some Olympic presses, snatches, and clean and jerks. They were complemented by curls, bench presses, and so on.

1943

With the war effort requested from all Canadian citizens, there was a boom in employment in Sarnia, ON, in the petro-chemical industry and Joe Turcotte moved his family there. There was no weightlifting club and so Joe trained and coached across the St. Clair River, at the Port Huron, Michigan, at the YMCA from 1943 to 1947.

1944

In 1944, Joe Turcotte, Ontario, entered the U.S.A. Junior nationals in Pittsburgh and placed second amongst ten with a 730 pounds (331 kg) total.

World War II had interrupted the sporting lives of many excellent athletes. In Ottawa, two young lifters by the name of James (Jack) Varaleau and Keevil Daly basically training on their own and representing the Armed Forces carried the load for Ottawa shortly after the war.

They trained at the old Rockcliffe air base just off Montréal road in what would have been part of Ottawa's East end.

1945

This year Joe Turcotte, Ontario, returned to the same meet in Philadelphia and won with a 750 pounds (340.2 kg) total, defeating the Cuban champion. The judges were the American Greats: Bob Hoffman, Steve Stanko and Joe Terpak.

In Quebec City, Jules Sylvain started training more seriously in 1945 - 1946, but the training halls were not very adequate.

1946

It was in 1946 that Mr. Saint-Jean heard about the Palestre Nationale situated at 840 Cherrier Street, Montreal. He went to see its Director and opened negotiations, which proved to be successful. In there, they found two or three solid barbells from unknown origins. One should know that the Palestre Nationale began as a Lacrosse club. It was then a multi-sport club with swimming, boxing, wrestling, fencing, judo,

gymnastics, about ten sports. During all the years of the Palestre Nationale, Mr. Saint-Jean was their only weightlifting instructor. He always refused to get involved in body building like the rest of the country did. He began there and also finished there in 1974 when it was sold to the Université du Québec. He was active at the Palestre Nationale de Montreal for thirty years as the coach.

This club is the one which has had the most success in Canadian weightlifting history. The year 1946 is the first year the St. Jean Bosco Tournament was held. It took place every year, by invitation from Lionel Saint-Jean, at the Palestre Nationale. It was only for Province of Quebec athletes. The results were compiled at a bodyweight formula (Hoffman formula). Usually 10 athletes competed for the honors. This tournament was held for 30 consecutive years. Usually the ten best weightlifters of the Province of Québec would face each other.

Maurice Allan, Président CWFHC; Dr. Gérald Aumont, petit-fils de Louis Cyr.



Remise de la statuette Louis Cyr qui sera décernée à l'haltérophile auteur de la meilleure performance, selon le coefficient de la formule Hoffman, lors tournoi annuel invitation St-Jean Bosco tenu à la Palestre Nationale de Montréal.

A network of competition was slowly beginning in the Province of Quebec. The rules were still vague at times. Once one athlete had won a Novice competition he could not go back as a Novice anymore. The same principle held for the Intermediates. Then they became seniors. Most of the guys beginning weightlifting were more than twenty years old. The junior category at the world level was established only in 1972. In the meantime no International rules were governing the establishment of the junior category. Canada had no links yet with the International Weightlifting and Bodybuilding Federation. We were not a member Federation, or anything similar.

1947

It is in 1947 that weightlifting became an official sport in Canada, under the A.A.U.C. (Amateur Athletic Union of Canada), when Mr. Hill wanted to register some of his Quebec athletes - Rosaire Smith and John Stuart - for the 1947 World Championship in Philadelphia. He was then told that Canada had to be affiliated with the International Federation to take part in the championship. Mr. Hill took it upon himself to register Canada, with his own money, in the name of the A.A.U. of Canada, which was a multi-sport organization governing amateur sport in Canada. The AAU was not only a national body; it was also the provincial authority. An AAU card enables athletes to compete in any member sport. The Athletic Amateur Union was founded in 1892 and consisted of several sports both in the United States and Canada.

To register weightlifting under the AAU proved to be a mistake. It should have been registered under its own entity such as: the Canadian Weightlifting and Bodybuilding Federation. Subsequently, for many years, people tried to correct that important mistake without success. Over the years, the weightlifting people were frustrated at most of the AAU's decisions, which imposed all kind of decisions such as who was going to the Games as athletes, coaches, managers. Some managers were named who knew nothing about weightlifting. Weightlifting remained within the A.A.U. until Maurice Allan, a weightlifting coach from Quebec City, became the AAU President and supported the creation of the Canadian Weightlifting Federation (CWFHC). Mr. Maurice Allan became the first president of the Canadian Weightlifting Federation.

The archives of the former AAU of Canada are at the library of the University of Calgary.

Weightlifting rules were made known to people only verbally in those bygone years. It is only in 1947 and in 1948, through Mr. Hill, that Canada became familiar with the international rules. We started to apply them immediately in the Province of Quebec and in Canada.

It was in 1947 - 1948 that Maurice Allan became Jules Sylvain's personal coach; their training base was at René Lacroix's home, on Mazenod street, where they were using the garage. This garage was not heated. It was very difficult to train there in the winter, since they

had first to heat up the garage before training or touching the very cold metal of the bars and plates. At times they placed the bar on the stove to heat it up faster. It was a standard bodybuilding bar. There was no Olympic bar in Quebec City.

Like many people of that time, Yvon Chouinard's father also followed closely the strongmen of the time. His father had made a few barbells with empty cans filled with cement and held in place with pipes of different lengths. On Sunday mornings the backyard was often a rendezvous for the people living around the house, where everyone would try to impress the spectators with their respective power.

Gerard Michaud of Quebec City also had his gym in Quebec City, in which some weightlifting was performed. Gerard eventually went into the production of Olympic bars and plates. Michaud was aware of the weightlifting rules of the time and kept the people aware of the rules. Gerard was born around 1912. Later in life, he spent many years working in St. Catharines, Ontario. He retired in the 80s and died in 1988 in the house he was living in, a few kilometers away from Quebec City.

Jules Sylvain's first training partners were René Lacroix, Raymond Flynn and Roland Bidégaré. Only Lacroix remained for some 15 years, either in weightlifting or bodybuilding. Jules' first tournaments were in 1947, the Quebec City junior and senior Championships. This was followed by the Senior Provincial Championships in Montreal. He competed in the 60 kilo class. His lifts were 60, 60, and 80 kg. At the time the Canadian records were held by one Paul-Émile Marcotte of Quebec West, in the 60 kilo class. The clean and jerk was 80 kg and Marcotte was about 15 to 20 years older than Jules when he made these split style records.

Jules had many different opponents in his career but, invariably, they were growing up and getting more muscular and had to change classes.

At the time, 1947 - 1948, there was no system of training. Everyone was trying to surpass others almost all the time. There were three evening sessions for training - Monday, Wednesday and Friday. It was exceptional to train on Sunday morning.

In tournaments in Quebec, all the lifters competed together, from different body classes. Also all of them were split style lifters. The bar was held with a standard grip - no hook grip with the thumb like today's lifters. They were lifting with the same equipment in training as in competition, which was their every day clothing. No one has specialized boots or shoes.

The Quebec City lifters did not have any money to go to Montreal for the Provincials Junior so they went only for the seniors. Let's not forget that the trip took some six hours one-way by road and it was not everyone who had a vehicle and was available to go to Montreal. Some travelling was done by train, going by Trois-Rivières. Nothing was paid

for by the Government or anyone. It was costly, but rarely exceeded \$10.00 for the weekend!!! It was unthinkable to ask one's parents for \$10.00, they would never have it. On those trips, away from home, the weightlifters would usually sleep two guys per double bed to save on their expenses.

In general, people were training only to fill primary needs; to satisfy their ego; show their friends and family how strong they were; to have a small article or a photo in the local news paper. Very rarely, they thought their exploits could lead them to travel outside of their city and specially, it never came to them the idea to withdraw financial support whatsoever due to their exploits.

In 1947, Joe Turcotte helped start a gymnasium in Sarnia, Ontario, with the backing of two service clubs and support from the Police Association (PAL - Police Athletic League).

XXIII rd

Cat.	Senior World
Kg	Championships
	Philadelphia, USA
56	Rosaire Smith 3rd
67.5	John Stuart 2nd
Coaches	Mr. Hill

Leader
Referees

1948

Joe Turcotte, Ontario, was invited to the 1948 Olympic Trials in Montreal but he could not afford to attend. He remained with PAL until he moved into his new Indian Road residence where he only coached weightlifting. When the house was being built, Joe had arranged with the contractor to have one room in the basement made large enough to accommodate a lifting platform and with a high ceiling to allow for competition lifts.

After Joe Turcotte left Michigan, where he also set State records, Turcotte continued to enter competitions. Returning next year to the same class, Turcotte's total placed him first and included a new Ontario press record of 250 pounds (113.4 kg).

In the first major competition after the was at the British Empire Games held in London England, Joe Sklaar, ON, captured the silver weightlifting medal in the 165 lbs (75 kg) category. He was a member of the Oliphant's Academy and YMHA of Toronto.



Jean-Yves Dionne and Riverin Gosselin

In 1948, Jean-Yves Dionne came back to Quebec City and went to see Michaud. Gerard was now living at 54 Laviguer Street. Jean-Yves was also living on that same street, at 34 Laviguer. At that time, other men were also training with Michaud, including Eugène Lessard, Paul-Emile Marcotte, a 132 lbs (60 kg) lifter who held the Canadian (split) snatch record with 185 lbs (84 kg) after having done only a 150 lbs (68 kg) military press ; Raymond Dorion ; Gaston Pichette. Gerard had decided to rent the former Lacasse grocery store on Ste-Claire Street and to transform it into a gymnasium. Gerard was working shifts at the Chantiers Maritimes in Lauzon, P.Q. Jean-Yves was assisting him at the gym and Gerard gave him a free membership in return for minor chores.

Gerard recognized that Jean-Yves had an analytical approach to the performance movements in weightlifting. Gerard had machined his own first Olympic bar with his name MICHAUD written on its plates, at the dock yard, where he was working. The bar revolved, but not as well as today's bars. It was not very flexible and, at times, became crooked. There were no squat racks available at the time; one would usually either clean the bar himself and bring it to the shoulders before squatting with it or ask two partners to clean it up and put it on his shoulders. No one in Quebec City had yet thought about building squat racks!

In 1948, Mr. Hill went to the London Olympic Games with a Canadian Weightlifting team. It was Canada's first organized official presence, which was to be followed by many others. Later, we took part in many British Empire Games also, then the Pan American Games, from 1953.

It was about that time that the City of Montreal created its own weightlifting association to regulate local activities. It was followed much later by the development of weightlifting in the Saguenay/Lac Saint-Jean area of Quebec, then, through one Emile Savard, for the Hull

area. Many meets took place which eventually served as the future basis for the Fédération d'Haltérophilie du Québec. The Hull/Montreal relationship lasted for seven or eight years. Jack Varaleau from Ottawa, a national team member, also contributed to that base.

In the years 1948, 1952 and following, the only kind of financial assistance requested from the Government was transportation for the team to international lifting sites. The athletes teamed for ONE competition per year; a big one.

At the time, almost all team members were from the Province of Quebec.

Weightlifting was not as popular elsewhere in the country. The first weightlifting competitions in Montreal were mostly held at the YMCA. The first national competitions were East-West. They were by correspondence. There was no funding available to Canadian amateur sports at the time. The people involved in amateur sports had to travel at their own expenses and this included the athletes. It took a little while to find out what was the best and least costly system to use for championships. The money used to send people to the major Canadian Championships came from the various local associations to which everyone had to contribute and affiliate themselves locally.

In those years, most of the athletes were above twenty years old, had been working for a few years, and were married. They trained a few nights a week since training took place only in the evening, they had to pay to train and to become association members, plus raise a family. All of that without any grants. The mentality was completely different from today's. They were very interested in the sport and did not get involved with the hope that weightlifting could bring them any kind of grants or trips.

In Montreal, an adequate public exposure in the media took place after weightlifting entered the Palestre Nationale. Before that time, there were not that many Montreal weightlifters, but all of a sudden Montreal could place its athletes in most bodyweight classes in tournaments because it had the quality and the quantity of individuals required.

When Gérald Gratton came back from the 1948 Olympic Games he encountered some difficulties with his personal coach, Mr. Hill. Canada had five weightlifters at the Games; three of them were Quebecers and the two other came from other Provinces.

Bill Oliphant senior, Toronto, died in 1948 and his Club was taken over by his son Bill Junior who was always known as Buster. Being brought up around a gym, there was very little Buster did not know about weight training and fitness routines and would probably fill the role we now know as a personal trainer.

Cat.	British Empire Games	XIVth Olympic
Kg	London, England	Games London, England
56		Rosaire Smith 7th
67.5		John Stuart 5th
75	Joe Sklar 2nd	Gérald Gratton 5th
82.5		Joseph Sklar 10th
90		Jack Varaleau 6th
Coaches		Mr. Hill
Leader		
Referee		

1949

The first contest, for which Jean-Yves Dionne still had the detailed results, when I met with him, took place on Sunday, 27 November 1949, at 14:00 hours, at Gerard Michaud's Gym. It was a friendly meet to which friends were invited. There was no admission fee; there were no trophies or awards. The lifters were Jules Sylvain who did a 195 lbs (88.5 kg) military press; a 190 lbs (86 kg) split snatch and a 235 lbs (106.5 kg) split clean and jerk. Those lifts were done before the use by lifters of the famous hook grip, on crooked bars. In the case of Jules, it was even worse. He had suffered a fractured wrist which badly healed and could not even use his thumb to close his hand around the bar.

Maurice Daigle, also of Quebec City, did a 170 lbs (77 kg) military press; a 180 lbs (80.2 kg) split snatch and a 235 lbs (106.6 kg) split clean and jerk. Lacasse and, Paul-Emile Marcotte a 150 lbs press (68 kg); a 165 lbs (75 kg) snatch and a 210 lbs (95.3 kg) clean and jerk in the 132 lbs (60 kg) class. Also in the contest but, in other bodyweight classes were: Jean Roy, Gerard Martel; Napoleon Gauvin; Dumais; Germain Gagnon; René Lacroix; Jacques Collin. For quite a period of time they had those friendly local meets on a monthly basis. From 1950 on, often in those contests, one could notice that the weights on the bar were not a multiple of 2½ lbs due to the fact the weights used were inaccurate MICHAUD weights. They had to satisfy themselves with the closest weight arrived at, on the scale.



À l'époque où on utilisait des "catchers" même en compétition. Notez la serviette à la ceinture pour effectuer l'épaulé Continental – épaulé en deux temps. De terre à la ceinture puis, de la ceinture aux épaules. (Athlète inconnu)

There was a time where catchers or spotters were used during competitions and, they were allowed on the lifting platform. Also take note the presence of a towel in the lifting belt. It was to perform a Continental clean. Pulling the bar from the platform to the belt then, 1 or 2 seconds pause, pulling it again from the belt to the shoulders. This was called a Continental Jerk.

Here is a list of the world records of the "Continental Jerk" until 1914

niveau 4

**30 RECORDS ET RÉSULTATS
D'HOMMES FORTS AU JETÉ CONTINENTAL
AVEC BARRE – ENTRE 1885 et 1914**

rang	athlète	nation	poids corps livres	année	jeté continental*		classe- ment
					1000 points	levé en livres	
1	Andreas Maier	Allemagne	196?	1903	333.2	370.4	1111
2	Arthur Saxon	Allemagne	200	1905	335.0	360?	1100
3	Josef Steinbach	Autriche	255	1907	359.2	392.4	1092
4	Maxick (Max Sick)	Autriche	147	1910	311.7	340.0	1091
5	Karl Witzelberger	Autriche	227	1905	346.9	378.1	1091
6	Serge Eliseieff	Russie	187?	1899	329.3	356.0	1081
7	August Johnson	Suède	190?	1898	330.6	352.7	1067
8	H. Schneidereidt	Allemagne	194	1906	332.4	352.7	1061
9	Heinrich Neuhaus	Allemagne	190	1905	330.6	349.4	1057
10	Karl Swoboda	Autriche	320	1911	387.8	409.2	1055
11	Arvid Anderson	Suède	253	1899?	358.3	377.0	1052
12	George Lurich	Russie	187	1902	329.3	343.9	1045
13	Josef Grafl	Autriche	286	1911?	372.8	389.1	1044
14	Emil Von Mogyorossy	Hongrie	150	1910	313.0	326.0	1042
15	Heinrich Rondi	Allemagne	247	1912?	355.7	367.1	1032
16	Berthold Tandler	Autriche	273	1913	367.1	374.8	1021
17	Hermann Saxon	Allemagne	168	1907	320.9	323.0	1006
18	Wilhelm Turk	Autriche	249	1897	356.5	356.0	1000
19	G. Hackenschmidt	Russie	195	1899	332.8	330.7	994
20	Alois Selos	Allemagne	275	1905?	368.0	364.8	991
21	Hans Beck	Allemagne	250	1897	357.0	352.7	988
22	Beertie Berkulo	Hollande	149	1906	312.6	308.6	987
23	Otto Arco	Pologne	140	1905?	309.3	305.0	986
24	Horace Barré	Canada	320	1896	387.8	380.0	980
25	George Fischer	Allemagne	229	1912	347.8	336.2	967
26	Emile Kliment	Autriche	130	1913	304.2	220 x 1 = 294.0	967
27	Edward Aston	Angleterre	170	1912	321.8	311.0	966
28	Karl Abs	Allemagne	241	1885	353.0	330.7	937
29	Louis Cyr	Canada	300	1896	379.0	347.0	916
30	Josef Whur	Allemagne	138	1905	307.7	280.0	910

réf.: repris de la revue Iron Man, Novembre 81, vol. 41 no 1, page 41.

*Note: Le jeté continental est un mouvement libre qui consiste à amener la barre au-dessus de la tête avec les deux mains.

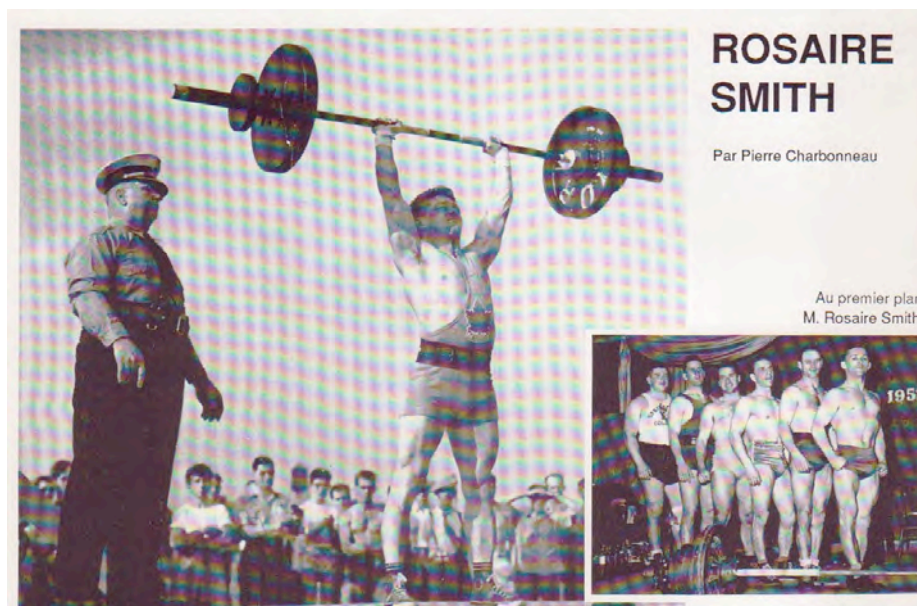
1950

It is in 1950 that Maurice Allan started to get really involved locally in Quebec City, in the world of barbells. In 1950, he opened his first local weightlifting gym, the Hercule Gym with four or five friends. They rented the local for \$20.00 per month and split this amount among themselves. They also had to pay for the oil heat. It was situated in a sector of Quebec City called Limoilou, at 421, 3rd Avenue at the corner of 4th Street. The gym was on the second floor of a welding shop. It was not possible to drop weight to the floor, which was not specially protected. For its opening he had invited the strongman Gerard Michaud and the owner of the Forteresse Gym, Jean-Yves Dionne, who performed acrobatic feats, to give a demonstration. Also invited were the weightlifter Jules Sylvain and the strongman Antonio Baillargeon. It was a place in Quebec City where the athletes could train indoors with weights. The heat was far from being adequate; they had to install an oil heater to have a decent temperature in the gym.

In 1950, the local weightlifting meets in Quebec City were usually also a unique chance for any performer, in strength feats, to do a demonstration of his/her talent. They called this special lifts. In January, 1950, Jean-Yves Dionne did a prone press of 305 lbs (138.4 kg)

- not his best - while lying down on the floor. He had to roll himself under the bar first. It was the equivalent of a bench press, but without any support and with the buttocks held above the floor. At another time during the year, it was the members of the world strongest family - Jean Baillargeon doing a one leg press with 340 lbs (155 kg), his brother Antonio would do a clean and jerk with 280 lbs (127 kg) and a 400 lbs (181.5 kg) back squat. Jean Roy did some jerks with 280 lbs (127 kg) after being given the bar at shoulder height. Gerard Michaud would do some clean and jerks with 250, 260, 270 lbs (122.5 kg) without much training. He would be followed by René Lacroix with a jerk of 280 lbs (127 kg) from the shoulders. Réal Brochu from St-Henri, Lévis, was next with an one-arm bent over of 210 lbs (95.3 kg) then a deadlift of 500 lbs (226.8 kg). He then tied his hands to the bar and succeeded with 600 lbs (272.2 kg).

At the time the lifters lifted weights without bothering themselves too much with the rule book. Very often, even in tournaments, the small plates were placed outside the collars. We could also see « spotters or catchers » on the lifting platform. They were two men close to the athlete, ready to catch the bar if the snatch or the jerk was missed while overhead or even in the middle of the lift. All the Olympic plates were made of metal - no rubber plates and the plates were only of black color. The Olympic bars were also three (3) inches shorter between the collars. The bars were not very flexible, and even the ones used in tournaments were slightly bent.



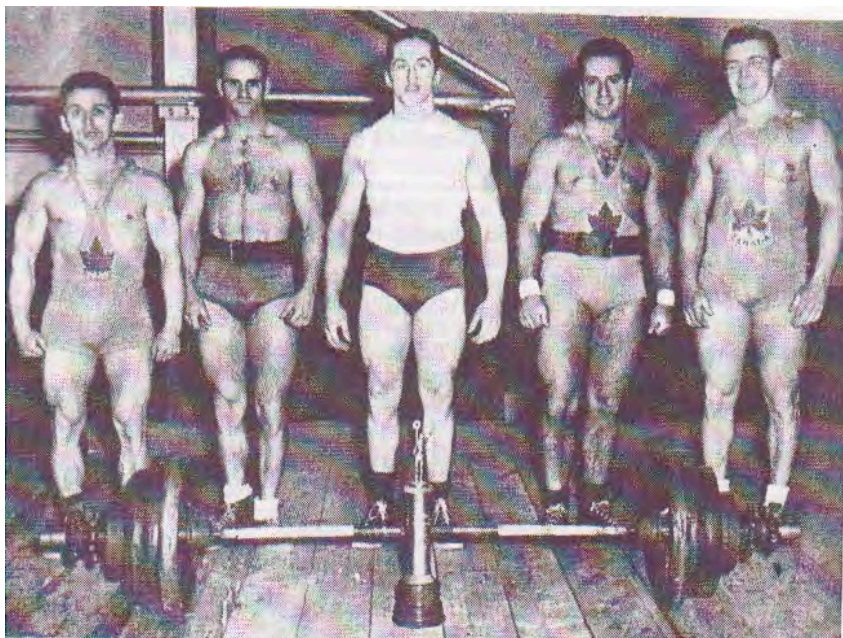
In 1950, most of the meets were either held at the Hercule or at the Forteresse Gyms in Quebec City. All those meets were judged without any electronic equipment. The athlete could take as long as he wanted for his recuperation between two lifts. The measure of time was still non-existent. The referees used their thumbs, point in either up or down, to demonstrate their acceptance or rejection of the lift performed. It

was a practice at the time for the announcer to act more like a master of ceremonies and be very talkative about things not directly related to the lifts being performed. Invariably, he would at times, hinder the athlete in his performance. In between lifts someone, at the request of the announcer, would pass a hat in the audience to collect donations of money for the organization hosting the event.

At that time, in 1950, in Montreal, Philippe Saint-Cyr also joined weightlifting. He began at the Palestre Nationale in Montreal at the age of 18. He only trained with barbells for general physical fitness. He noticed the weightlifting section in the building and was curious about it. He joined the weightlifting club after a few months, in the spring of 1950. Mr. Saint-Jean, the coach at the Palestre, did not pay much attention to Philippe, since he was only a beginner who still had to prove his seriousness. Philippe trained a few months in weightlifting.

At that time no one trained in weightlifting during the summer; it was commonly believed to be too hot to train in that sport. That summer, Philippe decided to demonstrate his seriousness by training for weightlifting during the whole summer, on his own. In September, Mr. Saint-Jean could not miss Philippe's determination. Philippe became acquainted right away with the top performers in weightlifting in Canada, at the time: Gérald Gratton, John Stuart, Rosaire Smith, Jules Sylvain, Even if there were competitions at the time in the Montreal area, Philippe was not always of their caliber, but he enjoyed their performance and their company.

It is before about 500 to 600 people gathered at the cinema Imperial of Chicoutimi, Québec, that Adrien Gilbert won the bodybuilding title Mister Saguenay 1950. Adrien was already a fanatic of weight training and eventually became an excellent Olympic and international weightlifter on the Canadian weightlifting team.



Rosaire Smith, Jules Sylvain, Robert Prévost, Gérald Gratton, John Stuart

The AAU announced at the beginning of 1950, in Montreal, that there would be trials for the upcoming 1950 British Empire Games in New Zealand, and a possibility for Canada to send some weightlifters. Those Games had come into being in 1930, in Hamilton, Ontario, Canada. The Games had prospered mightily since their humble beginnings.

The British and Empire Games had grown from a six-sport, seven day gathering, attracting 11 nations to the Games with 10 sports, at least 50 nations and upwards of 3,000 athletes in 1990. The Games have had many names through the years. First they were the British Empire Games, then the British Empire and Commonwealth Games, the British Commonwealth Games, and finally the Commonwealth Games.

Until the early 1950's, ships were the only way to go to Europe. It took 5 days to go to Europe and as much to return. In 1951, Air France and Trans-Canada Airlines (later Air Canada) began offering flights to this destination but it took a dozen hours and a few stops over in different ports.

The new aircraft provided a hundred seats; meals and free drinks and passengers were allowed smoking during flights.

Within 10 years aircraft supplanted cruise ships that will eventually be recycled in cruise vessels.

The 1950 trials took place at the Sir Arthur Currey Gymnasium at McGill University, Montreal. Jules Sylvain, who was not married yet, did 187.5 lbs (85 kg), 177.5 lbs (80 kg) and 237.5 lbs (107.5 kg) and won his bodyweight class. By no way, it was not an automatic selection for the Auckland Empire Games.

On that occasion Jules also met Charlie Walker and Harvey Hill for the first time.

A few months later, Jules received a letter telling him he had been selected as a team member. He could not stand still and could not believe he would be making such a trip. Remember that people in those years, were not traveling more than 100 miles away from their home in a life time yet. A normal trip by auto Quebec to Montreal could take as long as six hours. There were no highways, only roads. One had to drive on a long scenic road alongside the St. Lawrence River all the way, through all the villages.

Jules Sylvain was now working full-time for a contractor in construction. Luckily there was no work for him in the winter and the trip to New Zealand would take place immediately after the Christmas holidays. The other Canadian team members were: Rosaire Smith in the 56 kg category; John Stuart 67.5 kg; Gérald Gratton 75 kg and Jack Varaleau in the 82.5 kg, which was the last bodyweight class before the heavy weights. The team manager, Frank Saxton, was from the sport of amateur wrestling. The Auckland Empire Games of 1950 were to be bracketed with the 1948 London Olympic Games as being the Games which prevented the entire Olympic ideal from being a permanent casualty of war.

It was a four month trip by boat. It all started by a four-day trip by train, by coach, to Vancouver, where the team was being put together. In Vancouver, they took off by plane for New Zealand, with Canadian Pacific airlines. In those years commercial propeller planes did not fly very high. As soon as they left, the pilot received the order to return because of the presence of a hurricane. The plane landed in San Francisco where they stayed four days. They were impressed by the luxury hotel service received there, all billed to the AAU. It gave them some time to train locally, but they were gaining weight. They finally left for Hawaii where they also remained overnight. Aboard the plane everyone was sick at one moment or another. Then, they left for the Fiji Islands where they remained over night again. It was very warm, with no air conditioning. They slept under a net. Finally they arrived in Auckland, New Zealand, then Christchurch, very pale and shaken up. Jules competed in the Games and did what he had expected for a 4th place out of 6 athletes listed. His total for the three lifts was 635 pounds (288 kg). It was a tremendous experience and his first international experience. The team had performed well.

After the Games, the team was given the choice to return to Canada either by propellers plane or by ship. The trip by ship took them around the world through the Pacific Ocean and the Suez Canal. There was one condition to the trip by ship. The athletes had to give demonstrations throughout New Zealand before leaving the country. Jules and John Stuart took the trip by ship and gave weightlifting exhibitions in five cities in fifteen days. They travelled by plane, by train, were received by families... were treated like kings. Jules' English was very weak and he could hardly make himself understood. Gerry, Jack, and Rosaire had decided on the return trip by commercial propellers plane.



Jules left Auckland, NZ, for Sydney, Australia, and so on. On the ship, it was almost impossible to perform weightlifting movements so they limited themselves to body-building exercises. Many athletes from other sports had also made the choice of the trip by ship. They changed ship at Sydney and took one that was going to Melbourne. Then, they travelled another leg of four weeks to Southampton, England. Finally he boarded the last ship from England to Quebec City. He was warmly received by his family upon his return.

Mike Popovich (1927-2010) from Hamilton, Ontario, a 165 lbs (75 kg) class Ontario champion in the 1950's when in his 70's, told how he went with other members of Joe Taylors Club from Hamilton, Ontario, when he was a youth visiting Bill Oliphant at Oliphant's Academy and how amazed they were at the old time globe barbells all around the walls and pictures of strongmen high up and also all around the walls.

	XXVIII Th	IV Th	
Cat.	Senior World	Empire Games	
Kg	Championships		
	Vienna, Austria	Auckland, N.Z.	
56	NO CANADIANS	Rosaire Smith	2nd
60		Jules Sylvain	4th
67.5		John Stuart	5th
75		Gérald Gratton	1st
82.5		Jack Varaleau	1st
90			

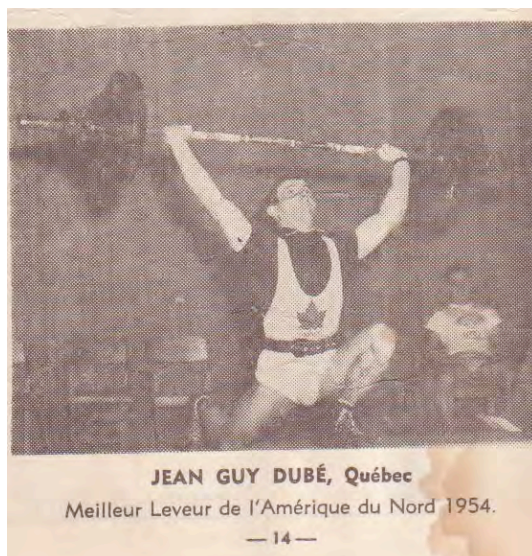
100
+100
Coaches
Leader
Referees

Frank Saxon

1951

In 1951, Quebec City's Hercule Gym moved to 1008, 3rd Avenue, on the corner of 10th Street. Right away, some weightlifters, which had no place to train during the winter, moved into it. Jules Sylvain was one of the first ones. He was followed by Charles-Henri Cazeau, Jean-Guy Dubé, Paul Gagnon, Marc Breton, René Lacroix, René Bertrand, Paul-Henri Paquet, Maurice Daigle, ... Quickly others, such as Jean Roy in 1952, moved in to make the gym one of the best known in the Greater Quebec city area. It was a new breed of weightlifters, which was to be around for a good while.

Maurice Allan kept his gym opened during about 10 years. This gym was opened over the years on Mondays, Wednesdays and Fridays only, between 18:30 hours and 20:30 hours. Later Maurice began to open on Sunday mornings but this for only certain stronger athletes. This gym was impressive for the lay person since it housed Jules Sylvain and Jean Guy Dubé, superstars of the time. It sometimes also occasionally saw other stars of show business or hockey as an Olympian cyclist/skater Maurice Gagné, Marcel Bonin a hockey star with the Quebec Aces hockey team and later the Montreal Canadians or simply locals such as René Bertrand or other strong men. There were also a few bodybuilders and some specialists in power lifting. Definitely it was the best known sports training centre of the region. Most local weightlifting tournament took place either at the Hercule gym or, at the Salle Limoilou where eventually Jean-Yves Dionne became instructor.



There was no continuity to weightlifting championships at the time in Canada. In Quebec City, there were no junior or Senior Championships. One year one athlete from Quebec City would go to the Provincial Championships held in Montreal. Another year maybe two athletes would go. There were not enough weightlifters to hold local championships in Quebec City. With the arrival of the Hercule Gym plus the Forteresse Gym on St-Vallier Street and some independent gyms they could now have their own local tournaments. Maurice Allan had opened a new well-equipped gym. He was never a weightlifter himself; he was a barbell fan, but he got interested in weightlifting when he went to a weightlifting championship held in Montreal. He could read English also was an eager reader of the magazine « Strength and Health », which carried most information on the sport of barbells. There were always between ten and fifteen weightlifters training in his gym. It became one of the two best organized weightlifting gyms in Canada, with the Palestre Nationale of Montreal. It was the beginning of organized weightlifting within Quebec City. Maurice Allan was coaching a good weightlifting group. Some bodybuilders also trained there.

As many as ten persons training in that gym could do a 500 lbs (226.5 kg) deadlift. One thing hanging; the gymnasium was located on the second floor, immediately above an A&P supermarket. Let us not forget the weightlifters were training with cast iron barbells not covered with rubber. Under the weightlifting platform were placed wringer rolls coming from washing machines, rubber and cushions for damping noise of escaping dumbbells. These vibrations were causing significant disturbance to the grocery store located downstairs when on Monday morning, at the opening of the store it was realized that important vibrations had been shacking fluorescent providing lighting in the store to the point of dropping from their anchoring and had fallen shattered on the floor, in the food and meat. The store manager could tell at a glance in the store, the kind of training that took place during the weekend in the local situated at the top of his own.

At the time, in Montreal, only the Palestre National was offering strong training facilities to the Montreal youth, for all sports.

This period marked the beginning of weightlifting structured in Quebec.

	XXVI Th	I st
Cat.	Senior World	Pan American
Kg	Championships	Games
	Milan, Italia	

56	NO CANADIANS	NO CANADIANS
60		
67.5		
75		
82.5		
90		
100		
+100		
Coaches		

Leader
Referees

1952

Quebec City had its first Junior Championships. The same year Quebec City hosted the Junior Provincial Championships. The first municipal Junior Championships in Quebec City took place at the Hercule Gym on 4 February, 1952.

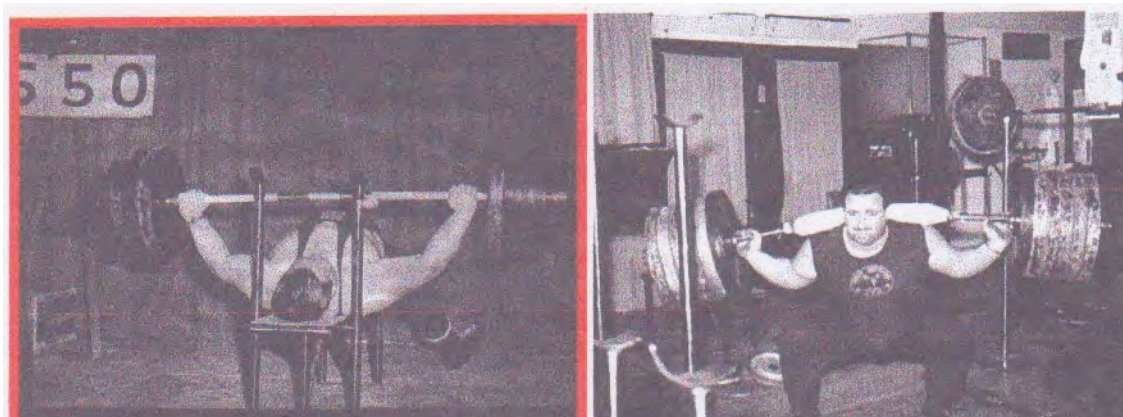
In 1952 Maurice was named the official representative, within the A.A.U. of Canada, for the district of the Province of Quebec.

Maurice was well known as an excellent administrator. He became National President of the AAU of Canada and of the CWFHC for a long while, besides being involved on the international level.

Maurice Allan has never trained in weightlifting. He had an elegant presence, a man of about 1.83 meters (6'2") and not married yet. He also had no vehicle at the time, which was common. He was working full-time at Canadian National Railways - CNR for the Stores Department. Luckily, throughout his career Maurice always had the privilege of having free transportations, either through his employer, CNR, or his future employer, Air Canada - passenger trains, airplanes passes. He was coaching his athletes, also wrote the publicity for the tournaments, before and immediately after the events. After the contests he would rush home, type the results on many paper carbon copies, with some relevant details. It meant taking the municipal bus/tramway with the publicity for the media and going to each of the news papers, one by one, and returning home again by the same means. It was an accepted custom for one of the best known local sport writer to publicize the events if a \$2.00 was left for him, in his desk drawer. The following day the article was in the news-paper. It was big money for Maurice at that time, being the equivalent of four hours of work, but it was crucial being the only mean to advertize the contest and to have some spectators at the events.

Jean-Yves Dionne moved to Baie-Comeau, Quebec, 415 km north east of Quebec City, from 1952 to 1954. At this point he became Director of sports for the municipality of Baie-Comeau.

In 1952 a Junior Championship had nothing to do with the age of the contestant but rather with the lifting experience. They could be middle aged athletes and still be juniors, since they had never won or competed at a higher competitive level before.



Doug Hepburn, BC, is preparing himself for the coming World Weightlifting Championship next year at Stockholm. Here he is doing an official 250 kg on the bench and training with 270 kg squat.

Quebec City had started to invite guest lifters at their local meets. One of the first ones was a René Lake from Montreal on Sunday, 27 December. He was a 181 lbs (82.5 kg) lifter doing a 230 lbs (104.3 kg) military press; a 220 lbs (100 kg) split snatch and a 315 lbs (142.9 kg) split clean and jerk. He was a dynamic weightlifter. Jean-Yves Dionne also did some one arm bentovers.

The popularity of the new sport of weightlifting in Quebec City also brought comedy events. One of these events occurred when the new club began using sodium bicarbonate, a kind of white chalk athletes use to remove sweat in their hands during training or tournaments. The Hercule Gym was located opposite the Pelletier drug store; Maurice went to inquire on the possibility to get a small block. As it is usually used to soothe the stomach pains, the pharmacist sold him one block, which he sold very infrequently. However the pharmacist became very upset when Maurice repeated his trick for several consecutive weeks. The pharmacist finished by recommending strongly to Maurice to see a doctor at the earliest, saying the problem was becoming very serious! Maurice explained to the pharmacist how the athletes were using of the sodium bicarbonate, which reassured him.

On March 16, 1952, the Senior Championships were held at the Gymnase Hercule in Quebec City. It was supposed to be a city championship, but it had a Provincial flavor with Edmond Sergerie and Adrien Gilbert from Saguenay - Lac Saint-Jean, Quebec. The referees included a professional hockey referee from the Senior Hockey League, Robert Forgues, who had limited experience in weightlifting. Jules Sylvain made some records which were weighed immediately after the lifts, as was customary in that period. At 131 $\frac{3}{4}$ lbs (59.8 kg), Jules lifted 205 lbs (93 kg), 190 lbs (86.2 kg) and 255 lbs (115.7 kg). The 255 weighed at 254 $\frac{3}{4}$ lbs (115.6 kg).



De gauche à droite, Dave Ballie, Jack Varaleau, Gérald Gratton, Lionel St-Jean, Jules Sylvain et Rosaire Smith aux Jeux Olympiques d'Helsinki FIN en 1952.

Ken Carr-Braint of Belleville, Ontario, got to know of Oliphants during one of their trips to Toronto from Belleville where his club, The Apollo competed in the Ontario championships in 1952. Bill McMurter and Ken stayed overnight and, Bill said he had a surprise for Ken and he took him around to the Oliphant Academy and introduced Ken to Buster. They had a very enjoyable visit and Buster said come again which he did a few times over the years taking some of his lifters with him. Amongst them there was Gary Walt, Ron Hayes, Buster and Bob Walt.

What are most striking researching for this article are how many times Oliphant Academy of Physical Culture cropped up? For instance, George Jowett in his memoirs refers to Bill Oliphant as being the witness to some of the many feats of strength created by him. Also there are innumerable references by such greats as Bernard McFadden, Charles Atlas, Earle E. Liederman, and the Weider Bros., all having visited there. It certainly was a Mecca for strong men over the years.

Buster Oliphant died at the good age of 80 years old.

In Montreal, more important weightlifting tournaments started to take place. The North American Championships were held in a gymnasium on the

campus of McGill University, the Sir Arthur Currey Gymnasium. Mr. Walker and Mr. Saint-Jean organized four or five North American Championships at that location. Lionel Saint-Jean then put on two or three more at the Palestre Nationale in Montreal. They were big tournaments. They had a maximum of thirty lifters performing the three compulsory lifts.

The first international competition that Mr. Saint-Jean went to was in 1952 at Helsinki. He had 5 athletes with an average age of 25 to 30 years, all married. He found it was difficult to have them in for 10:00 P.M. curfew. It is at the 1952 Olympic Games, when Mr. Saint-Jean and G. Gratton were together, that they started developing a sporting relationship. Lionel did not train him over a long period. Mr. St. Jean, Mr. Hill, and their athletes are the ones who brought back the knowledge of the weightlifting rules. Until that time there were no rule books in Canada to regulate weightlifting. (Mr. Saint-Jean remembers having handed over to the Fédération d'Haltérophilie du Quebec, through Claude Ranger, two boxes full of documents related to weightlifting in which there was a five-lifts rule book.) When Mr. Saint-Jean got involved in weightlifting, the IWF had just cancelled the two one-arm lifts, but they were still performed regularly in training.

Lionel Saint-Jean probably had some insight into the future. He sent a postcard to Philippe from Helsinki telling him that may be in a few years Philippe could also be on international trips. It was unthinkable at the time.

In 1952, Philippe Saint-Cyr competed at the Olympic Games trials in Drummondville, PQ. It was organized by the police chief Jos Moquin, a strongman himself. For Philippe it was his first important competition. He was competing in the same bodyweight class as Gérald Gratton and Jack Varaleau. It was quite a thrill for Philippe. He began to meet Jean-Yves Dionne, Maurice Allan, René Lacroix, at that time. Also, leaving Montreal and traveling to Drummondville was something new and it took quite a few hours with the roads of the time, no highways yet. It was the same thing to go to Quebec City. It was the discovery of new horizons and quite a trip.

That year, Gérald Gratton placed second at the Olympic Games. The same year there was the Saint-Jean Bosco invitational tournament, in which Philippe did not take part and also the North American Championships with the Americans. The Americans were the best in the world. It was impressive, since they were visible while the Soviets were only names to everyone, on account of the impossibility of seeing them in action. There was John Davis, Norbert Schemansky; weightlifting was at its best in the Province of Quebec. There was no reason for the Quebecers to travel elsewhere in Canada for weightlifting experience.

It is in 1952 that Jules Sylvain made its first Olympic team. Later, in 1954, he gained his place on the Canadian team for the Games of the British Empire to Vancouver where he won a silver medal. Jules continued

this momentum with a selection on the Olympic team of 1956 in Australia, then the team of the British Empire in 1958 in Cardiff, Wales, and finally on many international teams. It must be remembered that during Jules first Olympic Games competition it was not as what we know today.

It arrived at the Olympic Games that in some categories, there are up to twenty-six (26) lifters in the category 132 lbs (60 kg). They competed in one group, not groups A and B as it is currently now and lifted in the three Olympic lifts. You could start a category at 14: 00 hours and compete until about midnight without any rest. It was very long. It is understandable why Jules could never achieve its best performances at Games. Athletes had to warm up so often it was unbelievable.

It was not until the beginning of the 1960s before we saw another Canadian lifter pushing Jules a little bit. It was a young man from Ottawa, Allan Salter, a very good weightlifter who took care of that and pushed Jules to the limit. *(Allan deceased in January 2011).*

It should be noted that Jules has never been able to receive government financial assistance throughout his career. There were many appeals made by Maurice Allan awakening the local public for assistance for Jules as pocket money. Another occasion Maurice appealed at the Québec City Hall to obtain assistance for Jules. Maurice also got a free heating oil delivery for Jules during his absence from the Canada. The Athletic Commission of the city of Quebec also provided financial contribution, at the request of Maurice. It is Mr. Saint-Jean, Mr. Hill and athletes from these Olympic Games brought to Canada a more extensive knowledge of international weightlifting regulations.

	XV Th
Cat.	Olympic
Kg	Games
	Helsinki, FIN.
	25 July
56	Rosaire Smith 9th
60	Jules Sylvain 10th
75	Gérald Gratton 2nd
82.5	Jack Varaleau 0
+90	Dave Baillie 6th
Coaches	Lionel Saint-Jean
Leader	M. Hill
Referees	

1953

In 1953, Doug Hepburn of Vancouver decided to take part in the World Championships in Stockholm. He went on his own, paying his airfare. He was not even a member of either the Canadian or the Provincial Weightlifting Federations. No one involved in Canadian weightlifting

knew him. He had never taken part in any weightlifting championships held in Canada. Doug Hepburn won the World Championships in Stockholm with a three lift total of 1,030 lbs (467.2 kg). Doug was born in Vancouver, B.C., on March 25, 1927. He became Canada's best known weightlifter, and Canada's only World Weightlifting Champion. He possessed phenomenal shoulder strength which enabled him to perform such feats as pressing 335 lbs (152.5 kg) 10 times in succession, or curling 260 lbs (118 kg). Some of his other feats of strength include a bench press of 580 lbs (263 kg), a back lift of 6,000 lbs (2,721.7 kg), a clean and jerk with 440 lbs (200 kg), and a strict one-arm press with 180 lbs (81.7 kg).



Popular people like Adrien Gagnon, an advocate of natural food and health products, who passed away in 2011, came to meet Maurice Allan. Oscar State from the FIH also began corresponding with Maurice in 1953 about various tournaments.

Then, Oscar State, the general secretary of the IWF began corresponding with Maurice Allan and exchanged their views regarding many tournaments.

Jean-Yves Dionne was in Baie-Comeau, PQ, from 1952 to 1954. During his stay in Baie-Comeau, he was Director of Sports for the City and he set up a Junior Provincial Championships in the spring of 1953. It took place at the Centre Sportif of Baie-Comeau, in front of a packed auditorium. It was not an easy task, since there was no Government money or subsidies available, but the organizing committee accepted to

reimburse the fuel expenses of the vehicles bringing the participants. A Montreal delegation went in with two vehicles. There were also two vehicles from Quebec City and one from Chicoutimi, PQ. It was the first weightlifting tournament for future Olympic team member, Mike Lipari, from Montreal, who was still unknown. Another famous future leader of the CWFHC competed, Philippe Saint-Cyr from Montreal. For the records, Philippe defeated Mike by 5 lbs in the total in front of a big crowd. He was the last lifter to compete in the meet. It is one of Philippe's best memories in weightlifting.



Team Saguenay - Lake St-John, QC.

From Chicoutimi, Quebec, there was the Alcan Co. policeman Jack Bacon, at over 300 lbs (135 kg), originally from Quebec City, and Adrien Gilbert from Bagotville, Quebec. Nearly a full day of driving from Montreal, it was quite an ordeal. It was an unusual experience for everyone. It was very popular with the local people in general. The athletes drove for hundreds of miles on gravel roads, took two ferry boats, and finally arrived in this northern city with its paved streets. It was almost like having reached the moon. Léo Ranger, the father of Claude Ranger former CWFHC General Manager, was one of the drivers and also a referee at the Junior Provincial Championships. He was one of Lionel Saint-Jean's neighbors.

One newspaper report stated that Joe Turcotte, Ontario, won the National title at the age of 38 (1953) with lifts of 260 lbs (118 kg), 235 lbs (106.5 kg) and 319 lbs (145 kg).

In the meantime, Jules Sylvain got himself a strong training partner in the person of Jean-Guy Dubé, 148 $\frac{3}{4}$ lbs (67.5 kg), who became a member of international teams, including the 1954 Vancouver British Empire team and a Canadian record holder. Another lifter who pushed Jules was Maurice Daigle of Quebec; and then came Marcel Gosselin in the 123 lbs (56 kg) and 132 lbs (60 kg) categories.

In 1953, Yvon visited his first gym; it was that of Jean Baillargeon (of the famous 6 strongest brothers in the world). It is in this place located in the west part of the city of Quebec, where Yvon really got s taste of weightlifting during several months, training also with Géraldine Baillargeon.

XXVII Th

Cat.	Senior World
Kg	Championships
	Stockholm, Sweden
+90	Doug. Hepburn 1st
Coaches	
Leader	
Referees	

1954

Upon his return to Quebec City, Jean-Yves Dionne opened a bodybuilding studio at the Salle Paroissiale de Limoilou, in 1954. There were also some weightlifting activities at his studio. Jean-Yves was a cultivated man. He had travelled a great deal and knew many things about Europe we did not know. In his bodybuilding studio, there was many Roman statues of about 60 cm high (2') and paintings of art. He was also a "talking machine", always well dressed and had short curled hair. He measured about 1.70 meter (5'7") and weighed 68 kg (150 lbs). In his gym he also had a Louis Cyr's dumbbell.



John Davis (USA)

Immediately Quebec City organized what has to be considered as the first Canadian and North American Weightlifting Championships, even though many years earlier a possibility exists that there was a Canadian Championship. This one was a real one, well-structured and advertized ahead of time. They invited the American reigning heavyweight World Champion John Davis. John came by train from New York, USA, with his wife. Their transportation was reimbursed by the organizers. He lifted outside the competition. At the time the Americans were the best weightlifters in the world. Already the contests were well-structured.

Doug Hepburn took part in only one weightlifting event held in Canada. It was the 1954 Commonwealth Games held in Vancouver, B.C. He won the gold medal in the heavyweight category. A problem in those years was to travel long distances. The Quebecer Dave Baillie, a 270 lbs (122.5 kg) and 6'3 (1.91m) tall weightlifter had to squeeze himself into a sleeping accommodation on a train for three days to go to Vancouver. His meals were also difficult on the train, since his intake of food was two to three times that of an average traveler. Travelling over long distances was always done either by train or by ship. It was often on commercial vessels such as the Alcan ones for countries outside Canada.



In the meantime, Ralph Roy, from Sudbury, Ontario, enrolled by correspondence in the Charles Atlas course for \$25.00 and began performing the exercise courses recommended. Every month, he forwarded results to Mr. Atlas and if he reached a certain level of physical improvement, he would receive an achievement trophy. This went on for about a year. In the meantime, he got his brother Aldo and other friends to follow the program. Ralph of course was bragging about the gains he was making and the trophies that he was receiving as a result of his improvement. He showed Bob Leclair the courses to follow but told him that he had to buy the course from him for the \$25 fee that he paid for it. Bob bought the program on instalments and began practising the movements shown.

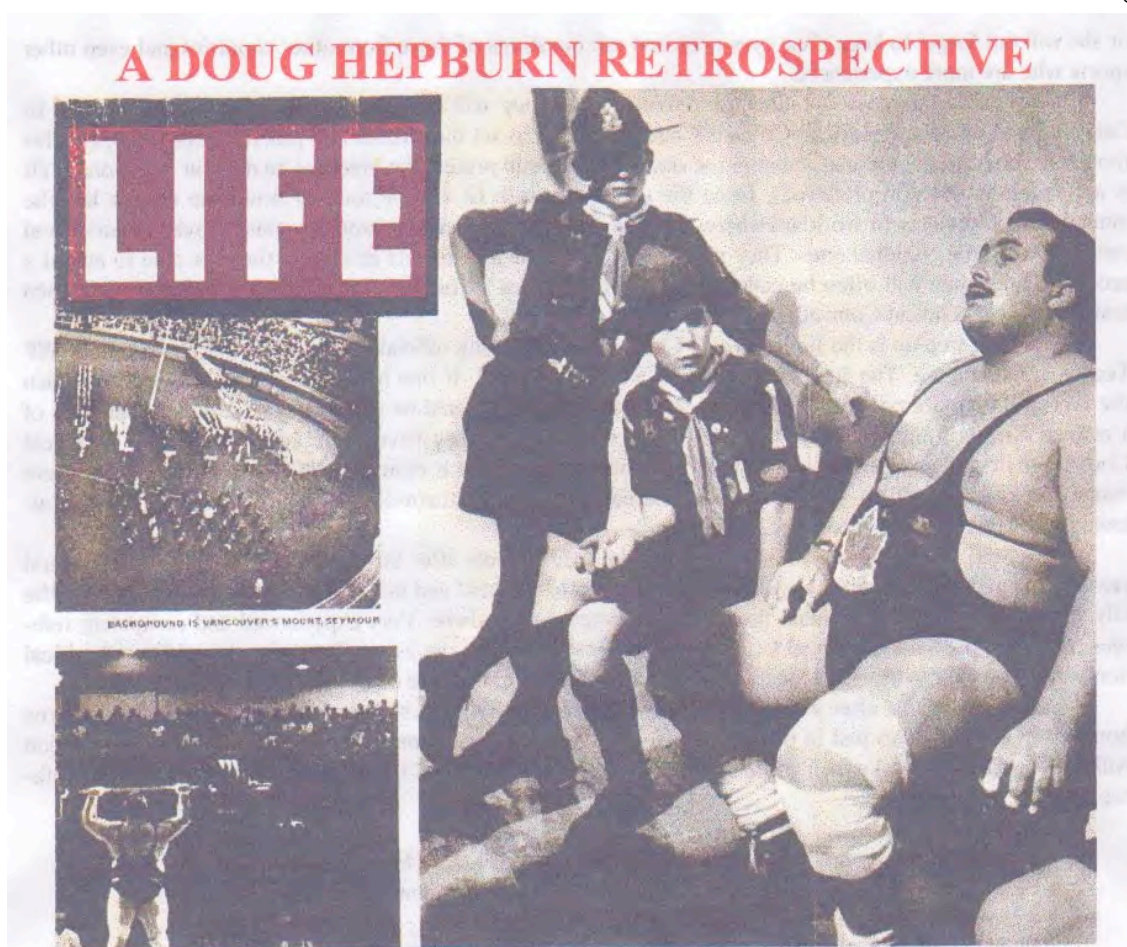


Kneeling: Dave Baillie; Doug. Hepburn
 Standing: Lionel St. Jean; Gérald Gratton; Jules Sylvain; Charlie Walker;
 Stan Gibson; Jean-Guy Dubé; Kevil Daly



Jeux de l'Empire Britanique - 1954

Gold medal - Gérald Gratton, Canada



This LIFE Magazine cover shows Hepburn at the 1954 Commonwealth Games. Boy Scouts were used as marshals. This Patrol Leader and his Second seem very concerned about the weary gold medal winner. Note his strict pressing style. His team-mate Dave Baillie would take silver with 1000 pounds (455 kg). At this time only seven men had totalled 1000 pounds and Canada now had two of them. Steve Stanko, John Davis, Norbert Schemansky and Paul Anderson (USA) and Arcadi Vorobiev (URS) rounded out that list (soon to grow). This was the same Games made famous by the world's first sub four minute miles by Dr. Roger Bannister (ENG) and John Landy (AUS). Below we see a chest pose, victory over Davis and Selvetti and a 1950 beach shot.



Cat.	XXVIII Th	V Th
Kg	Senior World	Empire Games
	Championships	
	Vienna, Austria	Vancouver, Can.
56		Rosaire Smith
60		Jules Sylvain 2nd
60		Stan Gibson 5th
67.5		Jean-Guy Dubé 6th
75		Gérald Gratton 1st
90		Keevil Daly 1st
100		
+100		Dave Baillie 2nd
		Doug Hepburn 1st
Coaches		Lionel St. Jean
Leader		Charlie Walker
Referees		

1955

Yvon Chouinard joined his first barbell club in 1955. Incidentally, Yvon was born and raised at 167½ Laviguer Street (the door number was later changed to 193) in Quebec City, the same street as Gerard Michaud and Jean-Yves Dionne, but Yvon never heard of them before his involvement in weightlifting. The first club in which he trained was owned and operated by Jean Baillargeon in Quebec Ouest (Ville Vanier), one of the members of the "strongest brothers in the world". He then joined the very popular Hercule Gymnasium of Quebec City, in July 1957. Accordingly, his first weightlifting coach was Maurice Allan. Previous to that, he had been doing some bodybuilding for a few months at a local gym, where he realized that he could surpass the Quebec City weightlifting records held by one George Salomon in the 75 kg (165 lbs) class. These records had been published in the sport section of the local newspapers.



Until 1960, if a record attempt was achieved, competition stopped, the athlete was weighed once again then the dumbbell was also weighed. Following that the competition would resume. The athlete could make as many extra attempts as he wanted.

Ralph Roy, Coniston, Ontario, acquired a 50 lbs (22.7 kg) dumbbell which, his brother Aldo and Bob Leclair attempted to lift in his backyard. In spring of 1955, Ralph began working as a carry-out boy at Dominion Stores in Sudbury and shortly afterwards he bought a set of Weider weights from the Demarco Sporting Goods store in Sudbury. His dad, who was custodian at St. Paul elementary school, where Aldo and Bob attended, allowed Ralph, Aldo, Bob and some 3-4 other friends to practice in the basement of the school, which was situated across the street from where the Roy family lived in a rented basement apartment.

The school basement was then being used as a cafeteria where students ate their lunch and on 1-2 nights a week, the scouts held there meeting.

Ralph then acquired a Weider's correspondence course, which outlined a three (3) day bodybuilding program of approximately six (6) exercises per session. Bob Leclair was grossly underweight at the time and was more than willing to buy the Weider course from Ralph. So, Ralph, Aldo and some 6-7 friends would train in the basement of the school 3 times a week.

No one knew how to perform the Olympic lifts. Ralph somehow showed up with the American Strength and Health magazine which depicted lifters from York, PA, USA, performing the Olympic lifts. They all crudely attempted to replicate the proper lifting technique for the said lifts.

The seeds of a great weightlifting team were planted in the Minnow Lake neighborhood of Sudbury, ON.

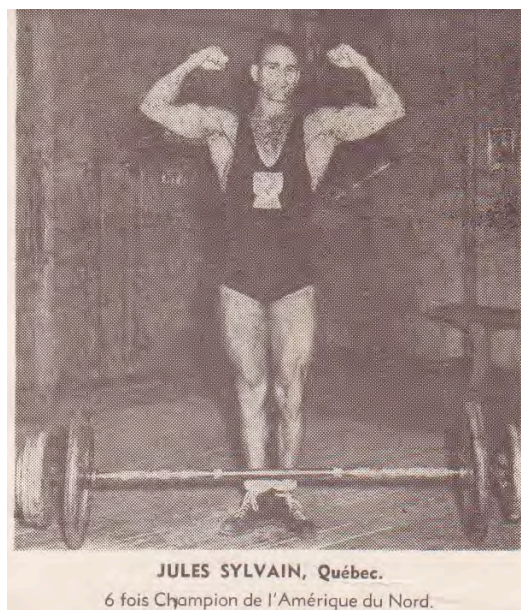
Ralph would occasionally visit the YMCA in Sudbury to observe Lucien Chevrier who showed him how to perform the split style technique. Lucien was a renowned Canadian champion bodybuilder and a former gymnast. Then they began performing the split technique in their workouts. Lucien also told them about the weightlifting gym situated at the INCO (**I**nternational **N**ickel **C**ompany), in Sudbury. This was a large building owned and operated by International Nickel which housed a large gymnasium, hiring hall, doctors offices, waiting/treatment rooms, offices, boardrooms, change rooms, showers, lockers and a fully equipped weight room with two weightlifting platforms.

They visited the gym there with Lucien and were introduced to Murray Veno, Fern Duguay, etc. There were several other individuals from Germany and other European countries who had immigrated to Canada after the Second World War. Some of these individuals had performed the Olympic lifts in Europe before coming to Canada. All had been hired by INCO to work in the mining operations.

Murray and Fern allowed Ralph, Aldo and Bob Leclair to train there on Friday nights. Murray Veno, who was a gifted baseball player, was recruited from his hometown in Nova Scotia to play baseball for one of the INCO mining and smelter operations and was hired at the Coniston

Smelter as apprentice electrician. He was then playing for the Coniston Red Socks.

Then, there was now a complete local and provincial network of weightlifting competitions, with their own record lists. In Quebec City, in 1955, there was the Novice, Junior and Senior Championships for the city. It was also in 1955 that the Quebec City Association realized there was no one looking after the bodybuilders and decided it was their duty, as per the International constitution, to set up those tournaments. They had the right to look after the bodybuilders. Maurice Allan decided to look after them in Quebec City.



Murray Veno, (ON)

Maurice Allan assisted Jules to find employment in companies such as the CN. Jules was now married with young children and had only a fair job. With each international trip, he almost always had to look for another job upon his return. In his first good years Jules was the only local athlete in Quebec City to make major international teams in any sport.

At the same time the weightlifter Jean-Guy Dubé was competing as far away as at Cleveland, Ohio, where he placed second. It was the beginning of external competitions for the weightlifters from Quebec City. The Quebec City weightlifting gyms were a mixture of bodybuilders, weightlifters and power lifters. They were all training together and often were active in two or three of those fields of strength. It was common to see a bodybuilder lifting weights at a championships and also weightlifters competing in a bodybuilding meet or a power lifting Championship.

Those activities were governed locally by the Association Haltérophile et Culturiste de la Ville de Québec (AHCQ). The presidency was occupied alternatively by Maurice Allan and Jean-Yves Dionne, until late in the sixties. The members had to pay a membership fee to the local Association and a training fee at the gym where they trained for weightlifting. There were no Government subsidies available to club owners. On the other hand, in Montreal, Mr. Saint-Jean did not want to hear anything about bodybuilders.



Jean Bergeron, Salle Limoilou, Québec, 56 kg Contest in Vermont.

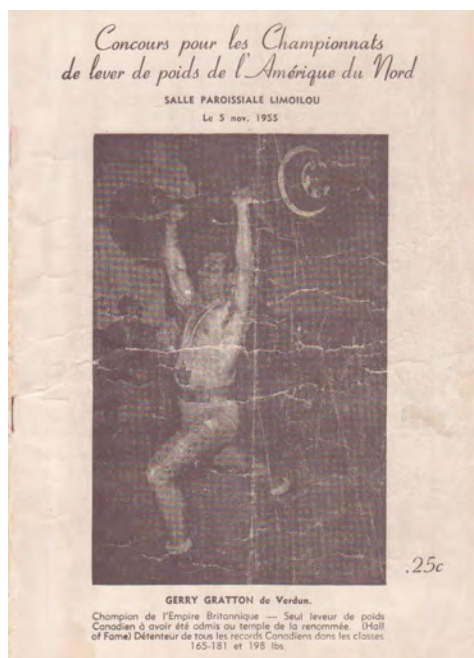


Maurice ALLAN
Président
Section Haltérophiles A.A.U.
Province de Québec



Jean-Yves DIONNE
Président
Association Haltérophile
et Culturiste de Québec

On November 5, at the Salle Limoilou in Quebec City, the North American Championships took place with the Canadian champions Jules Sylvain, Jean-Guy Dubé, and Gerry Gratton. The Americans also had their world champion of the time, John Davis.



Listes des records provinciaux, canadiens (fermés) et (ouverts)					
DÉVELOPPÉ À DEUX BRAS					
Nom	Date	Québec	Canada (F)	Canada (O)	
STANWAY N.	1/12/54	200	200	200	
SYLVAIN J.	24/10/53	217½	217½	225½	DI PIETRO J.
DUBÉ J.G.	6/3/55	242½	242½	249	TERLAZZO A.
GRATTON G.	14/3/52	270	270	270	
GRATTON G.	6/6/53	291½	91½	291½	
GRATTON G.	5/12/53	287½	287½	287½	
BAILLIE D.	2/8/54	340	381	381	HEPBURN D.
ARRACHÉ À DEUX BRAS					
SMITH R.	6/10/50	192	192	192	
SYLVAIN J.	6/3/55	216	216	216	
DUBÉ J.G.	6/3/55	222½	222½	250	TERLAZZO A.
GRATTON G.	14/3/52	266	266	269¾	STANCZYK S.
GRATTON G.	24/10/53	283	283	283	
GRATTON G.	5/12/53	277½	277½	277½	
BAILLIE D.	2/8/54	300	300	307	SCHEMANSKY N.
EPAULÉ E JETÉ À DEUX BRAS					
SMITH R.	6/10/50	252	252	252	
SYLVAIN J.	6/3/55	272½	272½	272½	
DUBÉ J.G.	6/3/55	281	281	281	
GRATTON G.	14/3/52	330	330	330	
GRATTON G.	8/5/54	351¼	351¼	351¼	
GRATTON G.	5/12/53	337	338¾	338¾	DALY K.
BAILLIE D.	8/5/54	370	370	411	ANDERSON P.
MEILLEURS TOTAUX					
SMITH R.	6/10/50	620	620	620	
SYLVAIN J.	24/10/53	690	290	690	
STUART J.	28/2/47	755	755	810	TERLAZZO A.
GRATTON G.	14/5/52	860	860	860	
GRATTON G.	6/6/53	910	910	910	
GRATTON G.	5/10/53	895	895	895	
BAILLIE D.	2/8/54	1000	1040	1040	HEPBURN D.

Here is what said the IWF Rule Book in 1955, even though the one arm lifts were not contested anymore around the world. It is interesting to note the degree of difficulties associated with the press in those years. This is the reason for which it was known as the "military press".

Since I could not find an English translation of this document, I have translated it here below:

Regulations of the 3 Olympic lifts

I Two arms press

1st move:

The bar is placed horizontally in front of the athlete's legs, grasp it with both hands and bring it in a single well net move, to the shoulders, rest the bar on the chest or fully flexed arms, bring back the feet on the same line, spread one of the other 16 inches maximum.

2nd move:

Being in this position, mark a time of two seconds remaining motionless; then slowly raise the bar vertically up to full extension

of the arms without any jolt or abrupt departure; the movement ended, mark a stop time of two seconds, arms and legs tightened.

NOTE:

The execution of the 2nd move starts when the referee gives the signal clapping his hands.

CAUSE OF DISQUALIFICATION:

Any deviation of the body or the head of the vertical position any torsion, any movement of the feet, toes or heels raised, any bending of the legs, any minimal may be, and the unequal extension of the arms in the press.

II Two arms snatch

The bar will be placed horizontally in front of the athlete's legs. Grasp the bar with both hands and pull it, in a single move, from the ground to the end of both fully extended arms vertically above the head, either by splitting or by bending the legs.

The bar will pass in a continuous movement, without stop, along the body, which no part other than the feet cannot touch or brush the ground during the execution of the movement.

The weight lifted must be maintained two seconds in the final position of immobility, arms and legs tightened, feet on the same line, spread one of the other 16 inches maximum.

The space between the hands is free, but they shall not, in any case, move along the bar for the duration of the exercise.

IMPORTANT NOTE

In this movement, whose basic principle is to contain very clearly a single move, it may be admitted no slowdown in the expansion of the arms or legs, after the reversal of the wrists, in any case those must not take place before the bar has clearly passed the top of the head of the performer.

III Two arms clean and jerk

The bar will be placed horizontally in front of the athlete's legs.

Grasping it with both hands and pulls it, in a single move, from the ground to the shoulders either by splitting or bending the legs.

The bar must not touch the chest before the final position; it will then rest on the chest or the fully flexed arms.

Bring the feet to their first position, i.e. on the same line, then bend the legs and arms, and extend them abruptly, to bring the bar at the end of the vertically fully extended arms.

Weight will be maintained two seconds in the final position of immobility, feet on the same line, separated from each other by 16 inches maximum.

The repeated jerk will be prohibited.

CAUSE OF DISQUALIFICATION

Support of a knee to the ground or any cleaning of the bar in which it would touch a part of the body before its final arrival at the shoulders.

In all the one or two arms cleans, snatches and jerks, the legs action may, at will, consist in a split non-limited or an important squat of undetermined significance.

In any movement (in one or two hands) the referee shall count as no lift any attempt not completed, in which the effort would have obviously produced and, in particular, those in which the bar would have arrived at knee height.

Règlements des 3 Levers Olympiques

Pour l'information des amateurs nous résumons ici-bas les règlements de la Fédération Internationale Haltérophile sur les trois leviers olympiques.

I Développé à deux bras

1er temps:

La barre étant placée horizontalement devant les jambes de l'athlète, la saisir à deux mains et l'amener d'un seul temps bien net, aux épaules, reposer la barre sur la poitrine ou sur les bras fléchis à fond, ramener les pieds sur la même ligne, écartés l'un de l'autre de 16 pouces au maximum.

2ième temps:

Etant dans cette position, marquer un temps d'arrêt de deux secondes en restant immobile; ensuite, élever lentement la barre verticalement, jusqu'à complète extension des bras, sans aucune secousse ni départ brusque; le mouvement terminé, marquer un temps d'arrêt de deux secondes, bras et jambes tendus.

Pendant toute l'exécution du 2ième temps, c'est-à-dire le développé proprement dit, le corps de l'athlète et sa tête doivent garder constamment la position verticale.

REMARQUE:

L'exécution du 2ième temps devant commencer que lorsque l'arbitre en aura donné le signal en claquant dans ses mains.

CAUSE DE DISQUALIFICATION

Tout écart du corps ou de la tête de la position verticale toute torsion, tout mouvement des pieds, orteils ou talons soulevés, toute flexion des jambes, si minime soit-elle, et l'extension inégale des bras ou cours du développé.

II Arraché à deux bras

La barre sera placée horizontalement devant les jambes de l'athlète.

Saisir la barre à deux mains et la tirer, d'un seul temps de terre au bout des deux bras tendus verticalement au-dessus de la tête, soit en se fendant, soit en fléchissant sur les jambes.

La barre passera d'un mouvement continu, sans arrêt, le long du corps, dont aucune partie autre que les pieds ne peut toucher ou frôler le sol pendant l'exécution du mouvement.

Le poids enlevé doit être maintenu deux secondes dans la position finale d'immobilité, bras et jambes tendus, les pieds sur la même ligne, écartés l'un de l'autre de 16 pouces au maximum.

L'écartement des mains est libre, mais celles-ci ne devant, en aucun cas, se déplacer le long de la barre pendant la durée de l'exercice.

REMARQUE IMPORTANTE

Dans ce mouvement, dont le principe fondamental est de ne comporter très nettement qu'un seul temps, il ne pourra être admis aucun ralentissement dans l'extension des bras ou des jambes, après le retournement des poignets, celui-ci ne devant en aucun cas avoir lieu avant que la barre ait dépassé très nettement le sommet de la tête de l'exécutant.

(Suite à la page 12)

Règlements (suite)

III Epaulé et jeté à deux bras

La barre sera placée horizontalement devant les jambes de l'athlète.

La saisir à deux mains et l'amener d'un seul temps bien net, de terre aux épaules soit en se fendant, soit en fléchissant sur les jambes.

La barre ne devra pas toucher la poitrine avant la position définitive; elle reposera ensuite sur la poitrine ou sur les bras fléchis à fond.

Ramener les pieds à leur position première, c'est-à-dire sur la même ligne, ensuite fléchir sur les jambes et les détendre brusquement, ainsi que les bras, de façon à amener la barre au bout des bras tendus verticalement.

Le poids sera maintenu deux secondes dans la position finale d'immobilité, les pieds sur la même ligne, écartés l'un de l'autre de 16 pouces au maximum.

Le jeté répété est interdit.

CAUSE DE DISQUALIFICATION

Appui d'un genou à terre ou tout épaulement dans lequel la barre toucherait une partie du corps avant son arrivée définitive aux épaules.

Dans tous les épaulés, arrachés et jetés à un ou deux bras, l'action des jambes pourra, à volonté, consister en une fente non limitée ou en un fléchissement d'importance non déterminée.

Dans tout mouvement (à une ou deux mains) l'arbitre devra compter comme essai toute tentative non terminée, dans laquelle l'effort aurait été visiblement produit et, en particulier, celles dans lesquelles la barre serait arrivée à hauteur du genou.

In 1955, Maurice Allan started to go to the United States to follow weightlifting tournaments. He became well known in weightlifting circles in the U.S. He became an accepted referee in the States. One could become a referee just by being much involved in the sport. He met Paul Anderson, Tommy Kono and others who were the greatest of their time in the sport and were competitors.

It also happened that during the summer the athletes from the Hercule Gym went around the Province to locations such as Amqui, Rivière-du-Loup, Squatex, etc to give exhibitions of strength. Maurice was also active in strength feats. He was quite good at holding in his grasp, vertical to the floor, four flat fifteen pounds plates, for quite a good period of time. The members accepted any challenge from the crowd, on anything related to strength.

Cat.	XXIX Th	II nd
Kg	Senior World	Pan American
	Championships	Games
	Munich, FRG.	
56	NO CANADIANS	NO CANADIANS
60		
67.5		
75		
82.5		
90		
100		
+100		
Coaches		
Leader		
Referees		

1956

Maurice Allan judged at the American trials for the Olympic Games of 1956 in New York. At the time, Maurice had developed a certain expertise and a great visibility in American weightlifting circles. He was a much welcome, accepted referee and neutral person for the Americans. It was not yet the time where we could see an established structure for the grading of weightlifting referees.

Amongst other things, Maurice Allan was seeking support for the best local athletes of the time. He obtained \$100.00 from the city of Quebec, \$200.00 from the Municipal Tourist Bureau, another amount from the Athletic Commission of Quebec City. A parade was also set up in town for Jules who was going to the Olympic Games.

In the meantime, in 1956, more competitions were established across the Province of Quebec. The Provincials were held at Noranda, PQ. Philippe Saint-Cyr won the Provincial Championship in his bodyweight class.

In the 1956 Ontario championships in Toronto, at the age of 41, Joe Turcotte placed second in the 82.5 class after Maurice Strauss, a former Belgian champion.

The Olympic trials took place in Montreal. The participants were the stars of the time, the Rosaire Smith, Gerry Gratton, Jules Sylvain, Dave Baillie, Adrien Gilbert, Like in Quebec City, a big celebration was held in Montreal for the departure of the team for the Olympic Games. A motorcycle escort was provided by the Montreal Police Department, between the city and the airport to salute the departure of the athletes for the Games in Melbourne, Australia.

Jules Sylvain's best year in weightlifting was in 1956 when he held the records of 220 lbs (100 kg) press (British Empire record); 221 lbs (100.25 kg) snatch (Canadian record); 275 lbs (125 kg) clean and jerk (Canadian record); 715 lbs (324.3 kg) total (Canadian record).

Ontario Senior W/L Championships Toronto Ontario Totals only Press,Snatch, C&J 1956				
Name	Class	City		Total in lbs
Bruce Farquhar	60 kg	Kitchener		520
Bill McMurter		Belleville		455
Steve Murphy		Hamilton	C&J only	200
Ken Grant	67.5 kg	Toronto		640
Sid Charendoff		Toronto		615
Stan Flock		Hamilton		590
Mike Popowich	75 kg	Hamilton		690
Al Blondin		Peterborough		640
Harry Ross				625
Maurice Strauss	82.5 kg	Toronto		790
Joe Turcotte		Sarnia		700
Manny Tward		Toronto		680
Alf Karklins	90 kg	Toronto		805
John Nolan		Hamilton		730
Reubin Utrianen		Peterborough		565
Tony Robinson	Hvywt.	Toronto		690
Ken Wickens		London		685
William Irvine		Toronto		610

One new weightlifter appeared on the Province of Quebec scene. His name was Pierre Saint-Jean, the son of Lionel and already well known by most people involved in weightlifting. One could see him at the Palestre

Nationale at all times since his youth; he was with his father, mother, and his sister Jacqueline. The whole family looked after all chores involved in staging weightlifting meets. Pierre competed for the first time in February and totaled 340 lbs (154 kg) for the three lifts. Not bad. He was going to become one of the greatest in the sport of weightlifting in Canada.

Cat.
Kg

XVI Th
Olympic Games
Melbsourne, Austr.

56

Jules Sylvain 9th

60

67.5

Adrien Gilbert 8th

75

82.5

Gérald Gratton --

90

+100

David Baillie 6th

Coaches

Leader

Charles Walker

Referees

1957



Our federations were also organizing body building contests. This one, Mr. Quebec Juvenile in Quebec City. Jean Guillot 4th, Jean-Paul Brousseau 3rd, Jean Racine (winner), Claude Cousineau 2nd.

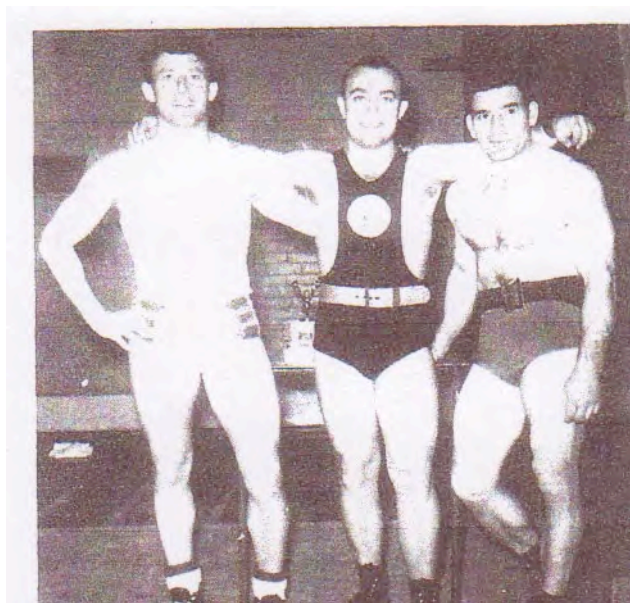
By 1957, Mr. and Mrs. Roy of Coniston, Ontario, the parents of Ralph and Aldo, bought a house with a high basement and the boys were allowed to set up a gym in the basement. Murray Veno and Bob Leclair joined in.

They named the club the 'SUDBURY WEIGHTLIFTING CLUB' and entered their first competition - the Ontario Seniors, in April 1957, which was held in a private gym in Hamilton Ontario. The lifting was performed on an elevated boxing ring. Ralph, Aldo, Murray and Bob, all from Sudbury, Ontario, experienced the squat technique for the first time. Bob Leclair lifted in the 132 lbs (60 kg) class and did not place. Ralph and Aldo lifted in the 148 lbs (67.5 kg) class and Ralph finished in the top three. Murray Veno lifted in the 165 lbs (75 kg) class and won 3rd. place.

In 1957, a young Kirkland Lake, ON, gymnast, Henry Lambert, was introduced to the sport of weightlifting, through contact with Montreal native, Dave Baillie. The Quebec mining town of Rouyn-Noranda is just a short drive from Kirkland Lake, and at the time, Bailey was teaching at its English language high school. Lambert was visiting the school to practice his vaulting and ring work, when he noticed a set of Olympic weights in the gym. Later, he asked Baillie about the barbell, and the coach explained and demonstrated the three Olympic movements. It was then that the "iron bug" bit Lambert.

Henry then heard about the Roy brothers, and in his quest to perfect his lifting form he made frequent trips to visit their Sudbury gym. With Lambert's athletic background, it was a natural for him to work at doing the snatch and clean in the newly emerging squat style. At the same time, his powerful shoulder development leads him to specialize in the press.

Philippe Saint-Cyr competed until 1957 at which time he could not train regularly anymore due to various obligations. Philippe thought he was retiring completely from the sport. He had not figured out a reaction from Mr. Saint-Jean who approached Philippe right away and told him to get ready to be a referee due to his knowledge of the sport and his proper attitude.



1957 Ontario Senior Championships
(Unidentified); Mike Popovitch; Joe Turcotte

Mike and Joe had tied at 710 lbs (322 kg) - 3 lifts - Popovich was lighter (75 kg). Turcotte was founder of sport in Sarnia, Ontario, (Dalas Santavy's great uncle), a Commonwealth Games coach in 1970.

In 1957 Joe Turcotte, Sarnia, Ontario, again earned silver at the Ontario Provincials but this time in the 165 lbs class, behind Mike Popowich.

1958

Alberta held its first Provincials in 1958, although individuals undoubtedly tried the lifts before that.

Philippe Saint-Cyr's first important meet as a referee took place at Belleville, Ont., in 1958, in the months following his retirement as a lifter. He was almost paralyzed by the stress, before the event. As soon as the meet began, the stress disappeared. The most impressive Canadian lifters at the time were competing.

The young Wes Woo began lifting weights at a highest level, in a competition in the hardware section of Simpson Sears Department store in Burnaby, B.C. Sadly while trying for a 75 kg B.C. Senior record (20 and over). The weight was 210 lbs (95.45 kg), he flipped the weight overhead easily enough but the right arm buckled slightly, generating a massive tear on the elbow joint. It was the end of his lifting career but his life took a strange turn as we will see later on.

The International Weightlifting Federation's rule books were very, very rare. It is to see other people arbitrate that people learned the regulations. Once, at the Palestre Nationale in Montreal, Mike Lipari had been called to lift and had just arrived on the lifting platform. Suddenly he realized that he had forgotten to put some chalk on his hands. He turned back and left the lifting platform to go to the chalk box placed at one meter away from the platform. He immediately received three red lights on the part of the referees for having left the competition platform while he had been called. This is how the international regulations were learned at that time.



Local meet. Take note that the bar is loaded with the plates outside the collars.

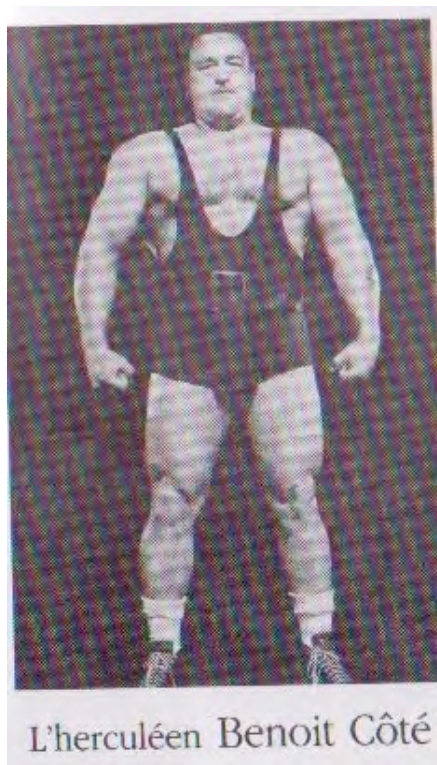
Both loaders are standing on the platform, very close to the athlete. Also the lifter is wearing a towel at the neck, under his t-shirt, it was legal.

The lift was refused - Gymnase Hercule, Quebec

In Quebec City during the summer months the weightlifters were engaging in power lifting exercises. A provincial power lifting tournament took place in Quebec City and the organizers had a surprise when two new comers appeared and surprised everybody with their strength feats at their first official meet. One of the two came from the Bois Francs region of the Province of Quebec; he was called Pilotte and weighted only 170 lbs (77.1 kg). He completed a strong 610 lbs (276.7 kg) deadlift, which was very good for the time.

But the sensation of the day was the presence of the unknown Benoît Côté from Lac St. Jean, Quebec. He was about 30-32 years old, weighed 270 lbs (122.5 kg) at 6'2" (1.90m). It was his first presence at an official power lifting tournament and he did a 715 lbs (324.3 kg) deadlift amongst other lifts. A few months later he succeeded with 780

lbs (353.8 kg) deadlift. It was a novel for the time no one could do that in the Province. A few years later he faced Doug Hepburn who was not at his best, and he defeated him in a sequence of lifting feats when Doug was far from his best.



Ben. Côté was a lumberjack, a colossus, who was taking his big Harley Davidson motorcycle and posed it on the rear platform of trucks. After a few months he tried to compete in weightlifting but without much success. He then headed to professional wrestling but his career was short-lived. He had started too late his career of strong man.

In 1958, weightlifting was now active in the Province of Quebec in four locations: Montreal, Quebec, Saguenay/Lac Saint-Jean and Noranda. Those areas were quite remote from each other. Flying was not accessible to amateur sport people at that time and there was no good bus service in place either. The travelling was usually done by automobile pools or by train.

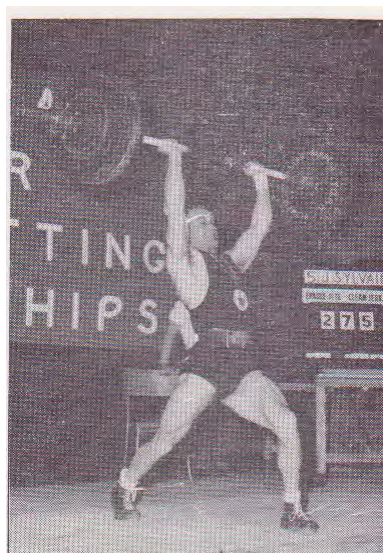
In the meantime, Robert Leclair's brother Norm operated the weightlifting gym, in Sudbury, ON, in the basement of their parent's residence and had a dozen of his local friends doing Olympic lifting there as well. Their dad, Dave Leclair, acted as general manager of the first Sudbury Weightlifting Team and accompanied them to weightlifting meets across Ontario. They also began to hold local meets and exhibitions at local churches in the area and invited lifters from

Toronto and area to compete as a team. They received quite a bit of local newspaper coverage in the Sudbury Star and Voyageur.

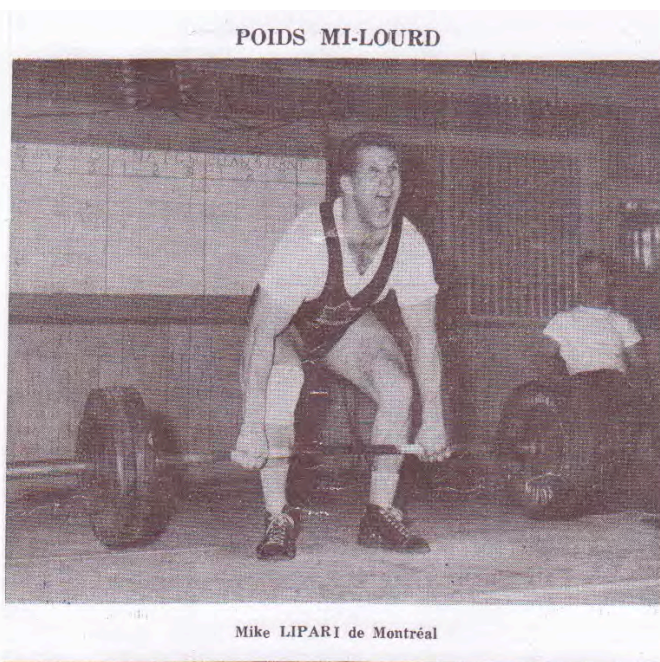
Returning this year again, in the 82.5 kg class, Turcotte's total placed him first and included a new Ontario press record of 250 pounds (113.5 kg) at the age of 43 years old.

Turcotte left competition at that point and with a complete focus on coaching, developing Turcotte Athletic Club into one of the top clubs in Canada. Some of his best athletes were from his own family, sons Arthur and Edward and nephew Robert Santavy. Other early elite lifters were brothers Terry and Phil Evers and Don MacNeill. Santavy was Joe's most noteworthy and decorated lifter, establishing Canadian and Commonwealth teenage and senior records. Bob Santavy made several national teams, the Pan American teams of 1967, 1975 (bronze medal), the Commonwealth teams of 1970 (silver medal - 90 kilo) and 1978 (bronze medal - 100 kilo) and the Olympic teams of 1968 and 1976.

On the international level, the Games were also getting bigger and the general public was now becoming aware of them. The Commonwealth Games trials were again held in Montreal and Philippe Saint-Cyr was involved with the setting up of the trials. He was also President of the Association of the City of Montreal. Their funds were accumulated only through the registrations for various tournaments. The money was used to buy crests, trophies, for participants. Training took place at the Montreal YMCA and at the Palestre Nationale. Charlie Walker was also active in Montreal in the administration of the sport. Every year the A.A.U. honored its best athletes including weightlifters. They were usually participants in major Games. The news reporters from important media were often seen covering weightlifting themselves.



Jules SYLVAIN de Québec.
Champion Canadien, Classe 132.



Mike LIPARI de Montréal

On May 10, the British Empire and Commonwealth Games trials - Eastern Zone, were held at the Palestre Nationale in Montreal. In the 123 lbs (56 kg) category, Marcel Gosselin of Quebec City set two new Canadian records: a 187½ lbs (85.2 kg) press, a 625 lbs (283.5 kg) total. Jules Sylvain also of Quebec City, at the body weight of 141 lbs (64 kg), in the 148 ¾ lbs (67.5 kg) category, set a new Canadian record with a 286 ¾ lbs (130 kg) clean and jerk.

In 1958, at Cardiff, Wales, Lionel Saint-Jean was the Team Leader. Again Jean-Yves did not make the team, but his athlete Marcel Gosselin made the team. The team travelled by steamship to Europe. A few days later Jean-Yves took a plane to Cardiff. He found a place to stay with a family, close to Cardiff. A member of the Trinidad weightlifting team recognized Jean-Yves in Cardiff and asked him to massages to the Trinidad team members since he was not required by the Canadian team. Jean-Yves accepted.



Doug Hepburn - Vancouver, Canada lors de ses exhibitions comme lutteur professionnel, ceci est la raison de sa tenue d'athlète.

Doug Hepburn, Vancouver, Canada, before a professional wrestling bout, in a ring. It is the reason for his costume.

Weightlifting came to Alberta in the 1950s. They held their first Provincials in 1958, although individuals undoubtedly tried the lifts before that.

Alberta Province has elected a new AAU weightlifting president, Bob Devolin; he will remain President until 1971

The AAU of Canada gave a weightlifting clinic - including refereeing - in Halifax, for the Maritime region. Two delegates from the Branch (Province) were in attendance. For the next few years the Halifax group had been organizing meets, some local clinics and even had interscholastic competitions. Their amateur cards jumped from 10 to more than 60. They were also in constant touch with the President of the AAU of Canada regarding various pieces of information.



The champion Tats Aoki from the Lethbridge, YMCA, Ab., to the left, receives the Dick
 Curtis trophy
 awarded to the best lifter at the Alberta Provincial championships.
 The presentation of the trophy is done by Merv Miller Chief Referee.
 At the right, Sam Kitagama of Lethbridge Ab., winner of the 123 lbs category.
 Lifters from Lethbridge, Calgary and Edmonton took part at the meet.

	XXX Th	VI Th
Cat.	Senior World	Empire
Kg	Championships	Games
	Stockholm, Swe.	Cardiff, Wales

56	NO CANADIANS	Marcel Gosselin	3rd
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60	Jules Sylvain	4th
75	Adrien Gilbert	3rd
82.5	Gérald Gratton	5th
82.5	Mike Lipari	6th
90	Keevil Daly	7th
+100	Dave Baillie	2nd
Coaches		
Leader	Lionel Saint-Jean	
Referees		

1959**2nd ALBERTA WEIGHTLIFTING CHAMPIONSHIPS**

CALGARY YMCA

25-Apr-59

Cat	Name	City	Press	Sn	CJ	Total
123	KITAGAWA Yukio	LET	165	145	205	515
132	DOBLER Bruno	EDM	130	145	200	475
148	STOCKINGER Joe	MH	205	200	255	660
	OGADAKI T.	CAL	165	150	200	515
	SEREDIUK J.	CAL	145	150	200	495
	HANSON Lorne	EDM	140	140	205	485
	LALONDE W.	GP	110	120	150	380
165	DEVOLIN Bob	CAL	201	195	230	626
	REKLOW E.	EDM	150	150	200	500
	WILLIER P.	GP	125	135	175	435
	PRUSKY Marvin	CAL	165	-	215	-
181	BRINTNELL Robert	EDM	185	200	270	655
	HOMENIUK W.	EDM	210	190	250	650
	McGREGOR A.	CAL	195	195	240	630
	KAY Gordon	LET	195	170	220	585
	STANTON M.	GP	115	120	175	410
198	BODDINGTON Jack	GP	180	160	220	560
HW	McKINNON B.	CAL	220	200	250	670

On 24 October 1959, at the salle paroissiale Limoilou in Quebec City, the North American Championship took place with the international star of the time, the American heavyweight lifter Norbert Schemansky. The sport was very popular in the area. Thirty athletes took part. The equipment was not as good as today. During the tournament two bars were bent and another bar, in fairly good condition, was used for the remaining of the tournament. Supporters of weightlifting had to use their automobiles during the action to go from one gym to another to get decent bars to ensure the continuation of the tournament. Maurice Allan also tried at times during those years to have weightlifting bars manufactured locally, but the proper steel was difficult to obtain. The search led only to let downs.

In 1959, the Pan American Games were held in Chicago, USA. The President of the AAU of Canada, Mr. Yost, decided that the trials for

all sports were to be held in Winnipeg, Manitoba. Up to that time, it had never happened in weightlifting to have the trials outside of Quebec Province, which was the hotbed for weightlifting in the country. Mr. Saint-Jean and Charlie Walker were not in agreement with the decision and decided to advise the athletes from the Province of Quebec to boycott the trials. Bill Swaluk, a heavyweight member of the Canadian Air Force, based in Montreal, was placed aboard a military plane for Winnipeg by the Canadian Air Force and took part in the trials with a few good caliber athletes.



M. Adrien Gilbert en action lors des Championnats de l'Amérique du Nord organisés à Québec en 1959. Un arraché de 250 livres dans la classe des 165 livres.

The best athletes had remained home in the Province of Quebec. The trials were of a lesser caliber, the referees having only a minimum knowledge of the sport. One example being the case of the wrestling coach Scotty Thompson, who acted as referee at the weightlifting trials. At the time, a lifter was given a visual and audible signal from the middle referee, in the military press, after the bar had reached the shoulders and he was motionless. In this case, Scotty Thompson gave this unique signal during the clean and jerk instead, which greatly disturbed the performances. He was named National Chairman for Weightlifting and Charlie Walker and Lionel Saint-Jean were suspended for their advice to the athletes. The Montreal lifter Mike Lipari called Ken Yost directly and told him about his lifting abilities; Mike was the Canadian champion in the 181 $\frac{3}{4}$ lbs (82.5 kg) category. Mr. Yost told him over the phone that it was good enough and that he was putting Mike on the Pan American Games based on that. It is probably the only time someone has made a team in Canadian weightlifting without lifting a weight. Some of the best lifters stayed home and did not compete for Canada at those Games.

Saint-Jean and Walker also spoke to Ken Yost to try to correct the absurd situation. It was that incident which triggered major changes in the AAU in the coming years.

The AAU of Canada was the governing body of seven sports in Canada amongst which was weightlifting. They were divided in branches: Quebec branch, Manitoba branch; they were all branches reflecting more or less Provinces. There was one exception. It was about Ontario. They had three branches. Southern Ontario; Western Ontario and another Branch. One can easily realize that for voting purposes, in weightlifting, it was not reflecting the reality of the situation in the membership. Weightlifting was almost only in Quebec.

The exposure of Canadian weightlifters on the International scene started to reflect some minor changes in the habits of Canadians athletes. One of them was the use of a « hook grip » on the bar. Previous to that, it was usual to see just a plain grip on the bar. Also, in training, weightlifters started to tape or put a piece of clothing over the tip of the thumbs to better hold their grip. We saw also the arrival of the use of straps in training, to assist in any pulling movements. In those years, the area of Lac Saint-Jean, Quebec, also had its strongmen. Their best weightlifter being Adrien Gilbsert, a 75 kg and Olympic team member in 1960, who deceased in 2010.

DEVELOPPE:						
Nom	Date	Québec	Canada (N)		Canada (O)	
Gosselin, M.	10/5/58	183¾	200	Stanway, N.	200	Stanway, N.
Sylvain, J.	17/3/56	221	221		225½	Di Pietro, J.
Dubé, J.-G.	6/3/55	242½	242½		249	Terlazzo, A.
Gratton, G.	14/3/52	270	270		270	
Gratton, G.	6/6/53	291½	291½		291½	
Gratton, G.	30/3/55	288½	288½	890	294¾	Schultz
Baillie, D.	2/8/54	340	381	Hepburn, D.	381	Hepburn, D.
ARRACHE:						
Smith, R.	6/10/56	192	192		192	
Sylvain, J.	13/10/56	221	221		221	
Dubé, J.-G.	6/3/55	222½	222½		250	Terlazzo, A.
Gratton, G.	14/3/52	266	266		269¾	Stansz cyk, S.
Gratton, G.	24/10/53	283	283		283	
Gratton, G.	30/3/55	279	279		279	
Baillie, D.	2/8/54	300	300	310	307	Schemansky, N.
EPAULE ET JETE:						
Gosselin, M.	31/8/57	261½	261½		261½	
Sylvain, J.	10/5/58	272¾	272¾		272¾	
Sylvain, J.	26/7/58	295	295		294½	Talluto, P.
Gratton, G.	14/3/52	330	330		330	
Gratton, G.	8/5/54	351¼	351¼		351¼	
Gratton, G.	13/10/56	346½	346½		348¾	Schultz, F.
Baillie, D.	8/5/54	370	371	Hepburn, D.	411	Anderson, P.
TOTAL:						
Gosselin, M.	10/5/58	625	625		625	
Sylvain, J.	6/9/56	715	715		715	
Stuart, J.	28/2/47	755	755		810	Terlazzo, A.
Gratton, G.	14/5/52	860	860		860	
Gratton, G.	6/6/53	910	910		910	
Gratton, G.	30/3/55	910	910		910	
Baillie, D.	2/8/54	1000	1040	Hepburn, D.	1040	Hepburn, D.

Records 1959

Maurice Allan also became President of the AAU of Canada in 1959. One of the first moves that Maurice did was to make everyone aware that the AAU was now duplication since many Provincial organizations of sport had been created in the recent years across the country including the predecessor of Sport Canada. It was always the same people meeting under different sport organizations and always discussing similar subjects. Maurice convinced that it was time to make a phase out with the AAU of Canada. Everyone was asked by Maurice, to create their own Federation to look after their sport. The money coming from the AAU was separated between the Federations, amounts between one to two thousands of dollars. So Maurice was the last President of the AAU of Canada which had begun its activities in 1892.

At the Pan American Games at Chicago, Ill., USA, of 1959, Jean-Yves again went as a spectator to see the Games.



Bill SWALUK, de Montréal.



This is one of the dumbbells (45 kg) used by Adrien Gilbert during his previous workouts. The original owner of the dumbbell was George F. Jowett of Scranton, Pennsylvania, USA, who had sold it to Gerard Michaud, the strongman from Quebec City. Then the latter sold it to Jack Bacon from Bagotville, Quebec (La Baie, QC).

Cat.
Kg

XXXII nd
Senior World
Championships
Warsaw, Poland

III rd
Pan-American
Games
Chicago, USA.

56 NO CANADIANS

60

67.5

75

82.5

Mike Lipari 5th

90

Alfred Karklins 6th

90

Mike Quelch 7th

+100

William Swaluk 4th

Coaches

Leader

Referees

1960

Weightlifting as a sport took root in the 1960s in the North-West of the province of Ontario, in the Lake Superior communities of Fort William and Port Arthur not long before they became known by their current name of Thunder Bay.

Maurice Allan was President of the CWFHC from 1960 to 1970. A very long and productive term of office as President. In 1960, Maurice was also member of the Committee which started to study the possibility to launch the Canada Games. At the time they were called the Inter-Provincial Games. This was a side activity for him because he was also the Vice President of the Canadian Association of Sports. Maurice and Pierrette created a CWFHC monthly news letter, its circulation was between 100 to 115 copies. An amount of \$1,000.00 was awarded by the AAU to the Federation for all its yearly operational expenses it included the stamps, paper, stencils, carbon papers, It was also bilingual.

It was published under the heading of National Weightlifting Association Amateur Athletic Union of Canada. The letter often had as much as five or six 8½" X 14" pages which had to be put together, stapled, envelopes sealed, addressed individually and stamped; very few individuals realized how big of a job it was. They also supplemented this with a yearly Big 10 lifters list for each bodyweight category. Do not forget that it is before the arrival of computers!

In 1960, Maurice Allan used his Air Canada passes to go the Annual General Meeting of the AAU at Halifax. He came back National Chairman of the AAU and with Saint-Jean and Walker suspensions lifted. Montreal held again the Olympic trials for the Rome Games. The coach selected was Scotty Thompson from Winnipeg, Manitoba. His background was one from wrestling. It was to be the last time that someone from another sport was selected for our sport as coach.



Bill Swaluk, Dennis Hillman, Dave Baillie at 1960 Rome Olympics

The Quebec Provincial Championships were held at the RCAF Station in St. Hubert, Quebec, on April 2. Two new Canadian records being established. It is indeed evident that the saying "old soldiers never die they just fade away", does not apply to weightlifters because the 56 kg class was won by Rosaire Smith with a total of 605 lbs. (274.5 kg) which is only 3 kg less than what he made when he placed third in the World Championships in 1947.

Rosaire is now 46 years old but he possesses the musculature and athletic ability of a man half his age.

Gérald Gratton although not at his best on the quick lifts was very strong on the press and made a new Canadian record of 300 lbs. (136 kg).

The best lifter award was won by another veteran of the sport, Jules Sylvain who as a 60 kg totaled 700 lbs. (317.5 kg) in winning the class.

As we expected, a good battle was waged between Willie Swaluk and Dave Baillie. Willie had tough luck with his snatches making only his first attempt and dropping the others behind him. If he had been given his 320 lbs (145 kg) press or made his snatches, he may have won. As it was he took only two clean and jerks, the second of which was a new Canadian record weighing 378 lbs (171.5 kg).



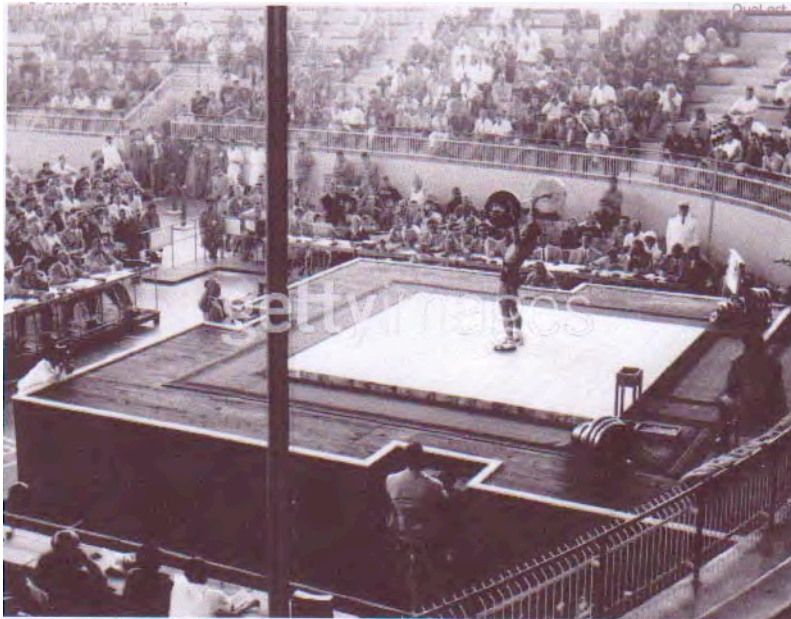
Quebec Sr. Provincial St-Hubert, QC, 75 kg
 1st Lorenzo Tremblay, Chicoutimi; 2nd Yvon Chouinard, Québec;
 3rd Stevens Gagné, Bagotville

Today most members of our sport specialize in one area or another. They are athletes, coaches, referees or administrators. Back in the 1960s most members lifted and also refereed when their category was through lifting. There was little to administer. There were no real coaches; the athletes were self coached supplemented by reading "Strength and Health" and listening to advice from team-mates. To make matters worse there was little in the way of information coming from European sources, particularly East European ones. This led to a lot of much speculation as to what such training consisted of, much of it pure fantasy.

In actual fact such information was available to academics that knew where to find it and could evaluate it when they did find it. In addition, it was shared by all and then further hybridized to a point where no single "national" training system could be said to exist. But we had no such people then so much of the sport's technique and strength development information was unavailable to us, causing such fanciful beliefs to persist. Secret and mysterious exercises, magical drugs, tales of one million registered Soviet lifters, commissars forcing kids to be lifters and other such figments of overactive imaginations intrigued us for years. There was a lot of misinformation spread as fact in those days. And remember, any sort of weight training was not usually supported by athletic academia then.

In 1960 Canadian weightlifting had only 4 branches (Provinces) active in the sport. There was no such thing as Canadian Championships, to promote wider participation, on a yearly basis. Maurice Allan came up with the idea of a Teenage Championships by telegram. Intermediate Championships by telegram and lately a Progress meet held after the

Teenage. CWFHC started to keep records for Teenage and Intermediate. There was no method for training and selecting weightlifting referees. Maurice made up examinations and eventually 32 of CWFHC officials were holding International referee cards number two and 6 were now referees category one. Weightlifting films were circulated across the country.



1960 Olympic Games, Rome. Observe where the referees were sitting.

In Alberta most lifters trained at the local YMCA. The Y's passively offered weight facilities in those days but offered little in-house coaching. Most lifters were well into adulthood some eventually could afford their own Olympic bar so they could train at home and avoid lengthy drives to the Y.

Competitions were held with a minimum of bother, usually held in the Calgary or Edmonton Central Y's. Most meets took place with less than 20 athletes, often with Mac Game, Al Wing and Stan Mironuck travelling from Regina. Each city usually held only one meet a year, so such visits to other provinces were necessary if one wanted to get enough experience. They were also held in the evening. Bob Lucas, Physical Director of the Calgary Y, gave a lot of help in organization in those days. It should also be noted that late-night post-meet parties were common then as well where all would gather at the meet director's house for copious drinks done to numerous re-tellings of the evening's exploits. The dearth of juniors (less than 21 years old) made such Bacchanalian revelry possible.

Since few of the Alberta's lifters then had any prior knowledge of the sport. One important source of knowledge was from those who had learned the rudiments of the sport in Europe or elsewhere. Alberta experienced an immigration wave in the 1950s that even benefitted this infant sport. Immigrants have had profound influence on Alberta weightlifting.

In his news letter of the month, Maurice Allan describes the Sudbury Weightlifting Club as the most progressive in Canada. The coach is Murray Veno on Coniston, ON, who is 28 years old and is the eldest member, the majority of the members being in their teens. Murray had adopted the role of advisor, coach and organizer. He also built equipment, barbells, platform etc. His influence was always in the background but, they all respected his help and contribution. He was a leader in the gym, in competitions and in the domain of the psychological. From 1956-57 to 1970's Murray was always there when called upon.



The Ottawa Gang 1960's: Earl Jack is in front row, 1st on left hand side and Allen Salter is in the front row on the extreme right hand side. Herman Croteau is in front row 2nd from left.

Before the 1960s the FRENCH speaking general public would address our athletes and our sport as being "Leveurs de Poids" and the sport of weightlifting was called "Lever de Poids." These names would disappear gradually to become "Haltérophiles" practicing the sport of "Haltérophilie". This difference does not exist in the English language.

One of the most important tournaments set up by Mr. Saint-Jean for the Quebecers was the Saint-Jean Bosco tournament which was taking place in Montreal, the first weekend of December of each year. The trophy given to the best lifter of the tournament was a Louis Cyr statue of two feet high given by Dr. Gérard Aumont, Louis Cyr's grand son. The tournament was an invitational one to only the best ten weightlifters from the Province of Quebec. It lasted for twenty five years; athletes were eligible to take part again only after ten years had elapsed. The best weightlifters from the Province of Quebec were invited based on the best performances of the year, by the Hoffman formula and their adherence to a certain sport ethic. It was never an easy tournament to be invited to or to win.

The most important nucleus of weightlifters, Lionel Saint-Jean had been during the period of the Mike Lipari, Willie Swaluk, Dave Baillie, Chun Hon Chan, for the 1960 Olympic Games in Rome. Mike, Chan and Dave were training originally at the YMCA; they came to the Palestre to have a better training atmosphere. All of this brought weightlifters from outside Quebec Province to come to the Palestre to train with the local stars. To name a few: Aldo Roy - Sudbury, Allan Salter - Ottawa who had moved to Ottawa to do his studies. The YMCA was accommodating Allen till 1963. Eventually, the Rockcliffe air force base provided him with another option. There were also other athletes coming from Vancouver for a period of time and so on. It was considered by our athletes as being the high performance center of the time. Due to the very good results, the CWFHC named Mr. Saint-Jean, National Coach, for a certain period of time. There was enough equipment at the Palestre to be in a position to train safely and adequately twenty lifters at the time. Each athlete had its own training program.



POUR SE RECHAUFFER LES MUSCLES

Sur cette photo prise hier après-midi, durant les championnats seniors de Québec-District au lever de poids, disputés à la Salle St-Fidèle, nous reconnaissons de gauche à droite, LEVIS CORMIER du Gymnase Hercule vainqueur dans la classe des 181 livres; AN-

DRE LABRANCHE, du studio Vic Boutet; MAURICE DAIGLE, du gymnase St-Fidèle, qui se "fait" les bras; MARCEL REDARD, du gymnase Hercule, gagnant de la classe des 148 livres et ROBERT LEMIEUX du gymnase Limoulu.

Corporal Herman Croteau, a lifter himself, was the liaison officer at the Rockcliffe air force base and coordinated a smooth transition for Allen Salter and his training partner Tom Curren, a lifter at the national level. Herman, a father of 9-10 kids, was supported by a very enthusiastic Captain in the army by the name of Gord Robertson (Robbie).

After the war Robbie attended Queen's University and became an instructor in Kingston Military College. As a young officer in World War Two he had trained himself in the finer points of Olympic

weightlifting and, as a tank commander, he had led a group of other brave Canadians to the Fall of Nazism in Europe.

Captain Robertson arrived in Ottawa in 1960 and without hesitation became the organizing force of regional weightlifting. He helped spread the benefits of W/L to not only the military but, to anyone who would listen. He built platforms, W/L equipment and wrote a hundreds of letters with programs to any Canadian lifter who asked for his advice. He was smart, enthusiastic and a great coach.

Looking back on it, he did not know about "modern pulling" technique but, his programs put you through systematic and sequential routines that not only taxed your physical energies but, your core mental stamina. Through Robbie you got strong, durable and positively energized. Lifting was fun!

Also weightlifting used to take charge of all activities where dumbbells and weight were used for training towards competitions. There was no well organized group to administer bodybuilding and power lifting in Canada. This would change slowly, and gradually these sports will organize and they will manage their own activities independently of us.

The young Earl Jack, who was going to be a very good Canadian weightlifter eventually, met Maurice King, an Olympic weightlifter himself who had competed in the British Empire and Commonwealth Games in Cardiff, Wales in 1958 in the 60 kg class. He was most impressed by him for the amount of weight that he could lift, and after seeing him in a competition later that year he was hooked. He read every weightlifting magazine he could get my hands on (Strength and Health etc.), and started working out to get bigger, and stronger.

He started exercising with weights (an old donkey cart axle, steel piping, some train wheels and homemade cement weights), to increase strength and speed for track and field, mainly the sprints and shot put.



Earl Jack - St. Vincent



Earl Jack - St. Vincent

May 21, the Senior Canadians Championships are held at the Gymnase de Limoilou in Quebec City. It is also combined to be the Olympic trials in weightlifting and is sanctioned by the A.A.U. of Canada. Amongst the persons present was Captain Gord Robertson of Ottawa. Murry Veno and the Roys entered the 1960 Canadian Seniors in Quebec City via sponsorship from the "Centre des Jeunes " situated at Ste. Anne des Pins Catholic Church in Sudbury, ON. When Aldo and Ralph won the 67.5

kilo gold and silver, respectively, and Murray took the silver at 82.5, they all became hometown heroes. This notoriety made it possible for the club to bid for, and win, the right to host the 1962 Canadian Seniors and British Empire Games trials at Sacred Heart College in Sudbury, ON.

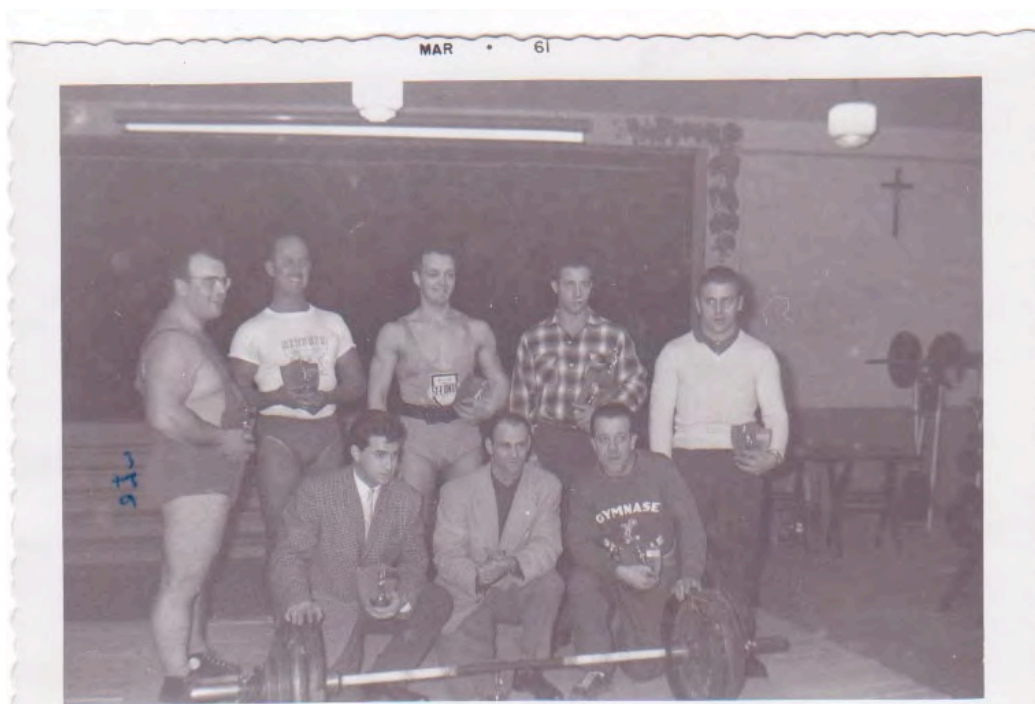


Aldo Roy, 18 yrs old snatching 220 lbs (100 kg), C&J 290 lbs (131.5 kg) at 145 lbs bodyweight, in 1960. Take note how narrow were the bars between the collars.

	Senior	XXXII Nd	XVII Th	
Cat.	Canadian	Senior World		
Kg	Champions	Championships	Olympic Games	
	Quebec, QC.	Rome, Italy	Rome, Italy	
56	Allan Salter			
60	Jules Sylvain			
67.5	Aldo Roy			
75	Steven Gagné			
82.5	Michael Lipari	Mike Lipari	Mike Lipari	14th
90	Alf Karklins			
+90	David Baillie	William Swaluk	William Shwaluk	14th
		David Baillie	David Baillie	6th
Coaches		Scotty Thompson	Scotty Thompson	
Leader				
Referees				
Leader		Maurice Allan		
General Team Leader - Canada			Maurice Allan	

1961

Annual city championship - Quebec City



Back - Heavy René Bertrand; 90 kg René Lacroix; Yvon Chouinard 82.5 kg;
 André Labranche 75 kg; Victorien Ouellet 75 kg;
 Kneeling - Marcel Bédard 67.5 kg; Jules Sylvain 60 kg; Charles Cazeau 56 kg

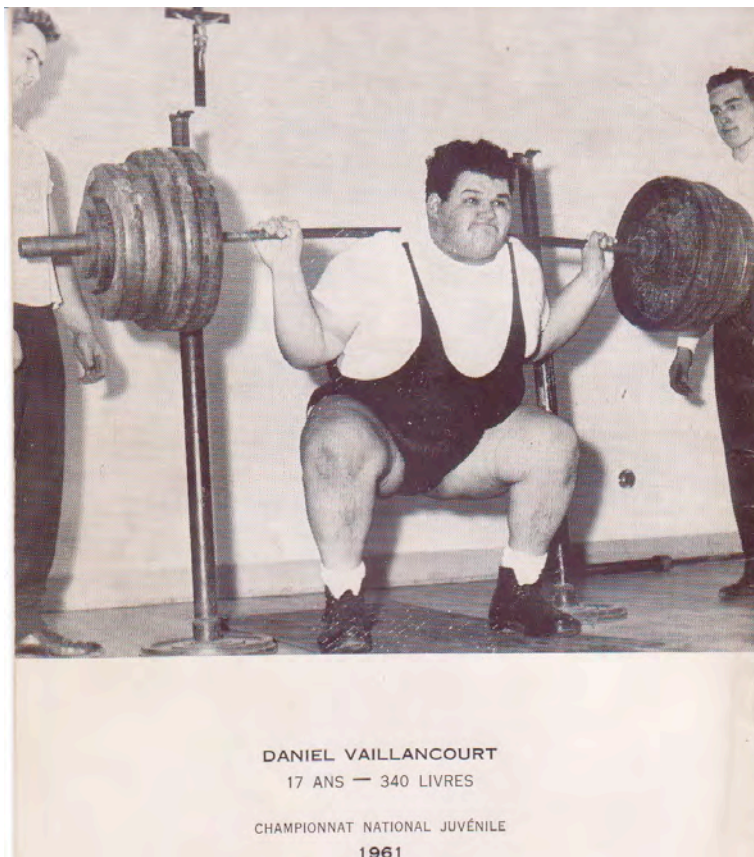
It is interesting to note that in Quebec City trophies were awarded to winners at all the tournaments and at times, badges to sew on clothing. Ribbons or medals were never handed out.

Weightlifting was never a major amateur sport in Saskatchewan. In 1961, a school teacher in Regina, by the name of Warren Batley, was appointed by the A.A.U. of Canada as the Director of weightlifting in the Province of Saskatchewan. At that time there was no weightlifters in the Province or had there been any in the Province prior to that time. He went down to the Y.M.C.A. and met with Mac Game and another young fellow who were training with weights, doing various exercises, but no weightlifting.

Warren suggested that weightlifting being in the Olympic Games, it would be better for us to get involved in weightlifting rather than going no where with our barbell training program. He invited Mac Games and others to go to the school where he was teaching. There he had a standard old bar, not an Olympic one, about nearly ten feet long, which he allowed them to use and used himself to demonstrate the Olympic movements.

In 1961 the Canadian Championships were held at Chicoutimi, Quebec, June 3, at the Jacques Cartier School. The competition network had continued to develop itself in the Province and elsewhere. Another big boy, Daniel Vaillancourt, was beginning to make the headlines in the area. At 17 years old, his body weigh was at 340 lbs (155 kg) but never

came up to its publicity. There were 30 lifters in the competition including this local 17 years old local star, Daniel Vaillancourt at the bodyweight of 350 lbs (158.8 kg) on that day but the best performance went to Jules Sylvain from Quebec City.



A young talent from Chicoutimi, Québec, which never blossomed

In 1961, the CWFHC began to hold a Junior Canadian and a Senior Canadian Championships by telegram since they had no fund to hold face to face tournaments across the country.

Again Quebec City held a North American Championships.

In Jan, the Sudbury (ON) Weightlifting team, comprising of eight members of their team, including the gen. mgr. Dave Leclair captured 13 trophies at the Ont. Int. and Open championship.

In March 1961, Norm Leclair and Aldo Roy won the Canadian Junior championships in the 67.5 kg (148 lbs) and 75 kg (165 lbs) classes respectively. Aldo was named "best Canadian Junior" lifter with a record clean & jerk of 315 lbs (143 kg) and total of 805 lbs (365 kg) for Canadian Junior records. The junior Canadians were then held in

each locality and results forwarded to Maurice Allan in Quebec City, who at the time was the national chairman of the AAU Weightlifting committee. Ten lifters from both Minnow Lake clubs participated, Lucien Chevrier, Ron Duguay and Leo Dupuis of Leo's Health studio in Sudbury acted as referees and Robert Leclair's dad was master of ceremonies. Leo Dupuis provided trophies for each category.

Ralph and Aldo were invited to the Carnaval de Quebec invitational tournament in Quebec City in March 1961, where Aldo equaled the Commonwealth record of 315 lbs (143 kg) in the clean and jerk in the middleweight division (75 kg) and was narrowly edged out by Nigel Dasilva for the Best lifter trophy.

Then, Maurice went to the First International Coaching Clinic in Paris. He obtained his international coaching certificate and so did his wife who was only taking notes for the meeting. Another International Coaching Clinic also took place at the same location four years later and was attained by Maurice and Pierrette again. Maurice had to pay all his expenses at that time, no funding being available. He had the advantage of his Air Canada employees' pass.

Weightlifting was becoming more popular in Quebec City and the Hercule Gym was often in the headlines of the news media's. Even with that, Maurice had to work to have both ends meet to keep the gym opened. He was training between twenty to thirty persons at the time, each subscribing a \$10.00 monthly fee for training rights. The rent itself was at \$200.00 per month. Some athletes when they were becoming good were trying not to pay.

What was helping a little was when a championship was taking place but even then, Maurice had to buy trophies for each category; have them engraved; buy some crest for all the competitors always different for each contest. He had to try to find some sponsors who would accept to support some costs. At the competition, he would pass the hat amongst the spectators. Often, he would end up with as much as twenty to twenty five dollars for all that work. It was a compensation for other disbursements such as the chalk. Also the equipment had to be renewed at times.

LIST OF JUNIOR LIFTERS WHO HAVE WON A NATIONAL JUNIOR - NATIONAL SENIOR - NORTH AMERICAN CHAMPIONSHIP OR NOT HOLDING ANY CANADIAN RECORD IS ELIGIBLE.

PREPARED BY MR. ALAN - NATIONAL CHAMPION

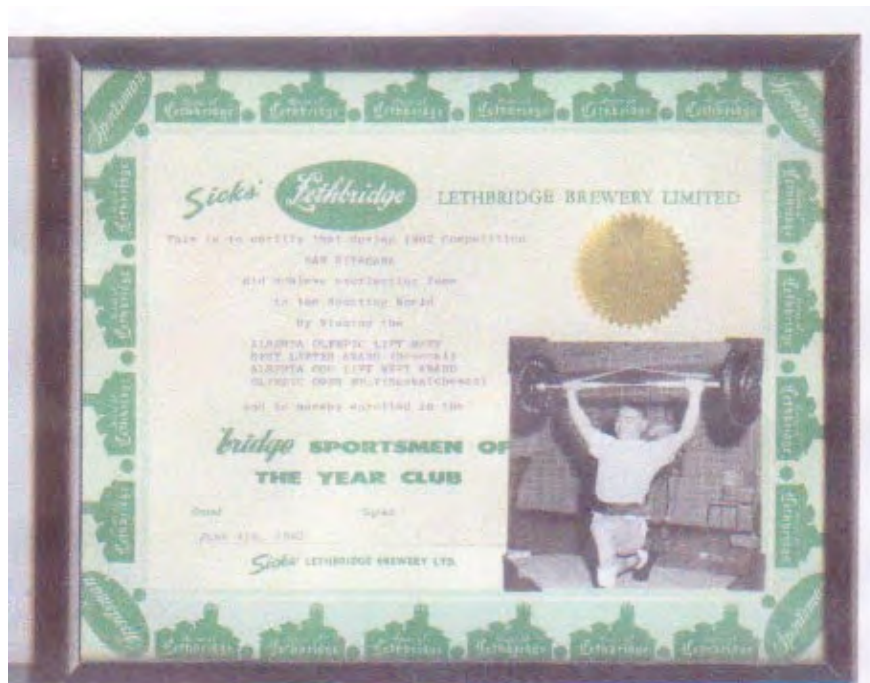
<u>HEAVYWEIGHT</u>			
PRESS	JOL SOL HUM	QUEBEC	200
SQUAT			180
C + J	JEAN BERGERON		380
TOTAL	JOL SOL HUM		640
<u>CRUISINGWEIGHT</u>			
PRESS	S KITAGAWA	ALBERTA	190
SQUAT	S KITAGAWA		185
C + J	S KITAGAWA	ALBERTA	370
TOTAL			615
<u>MIDDLEWEIGHT</u>			
PRESS	R ROY	ONT	150
SQUAT	J G SYLVAIN	QUE	150
C + J	J G SYLVAIN		300
TOTAL			450
<u>LIGHTWEIGHT</u>			
PRESS	H BALLETT	ONT	135
SQUAT	F BALYTA		125
C + J			260
TOTAL			390
<u>WELTERWEIGHT</u>			
PRESS	H LAMBERT	ONT	150
SQUAT	J LEWIS		125
C + J	H LAMBERT	QUE	270
TOTAL	H LAMBERT	ONT	740

List of the first Canadians Junior records in 1961.

We see the names of: Jol Sol Hum (Chan); Jean Bergeron; Sam Kitgawa; Ralph Roy; Jean-Guy Sylvain (Jules younger brother); Frank Balyta; Henry Lambert; John Lewis; etc.

In Alberta, Yukio "Sam" Kitagawa was originally from the west coast but was forcibly removed to Alberta in WWII as anti-Japanese hysteria hit a peak in BC. He remained in Lethbridge after the war and in the 1960s owned the 56 and 60 categories and placed in several Nationals. He later studied Education at the U. of A. and still later taught and coached weightlifting in Calgary. He was also adept at hockey and is in the Alberta Softball Hall of Fame. He cycled several thousand kilometres each summer. Yukio mentored many young athletes, most notably Charles Klaver, top athlete and future AWA President. Another Lethbridge lifter was Gordon

Kay who in his early years dabbled in Olympic lifting. Still later he returned to the Olympic lifts as a referee, going all the way to working the World Championships in 1986. Gordon died in 2001.



Certificate issued to Yukio Kitagawa underlining he had been selected the Sportsman of the year 1961 at Lethbridge, Ab.

Take note that the picture was incorporated to the certificate which We do not see now a day.

	Senior	XXXIII rd
Cat.	Canadian	Senior World
	Chicoutimi, QC	Championships
		Vienna, Austria

Kg		Champions
----	--	-----------

56	Allan Salter	NO CANADIANS
60	Jules Sylvain	
67.5	Nigel Da Sylva	
75	Steven Gagné	
82.5	Hunhammer	
90	Gosford White	
+90	David Baillie	
	Coaches	
	Leader	
	Referees	

1962

Montréal, Dr. Gérald Aumont



They first real star lifter to be produced by the Palestre Nationale was without a doubt Pierre Saint-Jean, Lionel Saint-Jean's son. He made his first international team at 18 years old, in 1962 at Perth, Australia for the Empire Games. He already had a good ten years of competition behind him. At the Palestre Nationale, in the 1950's, one could see Pierre, his sister Jacqueline and Mrs. Saint-Jean setting up the competition sites. At the same time that Pierre Saint-Jean was reaching heights another very good athlete was following him at the Palestre: Pierre Charbonneau.

In June of this year the Senior Canadians take place in Sudbury, Ontario, it is also the British Empire Game trials. Robert Leclair's dad with the assistance of Murray Veno, Ralph and Aldo Roy organized and held those at the Sacred Heart College a Jesuit College & University in June 1962. In the 165 lbs (75 kg) class Pierre St. Jean and Nigel Da Silva, tied for first place with totals of 805 lbs. (365 kg). Funnily enough both lifters represented the same club Palestre Nationale from Montreal. Most recall Pierre St. Jean was the son of Lionel St. Jean a long time National Coach. Nigel Da Silva came to Montreal as a student from the West Indies an island called St. Vincent. I never saw a lifter with so much pulling power for his size, he could easily clean 350 lbs (160 kg), but could not hold the jerk.

The organizing committee of the Canadians had the huge scoreboard shipped up by freight train from Quebec City for the championships, of which photo appeared in the Sudbury Star showing Ralph and Robert Leclair setting it up. You needed step ladders to record the attempts. It was a well attended competition with standing room only for the heavier classes on Saturday night. After the competition, a party was held at the residence of Mr. & Mrs. Hotte, Mr. & Mrs. Roy's next door neighbors. Hot food and drinks were served by the parents and the Hotte's. Jean-Yves Dionne gave an acrobatic exhibition in which he performed the "acrobatic

planche" on two pint sized coke bottles. They danced and partied all night and then attended the 8 a.m. mass at Ste Anne's church.

On the weigh in, St. Jean was half a pound (200 grams) lighter than Da Silva, so he won however, they had high hopes he would be named to the team to go to Australia, but such was not to be as he was not a Canadian citizen and therefore disallowed - what a disappointment!

Maurice Allan was elected President of the Commonwealth Weightlifting Federation from 1962 to 1972.



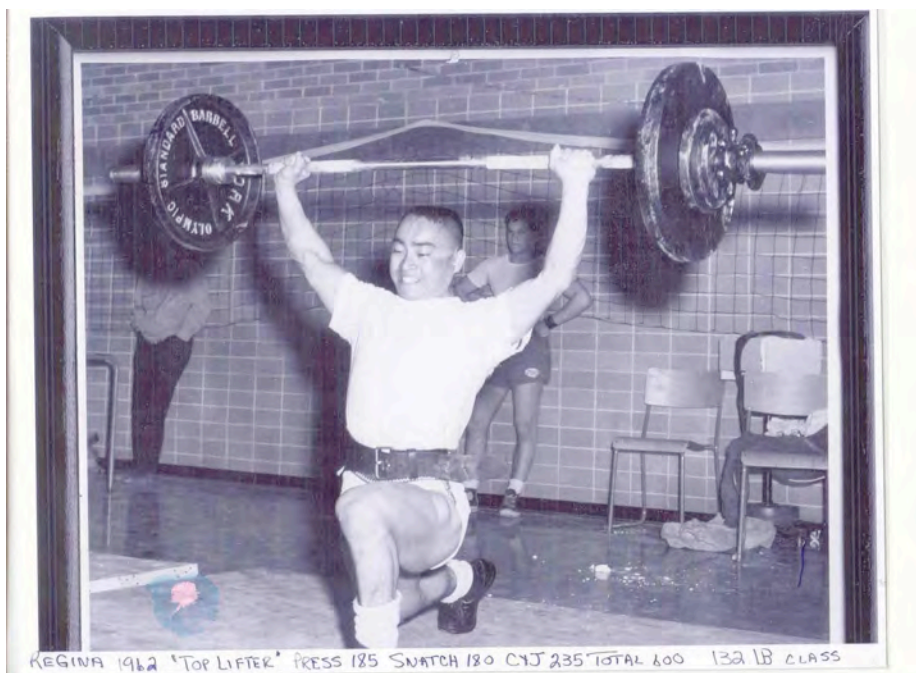
50th anniversary of Louis Cyr's death. Cemetery St. Jean de Matha, Qc.
Yvon Chouinard; Charles Cazeau; Louis Cyr's Grand-daughter; her husband
Ignace in front of her;

Louis Cyr's great grand-daughter Diane; René Bertrand; Jules Sylvain;
Maurice Daigle; in front Louis Cyr's grandson Dr. Gérald Aumont

From 1962 until 1965, Yvon Chouinard was the Secretary of the local Quebec City Association, writing report on the various competitions either held in Quebec City or in which Quebec City lifters were engaged in. It meant again results reaching the press as soon as possible after any contest. He also had to personally deliver the reports, to each news media, news paper or radio station in the area. It included writing a paper in advance to all competitions to get the attention of the public to the coming events.



Kneeling: Dr. Gerard Aumont; Chun Hon Chan; Pierre St. Jean; Allan Salter, Dr. Aumont's brother in law.
 Standing: Maurice Daigle; Loisirs St-Denis' coach; Charles Cazeau; Jules Sylvain; Yvon Chouinard; Philippe St-Cyr; René Bertrand; Lionel St. Jean



REGINA 1962 'TOP LIFTER' PRESS 185 SNATCH 180 C&J 235 TOTAL 600 132 LB CLASS

Sr. Provincial, Regina, Sask., Best lifter Yukio (Sam) Kitagawa from Lethbridge, AB, in the 56 kg category, press 84 kg; snatch 81.5 kg; clean and jerk 106.5 kg.

Warren Batley of Regina, Sask., taught the local people the split style technique of lifting weights. It was decided that they were better to buy an Olympic bar as soon as possible. Two months later they obtained the first Olympic bar in Saskatchewan, through the Y.M.C.A.

Everyone in Regina, except Mac Game, left weightlifting for ever, within the six following months. In April 1962, Regina held its first contest. They sent notices all around Western Canada. They received answers from future good lifters such as: Bob Devolin; Bob Brintnell and athletes from Medecine Hat and Montana also showed up at the contest. It was all of a surprise to see the answers. The first contest was held at the Y.M.C.A.'s Gym.

Dave Pyle of Moose Jaw, Sask., had a wrestling club and gym in which he used Olympic style lifting to strengthen his wrestlers. Some of his lifters went to the first meets. One notable wrestler who also competed in weightlifting was Ray Loughheed who wrestled for Canada at the Rome and Tokyo Olympic Games. Dave Pyle trained lifters right up to the time he sold his gym in 1984.

From that time they slowly built up the membership of lifters in the Regina area. They maintained between ten and twelve athletes at time in and out over the years. Any of the expenditures were coming out of the pocket of Mac Game; there was no Government assistance at the time.

In order to get the sport rolling In Alberta a number of enterprising persons simply took the bull by the horns and set out gathering as much knowledge as possible from any source possible. These men were often the leaders of the affinity groups that would form among the lifters at the local Y. These were the men you would go to when you wanted answers to questions. This would usually evolve into coaching and competition organization. The kingpin of Alberta weightlifting in the 1950s and 60s was W.R. "Bob" Devolin of Calgary. Bob competed in the 75, 82.5, 90 and 110 categories from 1958-73, winning the Provincials every year. This is a record that is unlikely to ever be duplicated, save perhaps for Chun Hon Chan in Quebec. Bob served as Alberta's President from 1958 to 1971. Bob once hitchhiked all the way to Trenton, ON to compete at the North Americans. He also won a medal or two at Nationals.

Bill Moe of Edmonton is another who did much to organize the sport locally and also entered a few Nationals in the 75 kg category. He tried in vain to end Bob Devolin's string of victories but as soon as Bill would move up a category to catch Bob, Bob would also move up and continue his domination.

Gordon Rafter started lifting when studying at the University of Alberta. He later moved to the west coast where he served as their speaker at many events over the years. Gordon was one of the first to try the squat snatch in Alberta.

Joe Stockinger, originally from Munich (GER) he settled first in Medicine Hat where he dominated the 67.5 and 75 categories and placed in the Nationals. After a long retirement Joe returned to the sport and became one of Alberta's first Masters Champion at age 45. He then took up refereeing. He was Masters World Champion in Power Lifting in 1983. He is one of the few men to hold an International 1 card in both Olympic and Powerlifting. After the early 70s, he operated Joe's Gym in Pincher Creek, Alberta.

From Guyana came the Gomes Brothers. Malcom started lifting first, mostly at 67.5 where he showed Albertans how the squat snatch should be performed. He was the first there to perfect it. Eventually his younger brother Mark started lifting with the express goal to out lift Mal. He did.

For the 1962 World Championships at Budapest, Hungary, there was Allan Salter and Mike Lipari as athletes. Jean-Yves Dionne was chosen as Team Leader; the Canadian Government was not funding totally the trip.

In 1962, Captain Robertson was recognized by the National Body and named the coach and manager of the British and Commonwealth Games Team. As a member of that team Aldo Roy will never forget his passion and devotion of Captain Robertson to all "his athletes" while on this month long trip to Perth, Australia. His leadership skills of course, were above the norm.

Cat.	Senior Canadian Champions Sudbury, On.	XXXIV Th Senior World Championships Budapest, Hun.	VII Th Empire Games Perth, Australia	
56	Allan Salter		Chon Hun Chan	5th
60	Maurice Daigle	Allan Salter	Allan Salter	2nd
67.5	Marcel Perron			
75	Pierre St. Jean		Aldo Roy	8th
			P. Saint-Jean	2nd
82.5	Michael Lipari	Mike Lipari		
90	Gosford White		Cosford White	2nd
+90	Louis René Bertrand			
Coachs				
Leader		Jean-Yves Dionne	Captain Robertson	
Referees				


1963

Jean-Yves Dionne went to the IWF congress at the Institut National des Sports at Paris, France. It was also a referee clinic.

Cosford White made an easy clean and jerk of 384 $\frac{1}{4}$ lbs at a contest in the city of Montreal. This exceeds the present heavyweight Canadian record.


The North American Championships are held on October 19 at the RCAF Station, Trenton, Ontario. The championships were well organized by Ken Carr-Braint and the recreation staff of the air force base. The team trophy was won by the team from USA and the best lifter award went to Norbert Schemansky the perennial champion athlete who although nearing 40 years of age, is truly outstanding. Records were broken.

<u>RESULTS</u>									
<u>123 class</u>					<u>198</u>				
Salter	200	190	265	665	March	340*	290*	390*	1020*
Hansen	220	180	245	645	Lewis	305*	275	350	930
Cazeault	200	185	240	625	Saguto	280	240	320	830
Yuk Sun	200	185	230	615	Fuellen	260	240	310	810
Rodriguez	195	180	225	600	Karklins	265	235	300	800
					Demaglio	---	---	---	---
<u>132</u>					<u>Hvy</u>				
Hidalgo	230	205	275	710	Schemansky	380*	330*	420*	1130*
Daigle	205	200	250	655	Suggs	275	245	315	825
Rivera	195	210	260	665	Sprauve	260	250	315	815
Winters	185	165	230	580	* Denotes new Canadian open records. Bill March was overweight so his records do not stand.				
<u>148</u>					<u>Team Contest</u>				
Bedard	230	225	290	745	SUDBURY vs OTTAWA				
Bailey	225	210	270	705	<u>Sudbury</u>				
Perron	215	---	---	---	Vend	280	245	330	855
Roy	---	---	---	---	Roy	235	205	280	720
<u>165</u>					Foley	210	210	---	---
Puleo	275*	250	340	865	<u>Ottawa</u>				
St Jean	255	260	305	820	Croteau	185	175	230	590
Despirito	260	245	310	815	Salter	215	200	285	700
Kowaloff	255	235	305	795	Leclair	240	200	275	715
Roach	235	235	300	770	<u>COMING EVENTS</u>				
Leclair	235	215	300	750	YMCA open at Central YMCA TORONTO				
Chretien	200	200	255	655	23 Nov 63. Entry forms from Alf				
<u>181</u>					Karklins, 34 Gloucester Grove				
Dorn	290	280	360*	930*	Toronto 10, Ont.				
Lipari	290	240	330	860					
Tsoukas	260	240	330	830					
Balyta	255	245	310	810					
Major	240	245	315	800					
Moore	240	225	300	765					
Brintinell	215	230	290	735					
Devolin	240	---	---	---					



APOLLO BAR - BELL CLUB

67 Boswell Street, Belleville, Ontario



Also Opt Seniors

Canadian Seniors & World Trials June 29, 1963 YMHA Toronto

NAME	TEAM	BD.WT	CoEFF	PRESS	SNATCH	Sub Total	Clean & Jerk	TOTAL	RATING	AAU.N
A Salter	Montreal	123		210	195		265	675	45/over	
M Daigle	Quebec	132		205	205		260	670	5	
Therendoff	Toronto	148		240	210		280	730	5	
P St Jean	Montreal	165		260	260		320	840		
M Veno	Sudbury	181		265	235		325	825		
G White	Montreal	198		305	285		365	955		
Hankins	Toronto Hwy			275	250		315	840		
John Lewis	Belleville	198		300	285		360	945	2nd place	
Team for Sweden	✓ John Lewis									
	✓ Pierre St Jean									
	✓ Allan Salter									
Coach Maurice Allan Alternate P St Jean										

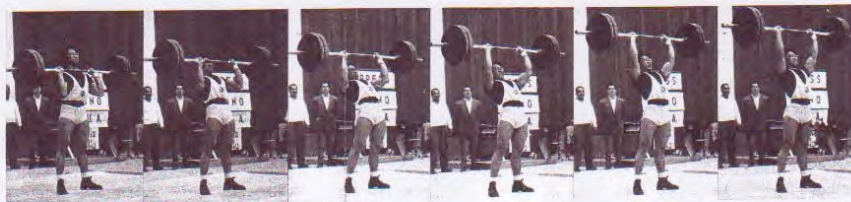
Here is the way the three (3) Olympic lifts were performed at that time, including the "military **press**" in competition. Also we may observe styles, the split and the squat, in the snatch and the clean. It was illegal for the bar to make contact with the thighs during its ascent, it was cause for disqualification. In the clean for the military press, generally the athlete would do a power clean standing up. All the plates were only made of cast iron in those years.

Besides being a competition weightlifter and being a police officer, Yvon Chouinard worked, part-time, for the strong man Paul Baillargeon for three years from 1963. Moreover, another member of the famous Baillargeon family, Lionel Baillargeon, resides on the second floor of Yvon's parents-in-law.

GUIDE TO WEIGHT LIFTING COMPETITION

By Bob Hoffman

TWO HANDS PRESS



Demonstrated by Tommy Kono



Demonstrated by Jim Bradford

(SQUAT STYLE)

TWO HANDS SNATCH

(SPLIT STYLE)



Demonstrated by Tommy Kono



Demonstrated by Dave Ashman

TWO HANDS CLEAN

(SQUAT STYLE)



Demonstrated by Clyde Emrich



Demonstrated by Dave Ashman

TWO HANDS CLEAN & JERK

(SPLIT STYLE)



Demonstrated by Norbert Schemansky

TWO HANDS JERK



Cat.	Senior	XXXV Th	IV Th	
Kg	Canadian	Senior World	Pan-American	
	Champions	Championships	Games	
	Toronto, On.	Stockholm, Swe.	Sao Paulo, Bresil	
56	Allan Salter	NO CANADIANS	Chon Hun Chan	5th
60	Maurice Daigle			
67.5	S. Charendoff			
75	Pierre St. Jean		Pierre Saint-Jean	3rd
82.5	Murray Veno		Mike Lipari	3rd
90	Gosford White		John Lewis	3rd
+90	Alf Karklins			
Coaches			Jean-Yves Dionne	
Leader			Lionel Saint-Jean	
Referees				

1964

Philippe Saint-Cyr became International referee in 1964. Behind each volunteer involved in Canadian weightlifting in those years, there was a wife and sometimes the children who were also always active in a secondary role at almost each competition. In the case of Philippe he was not an exception. Dolores was very often very active herself. Often a reunion of friends was developing into a meet of sportsmen interested in any type of competition. Philippe Saint-Cyr and his friends had created a group called the « club des francs amis ». In the group there were some weightlifters and people from other backgrounds. They were organizing all kinds of contests. One day it was a push up contest, another day it was a sit up contest, then it was a swimming one another time it was long jump or high jump. Philippe won the championship as the best athlete of the « club des francs amis » due to his great shape in weightlifting at the time. They were being measured through a system of points.

In 1964 the Sudbury Club, Ontario, moved a few miles down Highway 17, to the community centre in the small town of Coniston. In that era, the core group was joined by the much travelled, Air Force radar technician, Ray Hamilton, and awards continued to be gathered on the provincial and national scenes.

By 1964, it was Aldo Roy's turn to join the "boiler gang" in Ottawa. He moved to the University of Ottawa to do his studies. Of course, Allen Salter and Captain Robertson's influence had a lot to do with his choice of university.

Something very rare in our sport happened at the Canadians, in the heavyweight division - a three way tie. He had never happened before or since. The occasion was the Canadian Seniors and Olympic Trials when three heavyweights all tied with the same total of 885 lbs (401.5 kg)

and the winner was determined by bodyweight at weight in time, this is how they totaled in pounds.

NAME	PROV.	BWT.	PRESS	SNATCH	CL. & J.	TOTAL
George Dean	BC	209	290	240	355	885
Price Morris	ONT	234	300	250	335	885
Rene Bertrand	QUE	288	310	255	320	885

June 20, the Senior Canadian Championships and the Olympic trials were held at the RCAF station at Rockliffe, Ontario. 31 competitors from four Provinces competed. They came from Quebec, Ontario, Nova Scotia and British Columbia.



Aldo Roy, ON



I
Aldo and John Diguier in Boiler Room



That year was the beginning of competitive weightlifting for Earl Jack. His first competition was as a 75 kg lifter. It was quite modest Press 68 kg, Snatch 65 kg, Clean & Jerk 91 kg.

The gym at Rockcliffe Air Force Base was really nothing to write home about. It was "the boiler room" that heated a larger exercise gym. Two large garage type doors were always opened in the summer due to the incredible heat (110*f/43.33*C) generated by the massive boiler. In the winter however, the heat was welcomed.

This boiler was wrapped with asbestos and if it ever exploded while the lifters were training, fatalities could have been high! One Sunday the damn boiler did explode. Fortunately, no one was around and as the Captain Robertson surmised in his "half the glass is full" philosophy, the good thing about this was that the "gym" was now extremely clean!

For all those who went to Ottawa in the 60's certainly the gym was not the highlight of their day but, there was an intangible that permeated the place—in the movie "Rocky" it was called "the eye of the tiger!"

Allen Salter, Tom Curren, Dan Mulvenna, Fred Sontag and others who trained there in the early days used it to their advantage. Allen Salter not only trained in the correct atmosphere but, availed himself of both Lionel St. Jean and Robbie's advice.

The result for Allen was excellent. He went on to be undefeated at the Canadians from 1960 to 1968. He represented Canada in 2 world championships (1963 and 1965), 2 B.E. and C. Games (1962, 1966) 1 Pan-Am games, and 1 Olympic games (Tokyo, 1964).

Earl went to Ottawa, to attend College and came in contact with former Canadian Olympian Alan Salter, Canadian Champion Aldo Roy, Coach Captain Robertson, Fred Sontag a 700 lbs (317.5 kg) dead lifter, and Gilles Lafrance. By working out with them, Earl improved dramatically. So Earl was originally an Olympic lifter but did compete in a few power lifting contests.



Aldo Roy; Allan Salter; Earl Jack

Maurice Allan became an International Category 1 Referee.

In 1964, two Timmins, ON, High School students, Andy DiMatteo and Desmond McAdams, on a Lark car, travelled to Sudbury to compete in the Ontario Seniors. Not even familiar to the long active Sudbury athletes, DiMatteo surprised everyone by taking the 75 kilo title, and McAdam placed fourth in the 82.5 kilo division. Although word of their exploits spread through the town of Timmins, it was not long after that the group disbanded for lack of a training area.

November 7, a group of Canadian weightlifters competed at the North American Championships held at York, Pennsylvania.

The Montreal weightlifter Gosford White won the Saint-Jean Bosco trophy at the Saint-Jean Bosco tournament in Montreal. The colored athlete succeeded with the lifts of 290 lbs (131.5 kg), 270 lbs (122.5 kg), 370lbs (167.8 kg) for a total of 930 lbs (422 kg). His Hoffman formula gave him 626.9 points. Pierre Saint-Jean, who lifted as a guest lifter, was sensational. He did 275 lbs (125 kg), 280 lbs (127 kg), 350 lbs (158.8 kg) for a total of 905 lbs (410.5 kg) at the body weight of 167 lbs (75.8 kg). His formula gave him 676.9 points.

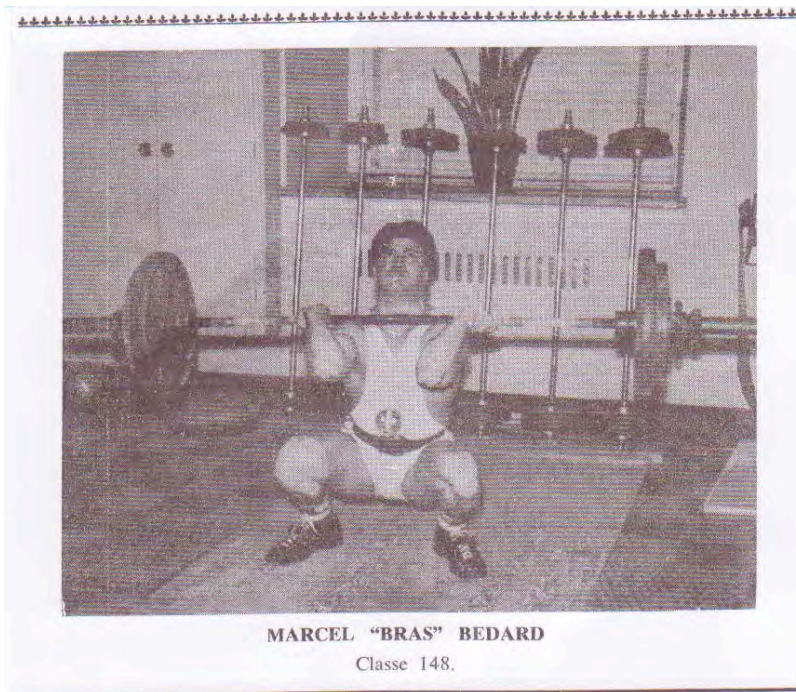


The Québec city team competing at the 1964 Senior Canadians

The Tokyo Games - Maurice Allan was the team coach; Jean-Yves Dionne was delegated as referee but did not work as such. Again Jean-Yves was not fully funded by the Federal Government. He performed other minor official functions.



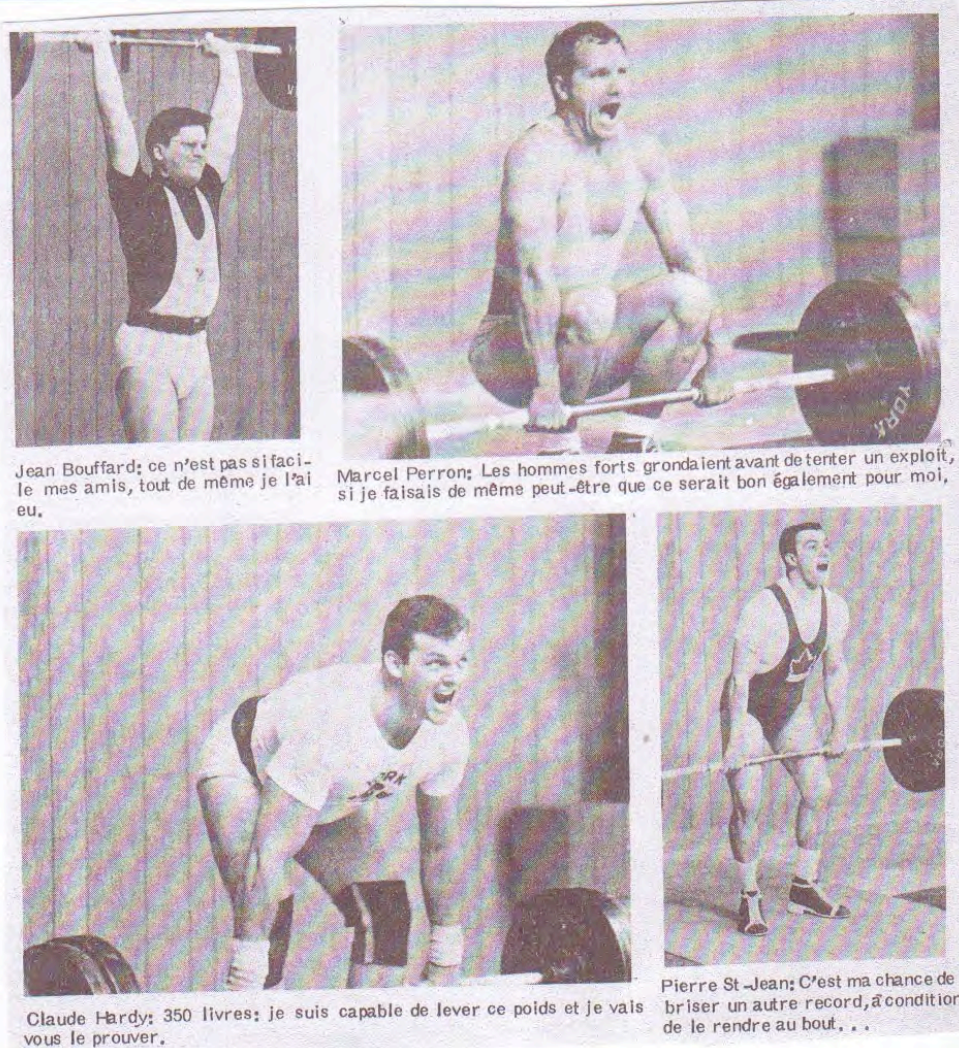
Yvon Chouinard, 145 kg - 82.5 kg



Cat.	Senior	XXXVI Th	XVIII Th
Kg	Canadian	Senior World	Olympic
	Champions	Championships	Games
	Ottawa, On.	Tokyo, Japan	Tokyo, Japan
56	Yuk Sun Tam		
60	Allen Salter	Allen Salter	Allen Salter 18th
67.5	Marcel Bédard		
75	Pierre St. Jean	P. Saint-Jean	P. Saint-Jean 13th
82.5	Murray Veno		
90	John Lewis	John Lewis	John Lewis 9th
+90	George Dean		
Coachs			
Leader		Maurice Allan	Maurice Allan
Referees		Jean-Yves Dionne	Jean-Yves Dionne

1965

As I.W.F. Technical Delegate, Maurice Allan took part at the Macabean Games in Israel.



Weightlifting became alive only in Saskatchewan in the sixties. In 1965, at Regina were held the first Saskatchewan major competition. The Senior Canadian Championships. It was quite an experience for them. They had never entertained a major event and did not know exactly what to do. They did not even have a platform or a decent bar at the time. When they set up the platform, the bars, the electric judging system, they either made it themselves or purchased it with their own money. To receive a bar that rotated so well on itself was great for them!

Wes Woo met with a few serious lifters at the time George Dean, Gerry McGourlick, and occasionally Paul Bjarnason. They all met down at the Broadway Gym in Vancouver usually on the week-ends but the above three were the best of the lot. Later on, Wayne Wilson came and asked whether Wes could spend time coaching him. Wayne was a hockey player but was fascinated by Olympic lifting after seeing Wes urge Paul and George along. Wayne showed early promise in learning the lifts. He broke Wes' clean and jerk record of 255 pounds (115.9 kg), 20 years old and under, early in his career. Wes met up with Keith Adams while working in the

drug department of Eaton's. He was a 15 year old at the time and wanted some protein supplements for his training. Wes asked what kind of training he said "bodybuilding". Wes asked him if he ever tried Olympic lifting and his reply was "no". Wes persuaded him to come down to the gym and he would show him how. He did this relentlessly week after week; month after month; Keith was also talented. In Montreal, as a 67.5kg, he did 225 lbs. (102.27 kg) press for a Junior Commonwealth record. Then there was Doug Robertson. All of this was the beginning of a glorious career as weightlifting coach for Wes Woo in B.C.

That year Pierre St. Jean went to Calgary with Maurice Allen as coach to compete against Bob Devolin and Mac Game in a handicapped event. It was the first time such talent appeared in Alberta.

"The Iron Game" in Ontario, like all other sports, was under the control of the Amateur Union of Canada (AAU of C). The Canadian Weightlifting Federation (CWF), the Canadian body for weightlifting in Canada and an affiliate of the AAU of C, rules that all those officiating at registered weightlifting competitions must be examined and registered with the CWF. It was an enforced ruling and it became recognized nationally. It was found that officiating became more uniform and some officials were no longer officiating. They just did not pass the test or some did not apply to be tested.



Canadian Championship Regina, Sask. - 1965, 90 kg
2nd Bob Brintnell, Alberta; 1st Yvon Chouinard, Québec; 3rd Claude Hardy, Québec

For six consecutive years Yvon Chouinard was on the podium at the Senior Canadian Championships, being also Canadian champion in the 90 kg class in Regina, Sask., in 1965. Yvon competed in weightlifting until 1967, from the Quebec City area. During that time he was the local champion for ten (10) consecutive years in either the 75 or 82.5 kg classes. His best lifts in competition were 130 kg press; 112.5 kg snatch and 155 kg clean and jerk, the heaviest clean and jerk by any Quebecers up to that moment. During those years they also practiced power lifting during the summer months and accordingly in the mid sixties, Yvon also was the Provincial power lifting champion in the 82.5 kg category.



YVON CHOUINARD

This Weightlifter won the Canadian Senior Championship in the 198 lbs. class in 1965 in Regina, Saskatchewan. He has been among the first three in his class for the last five or six years, and Provincial Champion in the 198 lbs. class during the last four years. Mr. Chouinard is at present 30 years old, and expects to be weightlifting for a few more years.



Normand Ménard

At the Quebec Senior Provincial championships held in Montreal this year, the champions were as follows:

Class 123¼ lbs (56 kg)

Yuk Sun Tam (121 ¾ lbs) 200-185-255 = 640 lbs (Later to be known as Jol Sol Hum and also Chun Hon Chan)

Class 132¼ lbs (60 kg)

Maurice Daigle (132¼ lbs) 200-200-255 = 655 lbs

Class 148 $\frac{3}{4}$ lbs (67.5 kg)

Marcel Bédard (148½ lbs) 250x-215-270 = 735 lbs x = Canadian record
258 lbs 4 Th attempt)

Class 165 $\frac{1}{2}$ lbs (75 kg)

Pierre Saint-Jean (160½ lbs) 240-250-315 = 805 lbs

Class 181 $\frac{3}{4}$ lbs (82.5 kg)

Yvon Chouinard (176 $\frac{3}{4}$ lbs) 260-240-315 = 815 lbs

Class 198½ lbs (90 kg)

Claude Hardy (189½ lbs) 230-240-280 = 750 lbs

Class Heavy-weight

Cosford White (198 $\frac{3}{4}$ lbs) 315-280-340 = 935 lbs

In 1965, 1966 Yvon was elected President of the Quebec City's Association Haltérophile et Culturiste. He was still very active in weightlifting making his best lifts in those years.

Another person, in his early twenties, was quietly getting interested to weightlifting in Quebec City while training with barbells for physical fitness at Jean-Yves Dionne's Studio. His name is Richard Champion. He was a Canadian, born in United States, who spoke a perfect french with a different accent close to the one of people from France. He was to become very involved in weightlifting in a few years time.

Take note that this year at the Senior World championships, Canada takes along a bodybuilder on the team. He is Rodrigue Picard of Quebec City. He won the title Mr. World short height category. Rodrigue was about 5'8" tall. The Senior World championships take place within the Asian Games.



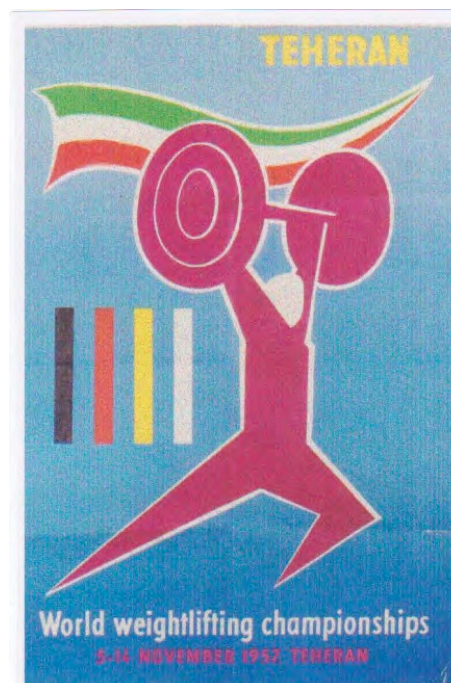
Opening ceremonies Asian Games and World Championships 1965.
Ken Carr-Braint; Allan Salter; Chun Hon Chan; Marcel Bédard; Rodrigue
Picard; Cosford White; Aldo Roy.

The Ontario Weightlifting Association was formed on November 15, 1968.
The first elected executives were:

President:	William (Bill) Gryfe
Vice-President/Regional chairman:	Ken Carr-Braint
Vice-President/Regional chairman:	Robert Prior
Vice-President/Regional chairman:	Bruno Grobelny
Financial Secretary:	Donald Buchanan
Records Secretary:	Jack Gilchrist



Cosford White



1965 was also a good year for the Ottawa "boiler gang." A young man from the Caribbean joined the club as a 75 kg lifter. His name was Earl Jack. Earl was as strong as a horse and his squatting power reminded them of a young version of Montréal's Cosford White. Earl studied nursing and eventually this medical profession took its toll on his lifting. Nevertheless, Earl went on to win three Canadian championships in the 82.5 kg category (1966, 1970 and 1971) and made one B.E. and C. Games Team (1970).

Yvon Chouinard obtains his No. 2 International Referee card.

	Senior	XXXVII Th
Cat.	Canadian	Senior World
Kg	Champions	Championships
	Regina, Sk.	Téhéran, Iran
56	Chun Hon Chan	Chun Hon Chan 6th
60	Allen Salter	Allen Salter 4th
67.5	Marcel Bédard	Marcel Bédard 12th
75	Pierre St. Jean	P. Saint-Jean 7th
		Aldo Roy 13th
82.5	Murray Veno	
90	Yvon Chouinard	Cosford White
+90	Price Morris	
Bodybuilder		Rodrigue Picard

Coaches
Leader
Referees

Ken Carr-Braint

1966

In 1966, the CWFHC was claiming as many as 350 registered members who had their membership card, purchased at the price of \$1.00. The registered members were only male athletes. It was unthinkable at the time to have all coaches, referees and supporters registered as members. Like today they were addressing the problem that a great deal of athletes was not registered but receiving the services.

That same year the CWFHC established the Intermediate category for those who had never won the Senior Canadian and had never represented the country. Its annual tournament was run by mail across the nation. In 1966, 39 lifters entered the three lifts tournament. It had a limited success which lasted only a few years probably because funding became more available for travelling.

Manitoba showed 27 amateur cards registration for the year 1966.



Claude Hardy, Quebec.

There was some in fighting within the Quebec City Association from 1966 on. Bodybuilders were complaining that they were the money makers within the Quebec City Association and that the weightlifters were the ones spending it for their travelling. This related to the fact that each year the AHCQ was holding the bodybuilding contest, Mr. Quebec City and Miss Culture Physique. This event was very popular since the guest was usually a very recent Mr. Universe from United States. It was drawing a big crowd which was bringing the revenues for the year. In all honesty for both groups, the weightlifters were helping a great deal in the setting up of this event and were the promoters in all sense of the word.

At that time Jean-Yves Dionne, René Bertrand and Yvon Chouinard took no chance and registered with the Provincial Government many possible names for the Quebec City and provincial weightlifting Association and Fédération. They must have registered about 50 different titles. This was done because it was perceived a threat to have these two sport bodies removed from the AHCQ either by the Government or the complaining bodybuilders. Nonetheless, the bodybuilders from Quebec City created their own Association, l'Alliance des Culturistes, under the leadership of the writer Paul Ohl, a recent Mr. Quebec himself. The Association lived only a few years and died around 1973.

With supervised coaching and great team mates as mentors, Earl Jack rapidly began to improve. After competing in several Ontario contests, Earl won his first Canadian Championship in 1966, in Winnipeg, which was also the qualifying for the British Empire Commonwealth Games in Jamaica, where he represented Canada, placing 5th.

In 1966 the Commonwealth Games trials were again held in Montreal and the Commonwealth Games themselves at Kingston, Jamaica.



C'est au tour de Jules Sylvain de remettre une plaque à Marcel Gosselin, qui fut le vainqueur de la classe.



Jean-Yves Dionne, sportif bien connu de la province remet à Jules Sylvain, une plaque pour tous les services qu'il a rendus aux leveurs depuis, qu'il a pris sa retraite.

They were the last Commonwealth Games where the system of pounds was in use. In the future it will be in kilos.

Jean-Yves Dionne was not assigned an official function and was not a member of the team. He was used as referee being on location.

	Senior	XXXVIII Th	VIII Th
Cat.	Canadian	Senior World	Commonwealth
Kg	Champions	Championships	Games
	Winnipeg, Mn.	Berlin, FRG	Kingston, Jamaica

56 Chun Hon Chan

Chun Hon Chan

3rd

		Marcel Gosselin	3rd
60	Allen Salter	Allen Salter	3rd
67.5	Marcel Bédard	Marcel Bédard	5th
75	Pierre St. Jean	Pierre Saint-Jean	1st
		Earl Jack	5th
82.5	Earl Jack	Paul Bjarnason	4th
90	Paul Bjarnason		
+90	Alf Karklins		
Coaches		Ken Carr-Braint	
Leader	M. Allan	Philippe Saint-Cyr	
Referees		Lionel Saint-Jean	
		Jean-Yves Dionne	

1967

While attending the University of Waterloo, Ontario, from 1967 to 1971, Larry Yessie looked for an opportunity to set up a weightlifting club.

It came when the Recreation branch of the Physical Education faculty offered special interest groups to establish themselves as clubs. The school would do what they could, barring funds, to allow students to promote a sport or recreational activity that was not already on the inter-collegiate program.

When Larry Yessie had an interview with then director, Peter Hopkins, an explanation was required to define the nature of the club. When "weightlifting" was mentioned, the director seemed to have an image of students exercising together with weights and doing bench presses, bicep curls and sharing programs to enhance one's physique. Mr. Hopkins was surprised that the intention was to interest male members of the student body in learning the three Olympic competition lifts and actually entering contests scheduled by Ontario Weightlifting Association!

Director Hopkins had no serious reservations on this and the group was given authorization to promote itself, host fund raising events on campus and set up a training area in the old phys-education facilities enclosed in the Seagram Stadium field house. Larry Yessie had to buy a barbell with his own personal funds from York Barbell salesman Jim Dick in Brantford, Ontario, since such equipment did not exist on campus.

It took a number of months over two school years to slowly attract a basic core group of students and eventually enter OWA meets. Of course, the OWA executive was initially quite excited in its good fortune to be associated with a University. However, with direction only in the hands of undergraduate students, the project was short-lived. When Larry Yessie graduated, he sold the barbell to a Ron Johnson who continued the simple organization and basic recruitment that were available to a student group based on limitations of time and funds. The University of Waterloo club lasted four or five years, hosted at least two major contests and had enough members to form teams to challenge the more experienced senior clubs in the region. Once Johnson graduated, the club expired. This may have been the first true grass-roots

weightlifting club to ever exist at the college - university level in Canada .

Maurice Allan became the first technical advisor for the Canada Games in 1967 at Quebec City and at Halifax in 1969.

Around 1967 Air Canada put in place a program where the people under age (21 years old and less in those years) were charged 50% of the airfares for travelling. It opened the sky to the amateur athletic programs in Canada.

Manitoba's amateur cards registration show a decline to 17 only for this year.

ONTARIO VERSUS QUEBEC CENTENNIAL CONTEST												
Moira Secondary School - Belleville Ont. April 15, 1967												
QUEBEC	BDWT	PRESS		SNATCH		SUB TOTAL	CLEAN JERK	TOTAL				
M. Gosselin	128 1/4	198	209	(215)	187	(187)	198	402	253	264	(275)	677
L. De Pesse-mier	136	154	(165)	171	176	(176)	182	341	(198)	215	215	539
M. Perron	162	231	(242)	248	(231)	242	242	473	281	292	(308)	781
P. St-Jean	174 1/4	231	(297)	308	248	264	(295)	572	308	330	(330)	902
R. Vaillancourt	177	(198)	209	209	198	(198)	—	396	(275)	—	—	671
Y. Choumard	183 1/4	253	264	(275)	220	(231)	242	506	308	319	(319)	825
J. Bouffard	206 1/4	264	215	(220)	204	215	(215)	435	259	(275)	286	710
ONTARIO												
A. Salter	139	215	(226)	231	204	(204)	215	430	(264)	—	—	694
A. Roy	165	(248)	264	264	(248)	264	264	496	(308)	319	319	804
R. Evers	174	237	248	(248)	209	226	(231)	479	275	(292)	303	771
E. Torcetta	180 3/4	(237)	248	248	209	(226)	231	463	275	(292)	303	755
E. Jack	182	240	270	(281)	253	(264)	270	545	325	341	(352)	897
B. Santavy	200	292	308	(319)	253	(270)	286	589	347	363	(363)	952
P. Morris	249	297	319	(330)	253	(270)	(281)	611	363	(385)	391	996
X Santavy 322 Lbs												
X Morris 388 1/2 Lbs												

The Canadian Weightlifting Federation began holding Championships outside of the Province of Quebec.

The bulletin published by Maurice Allan for the Canadian weightlifting people was eventually copied by Oscar State of the IWF for the International Federation which had no written communication with its member Federations around the world at the time.

In 1967, Maurice and Jean-Yves Dionne set up a unique chain of tournaments to underline the 100 years of the Confederation. Three tournaments were put in place in a few days of difference in the cities of Ste-Foy, P.Q., Montreal and Toronto. Three nations had a team of three athletes each. They were France, Great Britain and Canada; two of our countries of origin and Canada.

A Québec, le 16 septembre

L'Anglais Louis Martin participera à la compétition d'haltérophilie

Le champion du monde à quatre reprises, Louis Martin, d'Angleterre fera partie de l'équipe britannique qui participera le samedi soir, 16 septembre prochain à une compétition internationale d'haltérophilie qui se déroulera au gymnase de l'Académie de Québec, à Sainte-Foy.

Trois pays seront représentés à cette compétition de haut calibre, soit le Canada, la France et la Grande-Bretagne. C'est ce qu'a fait savoir, hier après-midi, M. Maurice Allan, président du comité national d'haltérophilie au sein de l'AAU, au cours d'une conférence d'information tenue aux votes Talon.

ATHLETE SPECTACULAIRE

Athlète spectaculaire au possible, Martin a établi plusieurs records au cours de sa longue carrière. Sa venue à Québec donne un avantage marqué aux représentants de la Grande-Bretagne. Les rangs de cette dernière équipe seront complétés par le poids-lourd Grant Anderson, Michael Pearman (181) et le gérant Wally Holland.

L'équipe française dirigée par Jean Darné, se composera des haltérophiles Roger Leveque (poids-lourd); Pierre Gourcier et Gérard Cazeaux.

L'équipe canadienne sera pilotée par le Montréalais Lionel Saint-Jean. Elle sera formée du poids-lourd Price Morris, de Paul Jarnason (198) et de Pierre Saint-Jean (181), fils de M. Saint-Jean.

A TORONTO

Ces trois pays se mesureront à deux reprises sur le sol canadien puisque l'affrontement de Québec sera suivi, la semaine suivante, d'une seconde épreuve présentée à Toronto. Ces épreuves sont organisées dans le cadre du Centenaire de la Confédération canadienne.

A l'occasion de cette compétition, on attend à Québec la venue de plusieurs personnalités du monde de l'haltérophilie, dont celle du président de la Fédération internationale, l'Américain Clarence Johnson.

Des subventions des autorités fédérales et provinciales ont rendu possible la présentation de cet événement qui a nécessité plusieurs semaines de préparation. A Québec, c'est l'association locale d'haltérophilie qui a eu la responsabilité de concrétiser le projet.

Les haltérophiles anglais et français arriveront à l'aéroport de l'Ancienne-Lorette, lundi prochain. Un programme a été préparé à leur intention de sorte que ces athlètes passeront une semaine bien remplie dans nos murs.

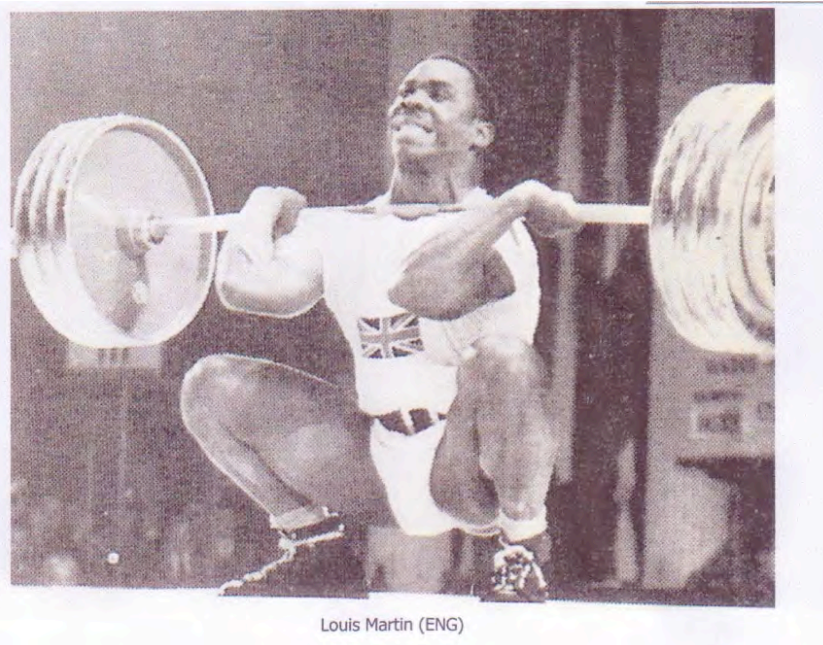
La compétition de samedi soir débutera à 8h. Des préparatifs poussés ont été faits pour en arriver à une présentation soignée digne des championnats du monde.



LE PRESIDENT du comité national d'haltérophilie, M. Maurice Allan (à gauche) et le président de l'association locale d'haltérophilie, M. Yvon Chouinard, examinent une affiche ayant trait à cette rencontre internationale, au cours de la conférence de presse tenue, hier.

DIMANCHE 2H.30 P.M.
CHAMPIONNAT INTERPROVINCIAL (65 tours) DOW
 20 champions conducteurs de l'Ontario, Montréal et des Etats-Unis.
SAMEDI SOIR 8h.30 POUR LE PROGRAMME REGULIER - QUALIFICATIONS CHAMPIONNAT
 En cas de pluie, le tout sera remis au dimanche suivant.
QUEBEC MODERN SPEEDWAY
 Val St-Michel, Route du Camp Valcartier

The 4 times world champion confirms his presence at Québec with the British team.



Louis Martin (ENG)

Dresdin Archibald, then of Calgary, made his debut in 1967. While he made some impact (first junior to squat 400 lbs / 181.5 kg officially) most of his work has been as a referee and administrator. He was mentored by Mozley then Bob Devolin.

In 1967 the CWFHC started to give coaching clinics across Canada. One was given in Quebec City, one in Halifax, another one in New Brunswick. The National Teenage by telegram gathered 66 competitors. That same year the CWFHC implemented for the first time in Canada, referee clinics and examinations through questions, answers and judging tests.



The Pan American Games at Winnipeg, MN, in 1967, Jean-Yves Dionne was referee. Maurice Allan was IWF's technical delegate to verify and insure the lifting site was correct for the Pan American Games, in Winnipeg. The organizer, Ken Horseman had never thought it was necessary to have important items such as a board for the spectators. Upon Jean-Yves's arrival, a few days before the Games, he and other

competent officials realized the structure of the weightlifting tournament was deficient and minimal. Jean-Yves and Guy Leveille of Brossard put themselves to work immediately and took charge of making most of the board announcements for the competition site. After the Games, they received a letter, from the Chief of all the competition sites, thanking them for the quality they had brought to the tournament by getting involved in its last minute preparation.

For the 1967 Pan American Games in Winnipeg, Lionel built a timing system three feet high. It was not used because not being horizontal but vertical. It was due to the specifications of the new rule not being very clear in the IWF rule book.



Ken Carr-Braint and Price Morris



1967 Pan-Am Games Team, Winnipeg. Chun Hon Chan; Ralph Roy; Aldo Roy; Pierre St. Jean; Paul Bjarnason; Robert Santavy; Price Morris; Ken Carr-Braint; Philippe St. Cyr.

	Senior	XXXIX	V Th	
Cat.	Canadian	Senior World	Pan-American	
Kg	Champions	Championships	Games	
	Montreal, QC.		Winnipeg, Canada	
			23-07 / 6-08	
56	Chun Hon Chan		Chun Hon Chan	5th
60	Harold Norville			
67.5	Terrence Evers		Ralph Roy	11th
75	Aldo Roy		Aldo Roy	5th
			Pierre Saint-Jean	3rd
82.5	Pierre St-Jean		Paul Bjarnason	2nd
90	Robert Santavy		Robert Santavy	--
+90	Price Morris		Price Morris	4th
Coaches			Ken Carr-Braint	
Leader			Philippe Saint-Cyr	
Referees			Jean-Yves Dionne	



Signal for the start of the military press being given by the Chief Referee (center referee) - referee unknown

1968



1968 Canadian Olympic Weightlifting Team, Mexico, MEX.

Wes Woo Coach; Pierre St-Jean; Paul Bjarnason; Chun Hon Chan; Aldo Roy;
Robert Bob Santavy.

Bruno Grobelny was the founder and coach of the Atlas Barbell Club in Thunder Bay, Ontario, and one of the five men who inaugurated the Ontario Weightlifting Association in 1968. No known statistical history has survived of Bruno's experience in competition but, he was an effective coach as evidenced by his many good lifters over the ten years that they represented the club and city in contests. Grobelny was

a fireman by occupation which may have led him to train with weights and take up the sport. This is born out to some extent by the fact that it was reported that he was once seriously injured when his station crew were on a winter run to battle a fire. Bruno was on the back of the truck and when the vehicle made a sharp turn, it hit a patch of ice and spun out launching Grobelny a dangerous distance into a snow bank!

He was in the hospital for a week or two but fully recovered. His doctor told him that he miraculously avoided being permanently crippled because his back was so well muscled that it protected his spine!

In the late 60's and early 70's the Sudbury group played a major part in helping other clubs in Northern Ontario become established. Bob Leclair acted as the newly formed Ontario Weightlifting Association's Area Director, and he, along with Ralph and Murray, became friends, coaches, and advisors to a number of lifters from other towns. To this day, individuals like Dan Robitaille, Henry Lambert, and Larry Sheppard, acknowledge the debt they owe to the fellows from Sudbury.

Three years ago, captain Robertson and Aldo Roy began teaching together at Ottawa Technical High School and in 1968 started a weightlifting club in the school. From that Tech gym a lot of good young lifters emerged. Those who stuck with it managed to reach the Provincial and National levels of competition (Bob Davidson, Albsert Yanko and Bob Charlebois in particular).



OWA - 1968 FOUNDING EXECUTIVE

L. - R. Ken Carr-Braint; Jack Gilchrist; William Gryfe; Bruno Grobelny; Don Buchanan; Robert Prior

In 1968 Alberta finally hit the big time, held its first Nationals at the University of Calgary. These also served as the Olympic trials. Bob Devolin headed up the committee while Dresden Archibald served as a loader. Much was learned about organizing larger scaled meets while our lifters could meet and chat with the star lifters from other provinces.



Ralph Roy, ON.

The Senior Canadians were held at Calgary, Alberta, sponsored by the Calgary Central YMCA, on August 3rd. The best lifter was Pierre Saint-Jean in the 181 $\frac{3}{4}$ lbs (82.5 kg) category with 297 $\frac{1}{2}$ lbs (135 kg) press;

286½ lbs (130 kg) snatch; 369 lbs (167.5 kg) clean and jerk for a new Canadian record. Pierre Saint-Jean announced later in the year, he was retiring from competition. He had represented Canada at 2 Olympic Games, 2 Pan American Games, 2 Empire Games, 1 World Championships and established dozen of Canadian and Empire records, as much as a Junior as a Senior athlete. In a few years he was going to make a comeback to weightlifting for the 1976 Olympic Games.

Another unusual situation occurred and saw lifters in the 75 kg and 82.5 kg tied for first place.

In the 75 kg, Ralph Roy, Ontario, won over Marcel Perron Quebec with an identical total of 360 kg (3 lifts).

In the 82.5 kg Pierre St. Jean, Quebec, won over Paul Bjarnason, BC, with the total of 432.3 kg (3 lifts).



PIERRE ST. JEAN

Hailing from Montreal, Quebec, this 24-year old lifter has been Canadian Middleweight Champion since 1962. In that year he competed in Perth, Australia at the British Empire Games; in 1963 he won a bronze medal at the Pan American Games, Brazil and in 1964 placed 11th at the Olympic Games (Tokio).

This outstanding young man won the Viscount Alexander award in 1963 as Canadian Junior Amateur Athlete and in 1967 received a bronze medal at the Pan American Games.

Maurice Allan was elected Vice President of the I.W.F. He remained at that position until 1980.

It was in the small mining town of Elliot Lake, ON, that the first two school clubs were founded. The first one was the Atomic weightlifting

club founded in 1968 which was the springboard to such athletes as: Daniel Robitaille, five times Canadian Champion - Junior and Senior 1969-1978. Also triple bronze medal winner 1975 Pan American Games. And then of Terry Hadlow, many times Canadian Champion and named twice as a member of Canada, Olympic weightlifting team.

The team was the result of teachers accepting to supervise the weight room activities.



Left to right, back row: Bob Devolin, Larry Hanson, Bob Lucas, Del Huggart, Peter Rigters.

Front row: Lorne Hanson, Pat Devolin, Betty Lucas, Dres Archibald. Absent, Fred Flemming.

Organizing committee - Sr. Canadians

Another thing set up by Lionel Saint-Jean was the first Canadian lighting system for judging contests. The most difficult feature was that the system must come on only after the third referee has pressed for his decision. He had almost no knowledge in electricity but managed to set up one that lasted for a long period and was copied elsewhere in Canada eventually.

On the International level, a time limit to observe between two lifts had been adopted in the rule book. Lionel also manufactured a visible and audible timing system for weightlifting, built like a column. It was used for the three minutes, two and one minute signals. The last one signal being divided by sequences of 10 seconds. There was also a buzzer incorporated to it.

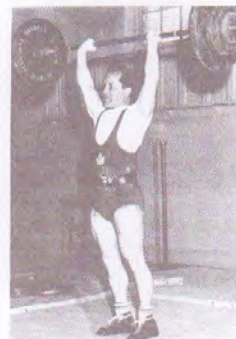
Les Butler was now the weightlifting Chairman for the Newfoundland and Labrador Branch of the AAU of Canada. He was living at St. John's. Nfld.

In 1968, the National Teenage Championships by mail received 115 competitors from 19 different cities.



WES WOO

OLYMPIC COACH-MANAGER



F. ALLEN SALTER

This 31 year old man was Canadian Bantam-weight Champion in 1960, 1961, 1962 and 1963 and Canadian Featherweight Champion in 1964, 1965 and 1966. In North America he was Bantam-weight Champion in 1962 and 1963 and Featherweight in 1965. Salter competed in the 1962 World Championships in Budapest, Hungary and the same year came second in the Bantamweight class in the British Empire Games in Perth, Australia. As a Featherweight he competed at the Olympic Games in 1964, at Tokio, came 4th in the World Championships in Teheran, Iran in 1965 and 3rd in the British Empire Commonwealth Games in Kingston, Jamaica in 1966.



CHUN HON CHAN

This young man is Canadian Champion in the Bantam class. He represented Canada at the British Empire Games in Perth, Australia in 1962 and placed 5th; in the Pan American Games in Brazil in 1963; in the World Championships in Teheran, Iran in 1965 and the Pan American Games in Winnipeg, in 1967. In all these he placed 5th. In the British Empire Games in Kingston, Jamaica, in 1966, he placed 3rd, and in the Pre-Olympic Games in Mexico, in 1967 placed 9th.



ALDO R. ROY

Mr. Roy was born in Sudbury, Ontario 26 years ago and has been weightlifting since he was fifteen. He became Canadian Lightweight Champion in 1960 when he was only 17 and was Canadian Middleweight Champion in 1967. He represented Canada at the 1962 British Empire Games in Australia and in the World Weightlifting Championships in Iran in 1965. Roy again represented Canada at the Pan American Games in Winnipeg in 1967 and also at the 'Little Olympics' in Mexico City the same year; he has now moved up to the light-heavyweight class. This autumn he hopes to start on a Ph.D. program at the University of Ottawa.

Jules Sylvain obtains his No. 1 International Referee card.

In 1968 Maurice Allan became involved with the IWF. He was elected only as a member of the IWF. Maurice Allan was named Assistant Chef de Mission of the Canadian Olympic team for the 1968 Mexico City Olympics.

The same year, Jean-Yves Dionne was named judge for the Mexico Olympic Games. Lionel Saint-Jean was also on location but not in an official function. His son Pierre was a team member

Cat.	Senior	XXXIX Th	XIX Th	
Kg	Canadian	Senior World	Olympic	
	Champions	Championships	Games	
	Calgary, Ab.	México, MEX	México, MEX	
		12 - 27 October	12 - 27 October	
56	Chun Hon Chan	Chun Hon Chan	Chun Hon Chan	11th
60	Harold Norville			
67.5	Allen Salter			
75	Marcel Perron	Aldo Roy	Aldo Roy	15th
82.5	P. St-Jean	P. Saint-Jean	Pierre Saint-Jean	10th
82.5		Paul Bjarnason	Paul Bjarnason	21st
90	Robert Santavy	Robert Santavy	Robert Santavy	--
+90	Price Morris			
Coaches		Wes Woo	Wes Woo	
Leader				
Referees		Jean-Yves Dionne	Jean-Yves Dionne	

1969

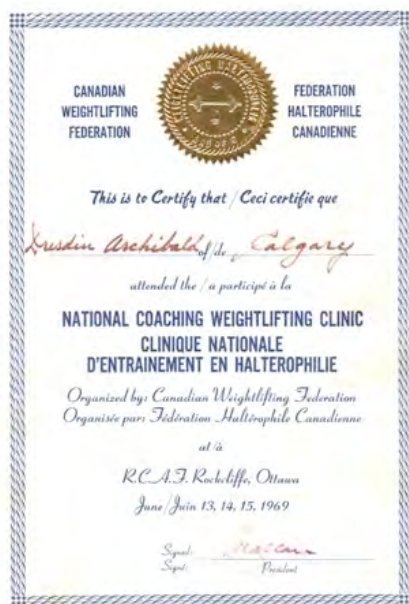
From Tuesday, September 2 to Sunday, September 7, the first Canadian Weightlifting Camp was held at the Ontario Athletic Leadership Camp in Langford Mills, Ontario, under the guidance of the Ontario Weightlifting Association. The camp was most successful and beneficial for the thirteen participating Ontario teenager lifters who had been selected according to the Hoffman formula. Present at the camp were William Gryfe, »Ken Carr-Braint and Jack Gilchrist. The lifters represented Woodstock, Hamilton, Sarnia, Belleville and Ottawa. The teenagers attending the clinic were: Bob Walt, Paul Barrett, Gary Walt, Howard Goldberg, Brende McIsaac, Bob Tuffnail, Don MacNeill, Walter Polzin, __ Bylis, __ Santavy, __ Frazer, __ Rosebush and __ Travers.

In the fall of 1969, Walter Blake, a British immigrant, who had trained under the famed BAWLA coach, Al Murray, found his way to Timmins, ON, to work as a mechanic at the Texas Gulf mine. Blake brought with him a few homemade Olympic bars and some Spur barbell plates. Looking for a place to set up his equipment and coach, he approached the city's new Assistant Recreation Director and weightlifting aficionado, Fred Salvador. Immediately, Fred found Wally a space in the basement of the old Hollinger Mine Hall.

In late November, Walter Blake put down a platform, welded some squat racks together, and put the call out for some lifters. Lots of bodybuilders beat a path to the Hall, but none stayed for more than a workout or two.

The CWFHC registrations reached this year 644 from the 508 arrived at last year. Province of Quebec had 202 registered members which was most than any other Province. Quebec weightlifting clubs are now divided across the province of Quebec, from La Sarre to the Iles de la Madeleine. Incorporated in 1969, the Quebec Weightlifting Federation sees to the development of this discipline and its governance.

One of the first things which opened many eyes was the June 1969 National Coaching Weightlifting Clinic held at RCAF Rockcliffe in Ottawa. Dresden Archibald started his officiating career by passing the international officials exam there. Ken Carr-Braint explained his `Leg-drive` and `Back Lever` styles of pulling while movies from the 1968 Olympics were shown to many who had never seen extensive footage of top level athletes. Slowly a lot of eyes were being opened. What was thought was heavy was just a warm-up to others. We all met many more of our sport's luminaries, building networks that would serve all well in future.

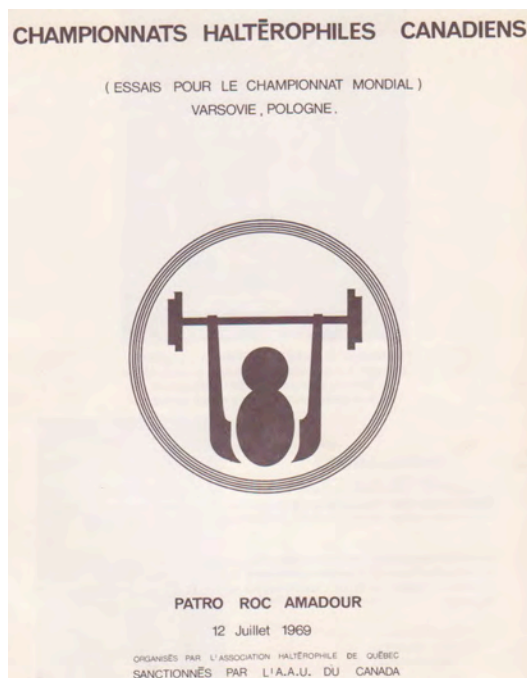


The Albertans Bob Devolin, Bill Moe and Fred Ketterer went to Vancouver to attend a weightlifting clinic held by Bill Starr and Bob Bednarski - top weightlifters, along with a meet afterwards. This would start a Devolin-Starr friendship that was to pay more dividends.

Maurice Allan and Jean-Yves Dionne served as referees at the Senior World Championships in September, at Warsaw, Poland. Jean-Yves judged in two bodyweight classes.

In the Province of Quebec a few pages letter about weightlifting was published for the first time, in January. It was made by a group of young weightlifters under the leadership of Pierre Charbonneau. It had only six persons on its distribution list. It was one of the biggest things thought by Mr. Saint-Jean. This idea was shared with Pierre Charbonneau who wrote some articles, on 2 or 3 pages, about weightlifting. Later, Lionel thought about putting a cover to these pages and calling it « Coup d'oeil sur l'haltérophilie ». Mr. Saint-Jean produced the art work for the cover while Pierre was responsible for its content. They were loose pages, nothing fancy but well received by the membership.

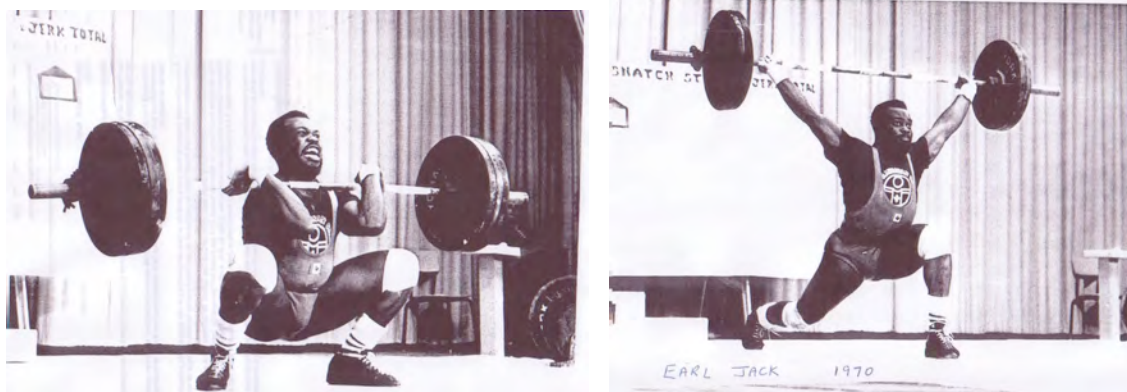
The Senior Canadians were held at the Patro Roc Amadour in Quebec City on July 12. It served as trials for the selection of the team members for the Senior World Championships held at Warsaw, Poland. 40 lifters in 8 body classes were part of the event. There was no 52 kg or 100 kg The Provinces represented were Quebec, Ontario, British Columbia, Nova Scotia, New Foundland, Manitoba and Alberta. The local President of the Quebec City Association Claude Hardy was also a competitor and Yvon Chouinard the competition announcer.



LISTE DES RECORDS CANADIENS SENIORS			
Classe — 123-1/4 (Poids-Coqs)			
Développé:	C.H. CHAN, Montréal, Qué.	227-3/4	1968
Arraché:	C.H. CHAN, Montréal, Qué.	210	1968
Epaulé-Jeté:	A. SALTER, Ottawa, Ont.	284-3/4	1963
Total:	A. SALTER, Ottawa, Ont.	695	1963
Classe — 132-1/4 (Poids-Plumes)			
Développé:	A. SALTER, Ottawa, Ont.	230-1/2	1965
Arraché:	J. SYLVAIN, Québec, Qué.	221	1956
Epaulé-Jeté:	A. SALTER, Ottawa, Ont.	295-1/2	1966
Total:	A. SALTER, Ottawa, Ont.	730	1964
Classe — 148-3/4 (Poids-Légers)			
Développé:	M. BEDARD, Québec, Qué.	261-3/4	1965
Arraché:	M. BEDARD, Québec, Qué.	237	1965
Epaulé-Jeté:	A. SALTER, Ottawa, Ont.	308-3/4	1968
Total:	M. BEDARD, Québec, Qué.	775	1965
Classe — 165-1/4 (Poids-Moyens)			
Développé:	P. ST-JEAN, Montréal, Qué.	282-1/4	1965
Arraché:	P. ST-JEAN, Montréal, Qué.	291-1/4	1965
Epaulé-Jeté:	P. ST-JEAN, Montréal, Qué.	352	1966
Total:	P. ST-JEAN, Montréal, Qué.	915	1965
Classe — 181-3/4 (Mi-Lourds)			
Développé:	P. ST-JEAN, Montréal, Qué.	305-1/2	1968
Arraché:	P. ST-JEAN, Montréal, Qué.	302-3/4	1966
Epaulé-Jeté:	P. BJARNASON, Vancouver, B.C.	369-1/2	1968
Total:	P. ST-JEAN, Montréal, Qué.	959	1968
Classe 198-1/4 (Moyens-Lourds)			
Développé:	R. SANTAVY, SARNIA, Ont.	331	1968
Arraché:	P. BJARNASON, Vancouver, B.C.	299-1/2	1966
Epaulé-Jeté:	R. SANTAVY, SARNIA, Ont.	383-1/2	1968
Total:	R. SANTAVY, SARNIA, Ont.	995	1968
Classe — (Super-Lourds) au-dessus de 242-1/2			
Développé:	D. HEPBURN, Vancouver, B.C.	381	1954
Arraché:	J. LEWIS, Belleville, Ont.	306	1964
Epaulé-Jeté:	P. MORRIS, Belleville, Ont.	406-1/4	1967
Total:	D. HEPBURN, Vancouver, B.C.	1040	1953

In 1969, Maurice Allan was promoted by his employer, Air Canada, to Sept Iles, P.Q.

Earl Jack had returned to his native St. Vincent in the Caribbean, (1967 to 1969) where he continued training and giving exhibitions. He returned to Canada in August 1969 (Hamilton), training at the YMCA for a short time. He met former Canadian Olympian Russ Prior, coached by his Dad and former Canadian coach Bob Prior, also Craig Bowman, the young Gary Bratty and his Dad Norm Bratty, Jim Bayliss. He took up employment at the Henderson General Hospital in Hamilton, ON. This enabled him to compete again, for in St. Vincent, he did not have the opportunity to represent his home country. He soon represented Canada again in several international contests - the CANUSA Games and Commonwealth Games. Due to financial problems in St. Vincent, Earl missed out the Olympic Games in 1968 and 1972.



Earl Jack

In 1969, Mr. Saint-Jean became the first Technical Director of the Federation Halt rophile du Quebec and remained as such for a two years period. He was followed in 1971, by Claude Ranger, one of his former athletes. During his two year term, he toured the Province to structure weightlifting training programs and methods. The role was more technical than an administrative one. Mr. Saint-Jean was touring the Province of Quebec with the FHQ mini bus in which he was carrying a wooden dummy weightlifter, which had some mobility at the shoulders, elbows, ankles, knees and back. This mini bus was used also to carry weightlifters to the various competition sites across the Province. It was exceptional to use it to go to New Brunswick and Nova Scotia tournaments. Mr. Saint-Jean was the driver, the athletes being too young to drive the FHQ's vehicle.

For the first time medals are awarded for the individual lifts at the Senior World Championships. It is also the first time we see the 52 kg and + 110 kg categories in international weightlifting.

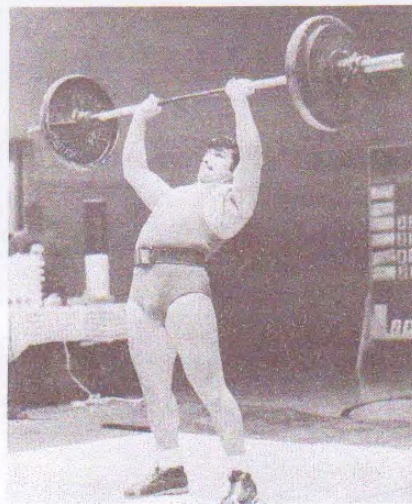
The Alberta weightlifters have several weightlifting competitions. In addition they also have, their power lifting competitions in Calgary, one of those takes place December 2. Among the 148   lbs (67.5 kg), a young very promising weightlifter Mark Gomes of Edmonton succeeds with 285 lbs (129   kg) squat, then 180 lbs (81.7 kg) bench press and 330 lbs (150 kg) to the dead lift. All of this was worth the 2nd place. Both strongmen competitions usually were taking place in Edmonton and in Calgary.

By the close of the 1960s the days of YMCA involvement, such as it was, were coming to an end. The Y was starting to emphasize family activities involving both sexes and all ages instead of just men. This would leave the weightlifters out in the cold as their former gym spaces were now converted to other more saleable uses. And remember that women and younger boys were not weight training then so demand was non-existent. This meant that spare space had to be found in basements, garages, old warehouses, schools, anywhere they could get a deal.

A number of coaches from Alberta who once donated their time and efforts at the Y's now set out on their own to find facilities where they could better control their own destinies. Gym space had to be located and equipment acquired. Dues were usually minimal, especially if rent was donated but that condition was often unstable. Donors would have a change of administration and the club would often have to move. But on the whole this was more satisfactory than the old Y set-up. Memberships were often a concern since their dues were needed to pay the bills but they were also difficult to find on a consistent basis. Many coaches would coach for a few years until their enthusiasm wore out, then others would pursue their dream, starting the cycle over again. Up until this time Alberta meets were always open in regard to age, with the exception of mail-in junior meets. There were no separate events or records for juniors. But since many of the new clubs were in schools junior athletes (formerly called Teen-Age athletes) were now often the majority of many province's membership, including Alberta's.



RALPH ROY, Sudbury, Ont.
Membre de l'équipe canadienne
aux Jeux Pan-Américains
(épaulé-jeté 315 lbs)
Calgary 1968



YVON LEVESQUE, Québec, Qué.
Champion Sénior Provincial
165 lbs

	Senior	XXXX Th
Cat.	Canadian	Senior World

Kg	Champions Quebec, QC.	Championships Warsaw, POL	
52		Chun Hon Chan 10th	
56	Chun Hon Chan		
60	Denis Dubé		
67.5	James S. Moir		
75	Craig Bowman	Aldo Roy	--
82.5	Wayne Wilson		
90	Robert Santavy		
100			
110			
+110	A. Johl		
Coach		Jean-Yves Dionne	
Leader		Jean-Yves Dionne	
Referees		Maurice Allan	

1970

By early January of 1970, in Timmins, ON, it was evident that only two individuals were hooked on weightlifting - former OHL hockey player Martin "Butch" Buchar, and high school athlete, Larry Sheppard. Meanwhile, Sheppard discovered that his school's new science teacher, Bill McCauley, had arrived from Kingston, ON, with a complete York Olympic set.

Having learned the lifts under famed coach Captain Roberts, McCauley, with his knowledge of squat style lifting and his weights, was a welcome addition to the new Timmins Weightlifting Club.

In a few years the Timmins, ON, crew was pushed along by their counterparts in Sudbury, Elliot Lake, and Kirkland Lake. Henry Lambert was a frequent visitor to Timmins, while Dan Robitaille and Larry Sheppard established a rivalry that by the mid-70's moved both of them to the top of the provincial and national rankings. Buchar, at 90 kilos, and McCauley at + 110, became among the bests in their respective divisions in Ontario.

In recognition of his precious services to the cause of Canadian weightlifting, Maurice was named life time honorary president of CWFHC by the Directorate.

The weightlifter Russ Prior was selected at the National AAU meeting, as the outstanding athlete of the year for all sports and accordingly he received the Norton R.Crow award.

Bob Devolin was selected as Team Manager for the Columbus Worlds. This resulted in more high level familiarization for the Albertans as Bob was able to film Alexeev's famous 501 lbs (227.3 kg) C&J. First time a C&J of over 500 lbs (227 kg).

At the Annual General Meeting of 1970, Maurice Allan resigned and Ken Horseman of St. Boniface was elected President while Philippe St. Cyr of Brossard, P.Q. and George Allen of Halifax were elected to other executive positions. Derek Anderson of Montreal was named the Treasurer and Jack Gilchrist of Ontario, Secretary. Before leaving his position, Maurice Allan had put in place By Laws that were approved for the operation of CWFHC. In recognition for Maurice's services to weightlifting in Canada, he was named CWFHC's honorary President for life by the weightlifting Board.



Sarnia, Ontario

Mike Popovitch; Norman Bratty; Harold Norville

Harold is originally from Caribbean, possibly Jamaica. He was also an elite Ontario champ in the 56 kg class. Norm Bratty, the father of an Olympian lifter Gary, has passed away. He was an accomplished lifter and bodybuilder. An excellent painter had his own studio and art supplies business.

After he retired as an athlete Jules Sylvain helped younger, Quebec area, weightlifters. He was very active as a coach for the Quebec Weightlifting Fédération. Jules taught the sport at Laval University with Jean-Yves Dionne until 1973. Then he started a club in Limoilou. He has had a few of his athletes on international teams. Jules says that even though he was very successful as an athlete, it is as a coach that he had the greatest satisfactions in weightlifting.

Later he concentrated his energies into officiating which he is still doing as an International 1 referee since 1968.



La Gang - Palestre Nationale 1970

Athletes training at the Palestre Nationale, Cherrier Street, Montréal. The coach, sitting in the center, was Mister Lionel St. Jean. He has trained and inspired a great number of weightlifting coaches in Québec Province.

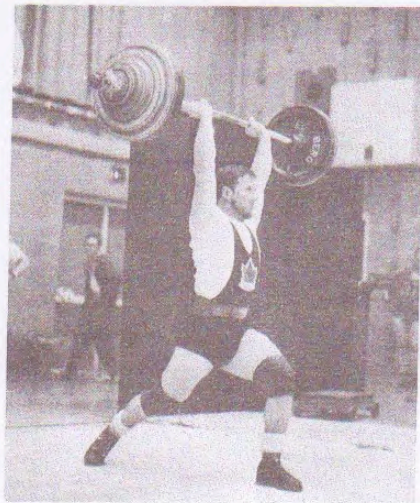
Front: Chun Hon Chan, Jacques Delisle, Claude Ranger, Lionel St. Jean, Claude April, Pierre Roy.

Second row: Gilbert Tougas, Pierre Charbonneau, Jocelyn Legault (leaning), François Léveillé, Maurice Tardif (fingers in the air), Pierre Cloutier, André Giroux.

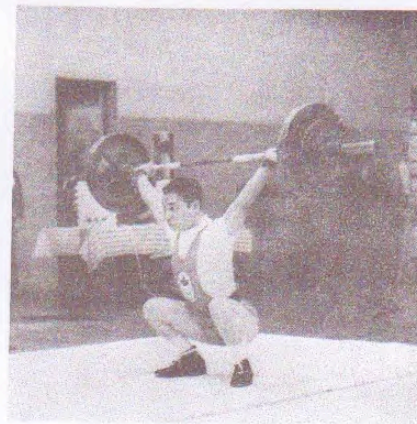
In his last years as an athlete, Jules Sylvain had been driving a very big truck of meat across the Province of Quebec. He had, at 60 kg bodyweight, to carry large parts of beef on his shoulder all day long and then, in the evening train in weightlifting. He has always trained throughout his career only three times a week, one to one and half hour each time. There is no doubt that the success achieved by Jules Sylvain is due in great part to Maurice Allan who supported him at all times.

Jean-Yves Dionne and Maurice Allan have without a doubt, been the most valuable organizers of the sport in the Quebec City area. They have put

up many international and national events such as: Canadian Championships, North American Championships. Both persons were local and Provincial Presidents of the weightlifting world.



ROBERT SANTAVY, Sarnia, Ont.
198 lbs
Champion Canadien
détenteur de plusieurs records
Juv. et Sr.



CHUN HON CHAN, Montréal, Qué.
Poids Coq — 123 lbs
Champion Canadien
détenteur de 2 records canadiens

Along the way, the Ontario resident, Earl Jack, won several Ontario competitions and then the Ontario and Canadian Championships in 1970, where he earned a place on the Canadian team to Scotland.

As part of the training regimen to get stronger, weightlifters also train doing the 'Odd Lifts' as they were called back in those days, but later called the Powerlifts, namely, Bench Press, Squat and Deadlift. Earl was very good in the Squats and Deadlifts, so in Powerlifting competitions, he had to depend on his prowess in these two lifts to win competitions, when he started competing.

During Earl's competitive years he has won many Ontario Provincial and Canadian Championships in both Olympic and Powerlifting competitions. He has competed in many locations in Canada, such as Toronto, Hamilton, Ottawa, London, Winnipeg, New Foundland, Montreal, Belleville, Quebec, Sudbury, also internationally, including U.S.A., Jamaica, Scotland, England, and Finland.

Earl's best lifts in competition were Olympic Press 152.5 kg, Snatch 130 kg, Clean & Jerk 167.5 kg, at 82.5 kg; and Bench Press 192.5 kg, Squat 302.5 kg, Deadlift 317.5 kg at 100 kg. He has always maintained a sensible health regimen, no smoking, drinking or drugs, lots of healthy foods and vitamins.

A very important achievement by Lionel St. Jean was the « Jeunes Louis Cyr » tournament. It is open to the 15 years old and less from Quebec. Some years as many as 150 young athletes took part to it. At its beginning it is usually held in Montreal. The most talented athletes from the Province of Quebec they have all been in it.

Russ Prior, Ontario, dominated the decade of the 70's. From 1970 to 1982 he won every Canadian Championships that he entered. Due to injuries he missed the 1971, 1972, 1979 and 1980 Canadians.

The coach of the British Commonwealth Games was Joseph Roland Turcotte from Sarnia, Ontario. Joe was selected as the assistant coach of the 1970 Commonwealth Games team. Circumstances moved him into the role of head coach and that Canadian team had one of its best weightlifting performances.

At the Commonwealth Games an important step was made. It was the first time kilos were used at the Games instead of pounds.

Cat.	Senior Canadian Kg	XXXXI st Senior World Championships Belleville, ON. 23 May	IX Th British Commonwealth Games Edinburg, Scotland
52			Chun Hon Chan 4th
56	Chun Hon Chan		
60	Denis Dubé		
67.5	Pierre Charbonneau		Keith Adams 5th
75	Pierre St-Jean		P. Saint-Jean 3rd
			P. Marsden 6th
82.5	Earl Jack		Earl Jack 7th
			Paul Bjarnason --
90	Paul Bjarnason		
100			Robert Santavy 2nd
110	Russ Prior		
+110			Russ Prior 1st
			Price Morris 3rd
Coaches			Joe Turcotte
Leader		Bob Devolin	Jean-Yves Dionne
Referees			

1971

In January, 1971, Yvon Chouinard accepted a police promotion which will bring him from the city of Quebec towards that of Brossard, QC, near Montreal. This will have a positive effect on his weightlifting involvement. Six months after his arrival in Brossard, Yvon received the visit of Gilbert Tougas and of Pierre Charbonneau, two weightlifters of Brossard. Pierre had just opened a weightlifting club in Brossard - the Obelix club (called club Fortius in the 2000's). Pierre was looking for somebody to help them to coach the young people

of the club. The Obelix club had only one York Olympic barbell set. It was a standard metal Olympic set and about 45 kg of small weights for body-builders. Yvon was already training his son Mark. 7 years old, in the basement of his home. They were doing exercises of long jumps, high jumps, stretching exercises, stretching, and speed exercises but Mark was not yet ready for the training with weights therefore, Yvon refused for the moment.

The Senior Canadians were held by the Woodstock Weightlifting Club under the leadership of Walt Polzin, at Woodstock, Ontario, with 25 athletes registered in seven of the nine categories, May 22. There was no lifter in the 56 kg and heavy weights classes. Chun Hon Chan made two senior Canadian records: 92.5 kg snatch and 112 kg clean and jerk in the 52 kg class with seven good attempts out of nine. He won the best lifter award. Ken Horsman was the President of the CWFHC. He resigned over the choice of the Pan American team where he favored only three athletes instead than the nine selected by a committee.

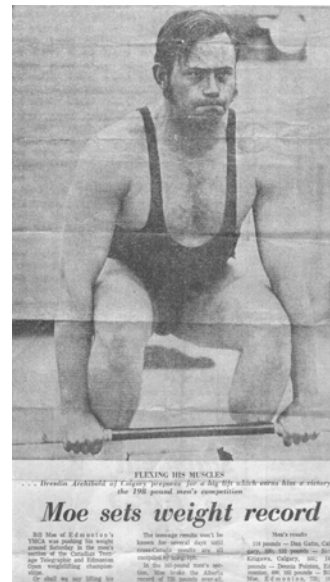
In July 1971 Bob Devolin was able to get the American Bill Starr to come to the Calgary Stampede to put on a number of weightlifting demonstrations on the midway, greatly increasing our exposure. He also put on a clinic attended by many from Edmonton as well as Calgary, again showing us more of the inner workings of our sport. He was a very knowledgeable man.



Bob Devolin



Dresdin Archibald



Dresdin Archibald

The arrival of Pierre Charbonneau, as an athlete, on the international scene.



Canadian Weightlifting Team - Pan American Games, Cali, COL
Front row: Chun Hon Chan 52kg; Denis Dubé 60kg; Pierre Charbonneau 67,5kg; Keith Adams 75kg; Craig Bowman 75kg; Philippe St-Cyr Team Manager.

Second row: Wes Woo, Coach; Also Roy 90kg; Wayne Wilson 90kg; Price Morris 110kg.



In Quebec it is the annual competition of the Jeunes Louis Cyr (Young Louis Cyr) which allows the discovery of so many young weightlifting talents. This year it is Jocelyn Legault's turn at 15 years old to shine in the tournament.

Generally Philippe Saint-Cyr was Lionel Saint-Jean's right arm. Philippe was following the leadership of Lionel. Philippe Saint-Cyr became President of the CWFHC, June 26, 1971. He remained in position

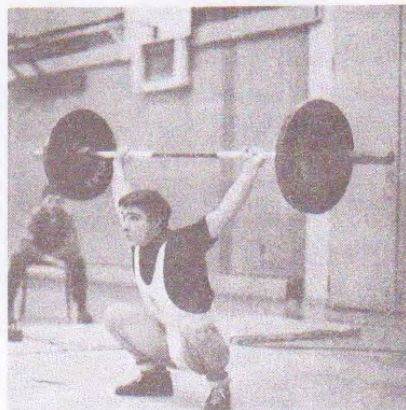
for three years. He had become 1st Vice President of the CWFHC in 1971. At the first CWFHC annual general meeting a motion was presented by Ken Carr Braint of Ontario to have the votes divided as per the past AAU structure (3 in Ontario and only 1 for other Provinces). Ken was asking for this process to remain in force for only one more year. It was rejected since it was one of the many reasons why we had opted out of the AAU.



Jocelyn Legault, 15 years old, 93 kg.



PRICE MORRIS, Belleville, Ont.
Poids Lourd — 242 lbs
Champion Canadien
détenteur du record canadien
épaulé-jeté 406-1/4 lbs.



DENIS DUBE, Québec, Qué.
132 lbs
2 records Juv. canadiens
et de l'Empire Britannique

CANADIAN TEAM 1971 PAN-AMERICAN - CALI, COLOMBIA



Chun Hon Chan-QC; Denis Dubé-QC; Pierre Charbonneau-QC; Keith Adams-BC;
Craig Bowman-ON; Wayne Wilson-BC; Aldo Roy-ON; Price Morris-ON; Wes Woo-
BC/COACH; Philippe Saint-Cyr-QC/official



Pierre Charbonneau



Québec team competing at Schenectady (USA) in 1971.

On this photo, front row: Denis Dubé, Chon Hun Chan, and Pierre Charbonneau.
 Second row: Jean-Yves Dionne, Serge Harvey, Pierre Cloutier, Daniel Gauthier.
 In the back: Guy Rousseau, Jean Bouffard, Jules Sylvain, Claude Hardy, and
 Lionel St. Jean.

In 1971 the AAU was disbanded and all its member sports were set up as independent associations at the provincial level and as federations at

the national level. Increased complexity in the amateur sport world necessitated this. Meanwhile, in a not unrelated manner, the Alberta Government (and other provinces to various degrees) decided that it would fund sport and artistic groups on a modest scale. This was probably conceived as a one-stop vote shopping scheme but it did lay the foundation for a more stable and reliable source of funding. It also brought ever increasing government intervention and control. Government grants could now be applied for but the sport had to be incorporated as a Society. This was accomplished in 1974 in Alberta and the grants started coming. The first one in Alberta was for \$300. This all led to increased specialization on the part of members. Our sport's leadership had, since the 1960s moved from being the top lifters, then to the top coaches (since they controlled the facilities) and now to the administrators who knew how to deal with funding authorities and satisfy their whims so that the money could continue to flow.



1971 Pan American Games, Cali, Colombia. Canadian medalists - weightlifting.
Keith Adams 4th; Price Morris 3rd; Wayne Wilson 3rd.

Weightlifting was featured in its first **Canada Games** in 1971 in Saskatoon. Alberta fielded a full nine man team for the first time in any national meet. The event was open to those under 22 years of age. It would be the first head-to-head interprovincial competition for many lifters. The Alberta team was coached by Malcolm Gomes and managed by Bill Moe. The team consisted as follows:

52 - Darryl Schultz
 56 - Dan Gatto
 60 - Ray Beaulieu
 67.5 - Mark Gomes & Oleh Markiw
 75 - Rob Macklem & Grant Matthew
 82.5 - Ken Koska
 110 - Dresdin Archibald

Bob Devolin and Lorne Hansen would referee. Many future luminaries of the sport would compete here, among them the Walt brothers, Russ Prior, Don MacNeil and Paul Barrett.

An unheralded Darryl Schultz, Alberta, rose quickly to fame by winning the 52 at the 1971 Canada Games.

Rolf Kugelstadt, Alberta, is now the President of the unorganized and AWA. He will remain President until 1976.

In Province of Quebec, Jean-Yves Dionne is the newly elected President of the FHQ. Richard Campion was elected as Secretary/Treasurer of the FHQ from 1971-1973.

It is around 1971 that the word spread around that the Quebec Provincial Government wanted to get involved in amateur sports and all amateur sports would have to belong to the newly created Confédération des Sports du Quebec, located on St. Jean Street in Quebec City. It meant funding for our organizations and possible subsidies to the athletes but first every sport body had to be incorporated under the law « Des Corporations à buts non lucratifs ».



	Senior	XXXXIII nd	VI Th	
Cat.	Canadian	Senior World	Pan-American	
Kg	Champions	Championships	Games	
	Woodstock, On.	Lima, PER	Cali, COL	
			30-07 / 13-08	
52	Chun Hon Chan		Chun Hon Chan	3rd
56				
60	Denis Dubé		Denis Dubé	5th
67.5	Pierre Charbonneau		Pierre Charbonneau	9th
75	Keith Adams		Keith Adams	4th
			Craig Bowman	5th
82.5	Earl Jack			
90	Wayne Wilson		Wayne Wilson	3rd
			Aldo Roy	--
100				
110	Price Morris		Price Morris	3rd
+110				
Coaches			Wes Woo	
Leader			Philippe Saint-Cyr	
Referees			Philippe Saint-Cyr	
			Jean-Yves Dionne	

1972

This year Yvon Chouinard began bringing his son Mark to the Brossard Obelix (Fortius) club to start weight training with light dumbbells. Mark was only 8 years old. It was the beginning of Yvon as instructor in weightlifting at the club Obelix for an uninterrupted period of twelve (12) years and Mark eventually competed twice for Canada at the junior world weightlifting championships, before retiring at the age of 20 years with all three junior Canadian records in his 75 kg class.

The Obelix club did not have financial resources and was set in the basement of a school which changed from one year to another. The activity always took place in schools, given that the city was new and was not possessing partly used or old building. Yvon therefore went to meet the local manager of the Community activities of the city of Brossard and explained him his plan of action. He asked for their assistant to obtain financial governmental assistance and in return refused any remuneration. In the future, inscription to the club would be free in as much as the parents of the weightlifters got involved in a function of the club Obelix. All the others had to pay 20.00 \$ for 4 months of activities. In next to no time the club had to refuse inscriptions since 20 athletes was the maximum number which Yvon accepted and preference was given to families committed to the club.

Afterwards Yvon searched for assistants in order not to exhaust himself psychologically and physically. The first assistant was Philippe Hedrich of the neighboring city of Greenfield Park, QC, for about 10 years. Philippe Saint-Cyr followed as third instructor for about two (2) years. Each had its day as instructor conducted by Yvon, who drew up the training plans. Eventually Saint-Cyr's replacement was Pierre Bergeron Sr. who joined in with his wife Nicole, their three sons (Pierre Jr., who

later became the sole instructor at the club; Luc and Louis) they were attracted to weightlifting. This time it was the parents Nicole and Pierre Bergeron Sr., who both got involved as referees and, the father, as coach. The club had a very solid base when Yvon left the Obelix in 1984.

There were some major changes in the sport of international weightlifting. They removed one of three Olympic movements, the press with both arms. What a benefit to weightlifting! The only potentially dangerous movement for the athlete, especially at the level of lower vertebrae is abolished. This movement also raised lively controversy to its regulations and its arbitration.



The abolished Olympic Press - Earl Jack

We saw throughout the years bodyweight categories pass from five they were in 1920 to six in 1948; seven in 1952; nine in 1972 and finally the number of categories was established to ten in 1976 of the Olympic Games in Montreal. Now the differences in body weight between these categories are best distributed.

Again Chan made a new Senior Canadian record with a total of 197.5 kg in the 52 kg category.

For the 1972 Nationals the newly formed CWFHC decided to allow athletes who had not made the full qualifying standard to lift in the "B Level". The idea was to give higher level competition to hopefuls who would soon qualify for what was called the "A level".

The Senior Canadians took place at St. John's, New Foundland on May 20.

ALBERTA WEIGHTLIFTING RECORDS

APRIL 1, 1972

SENIOR & TEENAGE PROVINCIAL RECORDS			
Class & Lifts	Senior	Teenage	
99½	Press: N.A.	R. Bond	95
	Snatch: N.A.	L. Joyner	75.5
	C & J	R. Bond	120
	Total	"	290
114½	Press: D. Schultz	155 Joe Lee	130
	Snatch	" 145	" 110
	C & J	" 190	" 145
	Total	" 490	" 386
123½	Press: S. Kitagawa	165 Joe Linden	130
	Snatch: A. Schreiber	151½ K. Christensen	130
	C&J: D. Schultz	212½ G. Wallbank	165
	Total: S. Kitagawa	515 J. Linden	415
132½	Press: S. Kitagawa	203½ B. Marsden	150½
	Snatch	" 188½	" 145
	C&J: Mal Gomes	256½	" 194½
	Total: S. Kitagawa	630	" 480
148½	Press: J. Stockinger	212 R. Macklem	200
	Snatch	" 210	184½
	C&J	" 280	255
	Total	" 690	635
165½	Press: B. Moe	241½ F. Joyner	145
	Snatch: Mark Gomes	225	130
	C&J: J. Stockinger	295	184½
	Total: Mark Gomes	730	460
181½	Press: R. Devolin	255	----
	Snatch	" 238½	----
	C&J	" 290	----
	Total	" 775	----
198½	Press: R. Devolin	283	----
	Snatch: R. Brintnell	255	----
	C&J	" 335	----
	Total	" 845	----
242½	Press: R. Devolin	280	----
	Snatch: R. Brintnell	263	----
	C&J	" 327	----
	Total	" 835	----
S.H.	Press: F. Ketterer	297¾	----
	Snatch	248¾	----
	C&J	315	----
	Total	843	----

* Indicates records have not been set because these classes have not yet been contested.

COMMITTEE MEMBERS - ALBERTA

Executives	
ALBERTA WEIGHTLIFTING ASSOCIATION	
President.....	R. Egelstad
Vice-President.....	Bill Moe
Past President.....	R. Devolin
Secretary-Treasurer.....	L. Mather
Rules & Records Chairman.....	A. Hickey
EDMONTON WEIGHTLIFTING ASSOCIATION	
President.....	Bill Moe
Vice-President.....	Bob Macklem
Secretary.....	Nitch Finkley
Treasurer.....	Ed Fergusson
ORGANIZING COMMITTEE	
Chairman.....	R. Egelstad
Publicity.....	L. Mather, A. Hickey
Equipment & Facilities.....	Ed Fergusson
Correspondence.....	R. Moe
Programs.....	Mal Gomes, R. Egelstad
Trophies.....	Bill Moe
Rules & Records.....	R. Sinclair, A. Hickey
REFEREES	
D. Archibald	AJ Hickey
Bob Devolin	Boy Sinclair
Mac Goss	Ed Fergusson
SCORE KEEPERS: J. Hickey, C. Egelstad	
TIMER: C. Mather	
SCORE BOARD: A. Petasky	
EXPEDITER: Mal Gomes	
BURNER: Jerry Fox	
MASTER OF CEREMONIES: E. Fergusson	
MEET DIRECTOR: R. Egelstad	
MEET DIRECTOR: R. Egelstad	
SCOUTS: Carrine Gossard.....Edith Hardy	
NOTE: Any changes in personnel or names which have been left of will be announced at the time of the meet.	

In January, Lionel Saint-Jean became the redactor of the review « Coup d'oeil sur l'Haltérophilie ». It officially became the FHQ's magazine through its technical director Lionel St. Jean, in February.

Introduced to lifting in Timmins, ON, Larry Sheppard was really forced to carry on alone in North Bay, ON. It was there that he entered Canadore College in the fall of 1972, and where he chose to settle after graduation. Though he placed an Olympic set, courtesy of his coach Wally Blake, at the YMCA in North Bay, ON, he was so heavily involved in his own training that he found little opportunity to coach. Still, Sheppard did manage to show Ron McAuliffe, a young Y member, the basics of lifting.

In 1972, the Quebec Provincial Government required from all sport bodies that they be the property of their members and not to individuals such as in the case of the Fédération Haltérophile du Québec which was legally the property of Jean-Yves Dionne and Yvon Chouinard. To that effect Yvon immediately signed the necessary papers and let go his part of ownership of the Fédération. It was not the same with Jean-Yves who fought in Court this ownership right. He, at last, lost in Court but the costs involved by both parties were tremendous. At the conclusion the F.H.Q. suspended Jean-Yves for life over that debate.

Maurice Allan was named Chef de Mission of the Canadian Olympic team for the 1972 Olympic Games. He was again elected Vice President of the IWF and remained in that position until 1980 when Canada boycotted the Olympic Games in Moscow. Canada did not send anyone including Maurice, so his name was eliminated from the ballots. Maurice was also elected President of the Commonwealth Weightlifting Federation in 1972. From 1972-76 Maurice was either Director or Vice-President of the Canadian Olympic Association.

1972 also saw the arrival of another fantastic prospect, Dan Robitaille. He was to attend the University of Ottawa. In May of '72, Dan had won the Canadian Championships in the 67.5 kg category but, was still somewhat in the beginning stages of his long pathway to W/L success.

Unlike Russ, Dan Robitaille immediately became a strong protégé of Aldo. A lot of Aldo Roy training methods were thrown his way and were enthusiastically received. Dan became Aldo's prototype athlete. From this close relationship a bond of ultimate "trust" developed. Aldo training and competitive philosophy, as a result, molded itself and from then on, all new recruits to their "boiler room" were treated in a similar manner of individualism, respect and kindness.

Since Major Competitions lasted only one hour or so, the important part of the "trip" to the Olympic Stage was the long "journey" holed up in a Gym. Aldo's priority as a teacher in high school was to make the kids live in Mr. Roy's classroom "FUN" and yet, challenging.

In this early part of the '70's decade the Ottawa Trojan Weight lifting Club continued on training at the Rockcliffe Air Base in the "boiler room"! The conditions were crowded, dirty and downright dangerous and so Aldo decided to try and find a new training centre.

The National Track and Field Association (Lions Club) already had a great indoor facility at Landsdowne Park in Ottawa, where the Ottawa Rough Riders Football Team and Ottawa '67 Hockey Team competed.



Aldo used the same principle for his athletes and from the success they had in Ottawa it seems to have worked.

Dan won three Canadian Championships 1972-67.5 kg, 1977-75 kg, 1978-75 kg) and in 1975 he represented Canada at the Mexico Pan-Am Games and garnered 3 Bronze Medals.

Cat. Kg	Senior Canadian Champions St-John's, NF.	XXXXVIII rd Senior World Championships Munich, FRG. 26-08 / 10-09	XX Th Olympic Games Munich, FRG. 26-08 / 10-09	
52	Chun Hon Chan	Chun Hon Chan	Chun Hon Chan	13th
56				
60	Denis Dubé			
67.5	Gino Marinelli	Keith Adams	Keith Adams	--
75	Keith Adams			
82.5	Craig Bowman	Wayne Wilson	Wayne Wilson	17th
90	Wayne Wilson			
100				
110	Gary Walt			
+110	Price Morris	Price Morris	Price Morris	22nd
Coachs		Jean-Yves Dionne	Jean-Yves Dionne	
Leader		Bob Devolin	Jean-Yves Dionne	
Referees		P. Saint-Cyr	Philippe Saint-Cyr	
		L. Saint-Jean	Lionel Saint-Jean	

1973

Joe Turcotte survived a cancer operation in 1972 and enjoyed the attention of a special banquet in his honor in Sarnia in January of 1973. This was to celebrate his athletic and coaching careers, he

officially receive the IWF 25 Year Service Award and declare the beginning of his retirement from weightlifting activities after 38 actual years of involvement.

After taking over the records secretary duties from Jack Gilchrist, Ontario, Larry Yessie got permission to experiment with an Ontario Weightlifting Association newsletter. With the help of a former public school teacher, he started doing some issues with an old duplicator machine in 1973. The print quality was poor but it was at least a beginning. Later Larry started collecting Quebec, Manitoba, Alberta newsletters, any province that had them! Larry has come close to twenty years of doing newsletters for the OWA which likely accounts for having twelve to fifteen boxes of weightlifting data to sort through!

With the city of Ottawa on board (Mr. Bill Law) and the Track people wanting to use our weights and knowledge the stage was set and by 1973 or so we moved in to the Lansdowne facilities. We had approximately 8 platforms and clean air to breathe. Up until 1976 our lifting group trained and thrived amongst many of Canada's Best Track, Hockey and Football Stars.

Russ Prior, in his constant search for more "focus" and "quiet" trained periodically in a smaller room at Carleton University. In the meantime, the City of Ottawa had moved us upstairs in the Old Coliseum Building at Lansdowne Park. There we trained and shared a large gym with the famous Beaver Boxing Club of Ottawa. Joey Sandulo, a former boxing Olympian from 1948, had started this Club and continued to coach until the mid- 2000's.

It was at Baie Comeau, Quebec that the Senior Canadians were held on October 5, 6 and 7th with its A and B classes.

Maurice Allan was elected at the Canada Amateur Sports Hall of Fame in recognition of his contribution to the amateur sport.

Pierre Saint-Jean got married this year and a few months later he was invited to return to competitive weightlifting by Philippe Hedrich with the perspective of a possible berth on the 1976 Olympic weightlifting team if his return was successful. Also the possibility to continue his studies with the assistance of Government subsidies convinced Pierre to give it a trial.

Many junior-only events started in 1973, including their own Alberta provincials. At the same time, junior and high-school records were now being kept. On the national scene mail-in National Championships had been held for some time for juniors. With more help at both levels of government, the interest in a national face-to-face championship grew. This would be somewhat satisfied by the Canada Games.

Upon a recommendation of Ken Carr-Braint, Ontario, the CWFHC sent two athletes to represent Canada in weightlifting at the 1973 Maccabiah Games - Nathan Mudrick placed second and won the silver medal and Morty Stolzman placed third to take the bronze medal.

On Saturday, July 21, a brand new page was written in the history of Canadian weightlifting. It was the first time that a complete Canadian team ever met a team from another country. The Canada-Mexico meet was organized in only three weeks.

As expected the Mexicans came to the Palestre Nationale, Montreal, Canada with a light team. We had to have all our lifters take part in this competition if only to assess them-selves before going to Cuba in September. In the 67.5 kg category Pierre Charbonneau showed a surprising condition winning with a margin of 40 kg. He even improved the Canadian and Commonwealth snatch records by 3.2 kg.

Jose Conde and Pierre Charbonneau each were awarded a trophy for best lifters on each team. Pierre edged his opponent only by 3 points to be the better of the two.

Lionel St. Jean who will be the coach of the team going to Cuba was hospitalized upon his arrival from the Maccabiah Games and Ken Carr-Braint replaced him very efficiently only on a very short notice. He did an excellent job with our lifters.

<u>RENCONTRE CANADA-MEXIQUE</u>					
<u>CANADA-MEXICO MEET</u>					
<u>Classe</u> Class		<u>Arraché</u> Snatch		<u>Epaulé-Jeté</u> Clean & Jerk	<u>TOTAL</u>
<u>POIDS MOUCHE - FLY WEIGHT:</u>					
Lopez, S.	Mexico	114½	75	105	180
Chun Hon Chan	Canada	114½	87.5	105	192.5
<u>POIDS COQ - BANTAM WEIGHT:</u>					
Figueras, S.	Mexico	121	70	95	165
Conde, J.	Mexico	122½	100	130	230
<u>POIDS PLUME - FEATHER WEIGHT:</u>					
Robertson, D.	Canada	131	97.5	117.5	215
Santoyo, A.	Mexico	131½	95	122.5	217.5
Medina, M.	Mexico	132½	97.5	120	217.5
<u>POIDS LEGER - LIGHTWEIGHT:</u>					
Barahona, G.	Mexico	147½	90	112.5	202.5
Charbonneau, P.	Canada	148	117.5	147.5	265
Rodriguez, V.	Mexico	148½	100	125	225
<u>POIDS MOYEN - MIDDLE WEIGHT:</u>					
Moguel, R.	Mexico	150½	110	135	245
Adams, K.	Canada	165	---	145	0
Perron, M.	Canada	163½	102.5	145	247.5
<u>POIDS MOYEN-LOIRD - MIDDLE HEAVY WEIGHT:</u>					
Wilson, W.	Canada	197½	122.5	167.5	290
<u>POIDS LOIRD - HEAVY WEIGHT:</u>					
Hardy, C.	Canada	230	140	170	310
<u>SUPER LOIRD - SUPER HEAVY WEIGHT:</u>					
Prior, R.	Canada	244½	145	180	325
<u>Meilleur leueur du Mexique: J. CONDE</u>					
Best Mexican Lifter					
<u>Meilleur leueur du Canada: P. CHARBONNEAU</u>					
Best Canadian Lifter					
<u>Meilleure équipe selon les points suivants (5-3-2-1):</u>					
Best team as per following points (5-3-2-1)				CANADA	32 pts
				MEXICO	27 pts

Notice body weights are in pounds and lifts in kilos!!!



That same year, Jean-Yves Dionne started to have personal problems with the weightlifting world. He was President of the F.H.Q. and teaching at Laval University. He claimed not being aware the Quebec Provincial Government had started to award moneys to sport trainers coaching elite athletes in various sports. The University management wanted to take advantage of the fact they could save salaries by using the Governmental assistance to cover part of the salaried of their instructors. In order not to become master and servant at the same time, Jean-Yves would have had to resign from the Presidency of the F.H.Q., before the end of the year but he did not, preferring not to seek reelection for another term, in May 1974. He started receiving the grant as coach immediately. At a later meeting, the F.H.Q. newly elected President asked for Jean-Yves resignation. Jean-Yves refused to handle his resignation. The debate finished after more than 5 years of legal battle between the F.H.Q. and Jean-Yves Dionne.



Coach Larry Mather



Manager Charles Klaver

Larry Mather was the mainspring of the Grierson WL Club when it was founded in 1973. He later coached the Power Plus Club from 1985 in a number of locations. His lifters include Eric Rogers, Darryl Schultz, Chales Klaver, and many others. Larry coached internationally at the 1974 Worlds in Manila as well as the 1982 Commonwealth Games, among others. In addition he was the Sport Coordinator for the 1978 Commonwealth Games.

WORLD CHAMPIONSHIPS TEAM

The Canadian Team to the World Champs in Cuba in September was selected on the basis on results of Provincial Champs in each province, all held on May 19, 1973.

Qualifying totals or standards had been previously set up; and at the Semi Annual Meeting of the CWFHC Executive at Winnipeg on June 2, a nine-man team was chosen--those 9 lifters who had made the highest totals in relation to the standard of their class with a maximum of two lifters per class according to IWF rules.

The following listing shows the top 11 lifters in order of their relationship to standard, and at the bottom, the 9 lifters selected to the team using the two lifters to a class maximum.

	<u>Name</u>	<u>Class</u>	<u>Standard</u>	<u>Total</u>	<u>Relationship To Standard</u>
1.	Russ Prior	242	680	760	80 lbs above
2.	Pierre Charbonneau	148	545	584½	39½ lbs above
3.	Wayne Wilson	198	655	672½	17½ lbs above
4.	Gabriel Voisard	181	620	634	14 lbs above
5.	Claude Hardy	242	680	689	9 lbs above
6.	Doug Robertson	132	500	501½	1½ lbs above
7.	(Keith Adams B. Walt	165 242	575 680	575 680	equal equal
9.	Chun Hon Chan	114	425	424½	½ lb below
10.	Marcel Perron	165	575	562½	12½ lbs below
11.	A Walt	198	655	641	15 lbs below

TEAM - 114 Chan
 132 Robertson
 148 Charbonneau
 165 Adams, Perron
 181 Voisard
 198 Wilson
 242 Prior, Hardy

	Senior	XXXXIV Th
Cat.	Canadian	Senior World
Kg	Champions	Championships
	Baie Comeau, Qc.	Havana, CUB
		15-23 Sept.

52		Chon Hun Chan	--
56	Yves Carignan		
60	Doug. Robertson	Doug. Robertson	11th
67.5	Sam Dhaliwal	Pierre Charbonneau	--
		Keith Adams	
75	Marcel Perron	Marcel Perron	13th
82.5	Chris Dariotis	Gabriel Voisard	16th
90	Wayne Wilson	Wayne Wilson	15th
		Art Walt	18th
100			

110	Russ Prior	Russ Prior	9th
		Claude Hardy	10th
+110			
Coaches			

Leader	
Referees	Jean-Yves Dionne

1974



Turcotte Athletic Club from Sarnia - March 1974

Left to right, standing, Fred Good, Denis Brillon, Donald MacNeill, Clem Cote, Calvin Stevenson, Jake Nienhuis, Robert Santavy, Larry Yessie, John ' Jack ' McDonald.

Front row, L to R, Raymond McMullen, David Desroches, Joseph Turcotte, Ken Miller, Ronald Fraser, Jim Nelson.

The Thunder Bay area in Ontario is very isolated from other urban centers which made it difficult for athletes from this region to regularly attend contests in the rest of the province, Manitoba or even Minnesota. It was a benefit to the local club in 1974 to have the Ontario Winter Games to take place in Thunder Bay. Eventually, besides mail-in contributions, the Atlas group from Thunder Bay, ON, had some of their best lifters show up at major competitions and the provincial championships. Some of his most outstanding athletes were Zygmunt

Grzelewski, Ken Eichmanis, Gary Dolaiczuk, Max Baier, and Walter Deguns. Grzelewski set several Ontario junior records. There were many others including Bruno Grobelny's son, Gordon.

Two highlights in Bruno's involvement in the sport was his election as president of the Ontario Association at the annual general meeting in Belleville, December, 1977. The other was that his name was put forward to represent Ontario as a Canadian referee at the Commonwealth Games in Edmonton in 1978. To enable Bruno's appearance at these Games, it was required that the city mayor approve extensive changes in the fire department's vacation schedule, along with other sacrifices in his own family's summer program. It was rumored that Grobelny was the only Thunder Bay resident to qualify as either an athlete or an official!

The Canadian Weightlifting Federation Halt rophile Canadienne was officially incorporated under the Canada Corporate Act, in Ottawa, on July 22, 1974. The applicants were Philippe A. St. Cyr from Brossard, P.Q., George William Allen from Truro, N.S., and Dieter Stamm from Surrey, B.C.



September 1974, Senior World Championships, Manila, PHI, Canadian Weightlifting Team.

Marcel Perron 75kg; Larry Mather Asst. Coach; Wes Woo Coach; Claude Hardy 110kg; Pierre Charbonneau 67,5kg; Robert Bob Devlin Manager; Wayne Wilson 90kg.

September 14, the Eastern Canadian Championships (Quebec, Ontario, Nova Scotia) were held at the C.N.E. in Toronto.

Disaster struck when the Edmonton committee responsible for the final selection of officials for weightlifting did not recognize Bruno Grobelny's name and his experience in the sport and he was dropped from the approved list. The embarrassment and humiliation was so extreme that Grobelny resigned from the OWA executive, closed his club and not a word was ever heard from him or any of his club members. An official

protest was lodged by the provincial association but the damage was done. It was another twenty-five years before another lifting group was to establish itself in the Lakehead.

Jean-Yves Dionne asked for the position of paid coach from the F.H.Q., in order to settle out of Court the dispute he had with the provincial governing body. It was refused to him.

Note how our membership cards have changed over the years. The card of the Amateur Athletic Union of Canada, Quebec Branch, signed in 1964 by Jean-Yves Dionne of Quebec City. Then, the Canadian Weightlifting Association A.A.U. of Canada in 1971, signed by Lionel St. Jean. Finally, the 1974 card which was issued by the Canadian Weightlifting Federation Halt  rophile Canadienne.





The Senior Canadians were held at Edmonton, Alberta on May 18. Again there is the A and B classes. Russ Prior of Ontario was awarded the best lifter of this Canadian Championship.

The Canadian Weightlifting Federation decided that from now on, the metric system will be use in at all Canadian weightlifting competitions.

One day (1974) when the guys were training at Landsdowne Park a very tall and relatively thin young man approached Aldo about lifting weights in order to help increase his performances in discus and shot put. His name was Marc Cardinal.

He told Aldo that he had met a lifter named Russ Prior at Canterbury High School. Russ he said, had emphasized that weightlifting be included as part of his training.

Russ happened to be sitting down between sets and as Aldo turned around to look at him, they both smiled at each other thinking that this kid could be the "one".

Aldo asked Marc if he would like to try some flexibility exercises specifically geared to the Olympic lifts and with a very intelligent smile on his face he agreed. With a broom stick Aldo put Marc through his paces and every position he assumed, squat snatch, squat clean or jerk split he looked comfortable and like a veteran lifter. At that very moment, Aldo knew we had a "keeper".

Marc was 6' 6", weighed about 215 lbs (97.5 kg) and was still in High School. He hoped to go into Medicine at the University of Ottawa. From the start, he had all the athletic tools to be a great lifter. Not only was he fast, quick, flexible and moved like a lightweight but, he had the "brains" to go with it.

In one of his first contests, in Belleville, "Big Bird" as he was affectionally called, did 110kg and 137.5kg at a little over 112kg bodyweight. From this initial effort Aldo could tell that Marc also possessed the competitive instincts and the trust in his coach to go as far as he dreamed possible.

Philippe St. Cyr was President of the CWFHC and was also elected President of the Commonwealth Weightlifting Federation on February 1, 1974.

In 1974 Oscar State met Philippe Saint-Cyr in Montreal to look for a place to hold the 1976 weightlifting event at the Olympic Games. It was then that Philippe was chosen by the IWF as the meet Director for the 1976 Olympic Games.

The summer of 1974 saw a visit in Edmonton, Alberta, to the Commonwealth Games organizers, by IWF General Secretary Oscar State. This marked the first contact with international officials for Albertans.

In August 1974 the Alberta Government made funding available in order to prepare potential Alberta athletes for participation in the upcoming 1978 Commonwealth Games. Alberta took advantage of this to send six people to Mitterstadt, West Germany.

Philippe Hedrich, FHQ President, made a declaration in the media about significant cuts in Québec weightlifting Federation's budget. The position of Chief Administrative Officer disappears together with cuts in the budget.

In Province of Quebec Richard Champion was elected as president of the F.H.Q. from 1974-1977.



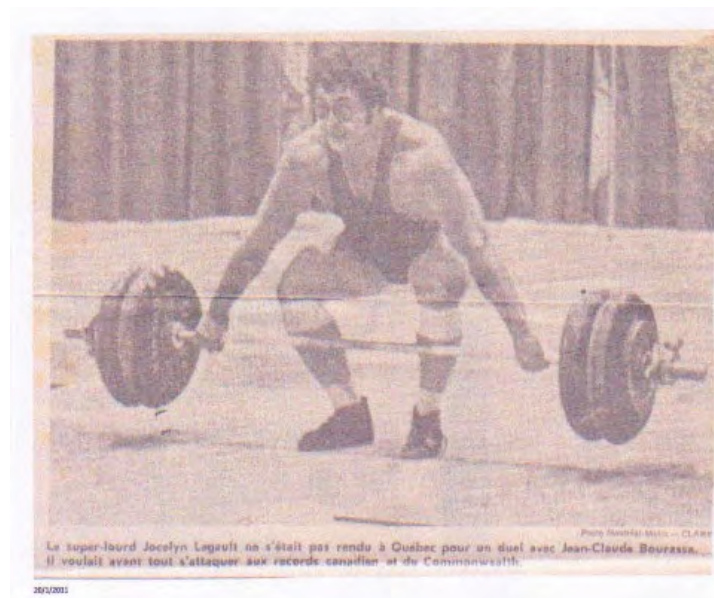
Russ Prior, Marcel Perron, Doug Robertson, Philippe St-Cyr, Yves Carignan, Claude Hardy, Claude April

	Senior	XXXXV Th	X Th	
Cat.	Canadian	Senior World	Commonwealth	
Kg	Champions	Championships	Games	
	Edmonton, Ab.	Manilla, PHI.	Christchurch, NZL	
		21 Sept.	24-01/2-02	
52	Chun Hon Chan			
56	Nelson Sleno		Yves Carrignan	2nd
60	Yves Carignan	Yves Carrignan	13 Doug Robertson	5th
67.5	P. Charbonneau	Pierre Charbonneau	10e	
75	Marcel Perron	Marcel Perron	16e Marcel Perron	6th
82.5	Chris Dariotis			
90	Wayne Wilson	Wayne Wilson --	Claude April	6th
100			Russ Prior	1st
			Claude Hardy	5th
110	Russ Prior	Claude Hardy --		
+110	Claude Hardy			
Coaches		Wes Woo		
Leader		Robert Devolin	Philippe Saint-Cyr	
Referees			Philippe Saint-Cyr	

1975

The last few years of Joe Turcotte's 60s and the early 70s brought in another crop of devoted athletes in nephews Cyril Santavy and Ron Fraser, as well as Ken Miller, Jake Nienhuis, Jack McDonald, Larry Yessie, David Desroches, George MacNeill and Cal Stevenson. These fellows and others, appealed to Joe to keep his club open and coach, which he did until he suddenly and prematurely passed away via a brain hemorrhage in May of 1975 at the age of 60.

The club continued to survive as Turcotte AC with several different moves to other training facilities in various locations including the Sarnia YMCA on Mitton Street. Bob Santavy had pretty much retired from national competition after a long, successful career as an elite Canadian lifter. In the early 1980s, national titles were claimed by Cal Stevenson and Don MacNeill. One of the biggest positive breaks for the sport occurred in the mid-1980s when weightlifting was introduced to and set up for the students at St. Patrick's High School on East Street. Bob Santavy and Cal Stevenson along with support from other senior lifters undertook the coaching duties and organizing training schedules for dozens of young lifters. Much of the provincial junior team, particularly the female segment, consisted of athletes from this school club. After several successful years, this club closed down due to some conflicts with the school phys-education department on priorities and facilities!



Jocelyn Legault - 137, 5 kg snatch

Taking a new direction, Bob Santavy inaugurated his own club at his Sarnia residence and named it the Minotaur Weightlifting Club. Cal Stevenson (1948 - Jan. 2011) offered another training facility east of the city on rural Waterworks Road which eventually became the Fury Weightlifting Club. The latter operation continues to the present day.

In the mid-70s the next generation of Sudbury based weightlifting champions emerged. Keeping it in the family, two of Ralph's children - son, Kevin and daughter, Christina - would gravitate to the sport. Then, as with the Minnow Lake gang in the 50's, the Coniston gang would come to include other accomplished lifters like: Norm Benedetti, Rolly Chretien, Mike Olivier, and far off, Dowling native, Rob Spilchen.

In 1975, when former lifter, Ray Hamilton, was stationed to CFB North Bay, ON, Larry Sheppard recruited him to coach Ron McAuliffe. Later on,

McAuliffe, like so many northern Ontario lifters before, managed to find his way to training with the Sudbury area group (then in Coniston). He flourished under Ralph Roy's guidance.



Competitors in the Central Ontario Weightlifting Championships. Larry Sheppard (left) will go on to the Canadian Championship, Ray Hamilton, coach, and Ron McAuliffe (right) placed third in the middleweight division.

Photo by Sandy MacDonald

Larry Sheppard; Ray Hamilton; Ron McAuliffe - North Bay, ON.

The Senior Canadians take place at Laval University in Quebec City, on 28 and 29 June. It was preceded by hype in the media of information in Quebec City about a participant, Jean-Claude Bourassa, who had a long sentence in the penitentiary of Laval, PQ. He had qualified himself for the Canadians championships in a special contest held within the penitentiary walls at St. Vincent de Paul penitentiary near Montreal, following pressure from the general public to give him the opportunity to demonstrate his strength in an official meet. Yvon Chouinard accompanied by other referees, Jean-Yves Dionne, his wife and Géraldine Baillargeon (member of the family Baillargeon) went to judge him inside the penitentiary. He claimed to be an outstanding force in the over 110 kg category. He weighed about 140 kg. He qualified for the Canadian Championships but at the Nationals, the experts were not impressed more than needed. He finished his competition with some difficulties but won his category.

1975 Canadians saw the most entrants in A and B levels in all the years. A level had 40 athletes while the B level had 60 lifters for a total of 100 weightlifters.

Richard Campion was the competition announcer. He was going to be the competition announcer at most Canadian Championships for the next fifteen years. The Senior Canadian Champions were: 52 kg Chun Hon Chan;

56 kg Harold Norville; 60 kg Doug Robertson; 67.5 kg Oleh Markiew; 75 kg Pierre Charbonneau; 82.5 kg Chris Dariotis; 90 kg Wayne Wilson; 100 kg nil; 110 kg Russ Prior; +110 kg Jean-Claude Bourassa.

In February 1975 we would see the Lethbridge and Bow Island, Alberta, Canada Games, organized by Gordon Kay. This was not age restricted so

the talent was very good for these Games. The lighter categories were held in Bow Island to great local enthusiasm. A blizzard almost forced an overnight stay much to the disappointment of the local high school girls who wanted to organize a dance to kill time that evening.

In the summer of 1975 another multi-sport games was inaugurated in Regina, Saskatchewan, those being the Western Canada Games.



Back (L-R) Canadian Manager Rolf Kugelstadt, Oleh Markiw, Rob Macklem, Dresdin Archibald, Charles Klaver, Denis Humen, German Manager Houk
Front - German coach Manfred Magin, Olympian Klaus Groh, unnamed German team.

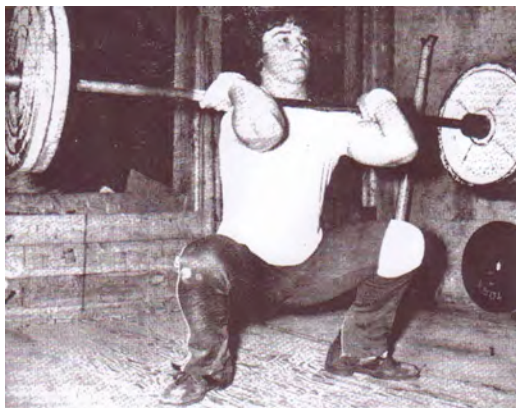
In December 1975, Montreal held its « Competition Internationale de Montreal » (CIM) at Montreal University in December, as preparation for the 1976 Olympic Games. For the CIM, the best of Europe were measuring themselves against the best of America in weightlifting. There were some conflicts with the dates. Montreal (COJO) wanted to have it set for early November, in conflict with the world Championships, but finally it was agreed to hold the weightlifting event at the beginning of December. It was the last sport presented in preparation of the Games. The last performance by an athlete in preparation for the Games was a world record set by the weightlifter V. Alexiev of Soviet Union.

At the 1975 Pre-Olympic Meet held in Montreal on December 6 and 7th, Dresdin Archibald and Roy Sinclair, Alberta, did attend a referee's clinic held by Oscar State.

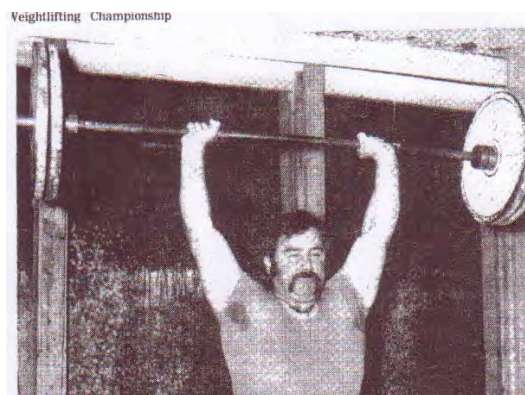


Pierre St. Jean was suspended by the CWFHC and its President Ken Carr Braint for refusing to participate at a training camp to take place in Ontario.

Timmins, ON, had big contingents at the 1975 Northwestern Quebec Regionals in Rouyn, QC. Nevertheless, Coach Walter Blake could never find a good facility to handle big numbers in Timmins, ON.



Larry Sheppard, Timmins, ON.



Bill MacAuley, Timmins, ON

Ontario Senior Weightlifting Championships					May 10, 1975
McArthur High School, Ottawa, Ontario					
Name	Bodywt.	Club	Snatch	C & J	Total
<u>52 kilo class</u>					
Dave McLeod	50.1	Stoney Creek	55	67.5	122.5
<u>56 kilo class</u>					
Harold Norville	55.8	U/A -Oshawa	87.5	112.5	200 @
Zig Grzelewski	53.1	Thunder Bay	70	85	155 #
Norm Pilon	52.2	Elliot Lake	67.5	82.5	150
<u>60 kilo</u>					
Ken Miller	59	Sarnia T.A.C.	77.5	102.5	180
John Brogly	58.9	Stoney Creek	75	95	170
Fern. Buccione	59.7	Trojan, Ottawa	72.5	95	167.5
Ned Greenspan	60	Trojan, Ottawa	67.5	92.5	160
Roger Hayes	57.6	Apollo	67.5	-	-
<u>67.5 kilo</u>					
Larry Sheppard	66.1	North Bay	102.5	120	222.5
Ron Hayes	62.9	Apollo	85	115	200
John Bourgoin	61.5	Woodstock W.C.	82.5	105	187.5
Terry Murphy	64.5	Apollo	80	102.5	182.5
<u>75 kilos</u>					
Kaname Niimura	74	Toronto	120	155	270
Terry Hadlow	72.4	Elliot Lake	110	135	245 #
Bob Charlebois	74.5	Trojan, Ottawa	97.5	140	237.5
Denis Brillion	74.8	Sarnia T.A.C.	102.5	127.5	230
Jim Ridge	73.4	Stoney Creek	85	107.5	192.5
Don Robitaille	74.9	Trojan, Ottawa	-	152.5	-
<u>82.5 kilos</u>					
Paul Barrett	80.4	Apollo	112.5	145	257.5
Ralph Roy	82.2	Coniston	110	130	240
H. Vinkenleugel	82	Woodstock W.C.	87.5	110	197.5
<u>90 kilos</u>					
Art Walt	89	Apollo	137.5 @	162.5	300 @
Gary Walt	89.2	Apollo	127.5	160	287.5
Grant Matthew	89.3	Trojan, Ottawa	115	155	270
Gary Bennett	88.8	Peterboro	112.5	145	257.5
Caesar Dias	84.7	Toronto	112.5	142.5	255
Bob Davidson	86.8	Trojan, Ottawa	102.5	150	252.5 #
Jack McDonald	86	Sarnia T.A.C.	112.5	130	242.5
<u>110 kilos</u>					
Bob Santavy	101.4	Santavy A.C.	127.5	180	307.5
Bill McAuley	104.4	South Porcupine	117.5	157.5	275
Don MacNeill	91.9	Sarnia T.A.C.	112.5	135	247.5
<u>Super</u>					
Russ Prior	112.1	Trojan, Ottawa	152.5	207.5 **	360 **
Marc Cardinal	114.5	Trojan, Ottawa	120 #	165 #	285 #
Albert Yanko	116.9	Trojan, Ottawa	115	150	265

** Canadian & Commonwealth records # Canadian & Ontario Teenage
 @ Ontario Senior records # Ontario Teenage records
 Prior also successfully snatched 162.5 on a 4th attempt for another Commonwealth-Canadian record.

Pharmacist Rob Macklem, Alberta, won gold at the 1975 Canada Games and later lifted for BC. For a good while he was considered the premier weightlifting photographer in the world. His real experience as a lifter has no doubt helped him catch lifts at just the right moments.

Welder Oleh Markiw, won the first Alberta recognized Canadian Championship in 1975 after dropping a category to take the 67.5s.

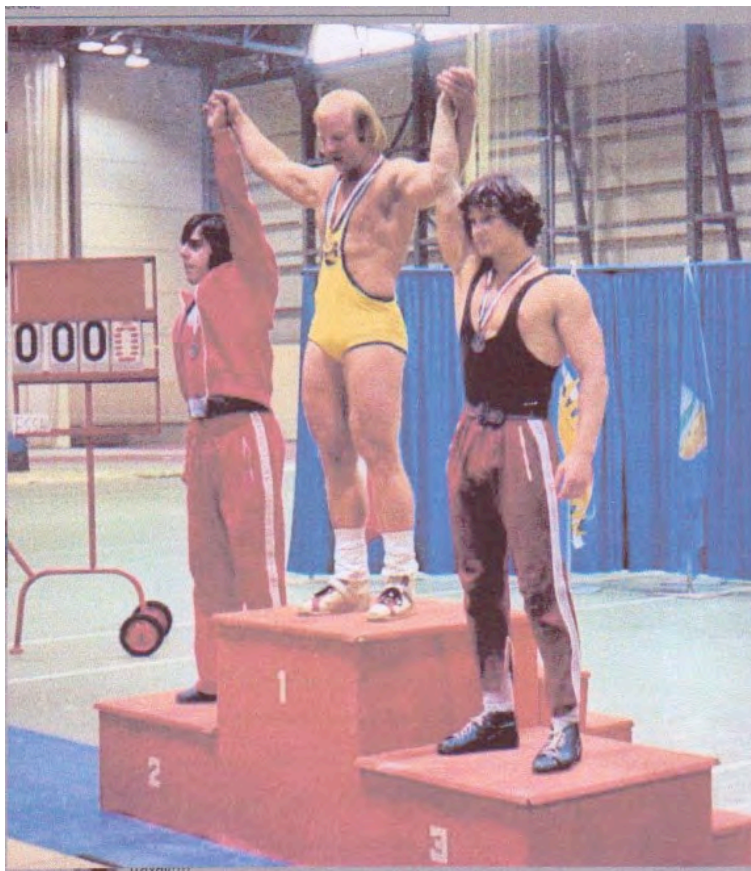
Russ Prior, in Wes Woo's mind was one of the most determined and best performing athletes Canada ever produced. The achievement produced at the 1975 Pan American Games in Mexico was a sight to behold. Prior contracted a flu like symptoms days before his competition. Wes remembers the doctor looked and examined the prostrated Prior and said "You should be dead!" He certainly didn't look fit enough to be in the room with us, let alone lift in a few days. Things were glum in the Village, no athletes on the Canadian team had won any medals, let alone gold.

Prior got himself out of "death bed" the morning of the competition. Tested himself with a few stretches and shakes and deemed ready to go. Prior commenced with 152.5 then 162.5 garnering a slight lead over Mark Cameron his U.S. counterpart. Cameron did slightly less. In the clean and jerk Prior was successful with 200. This necessitated Cameron to wait out Prior after an initial starting attempt.

Rather than have Prior tried his second, Wes told Prior that we will wait him out. This even shocked Prior! Wes said that he wanted to let Mark go twice. We waited. Mark Cameron tried 212.5 kg twice missing it twice. Canada had won 3 gold medals! It even shocked the Cubans who came over and congratulated Wes for the coaching. As Manuel said "good coaching". It really wasn't Wes of course, it was Prior.

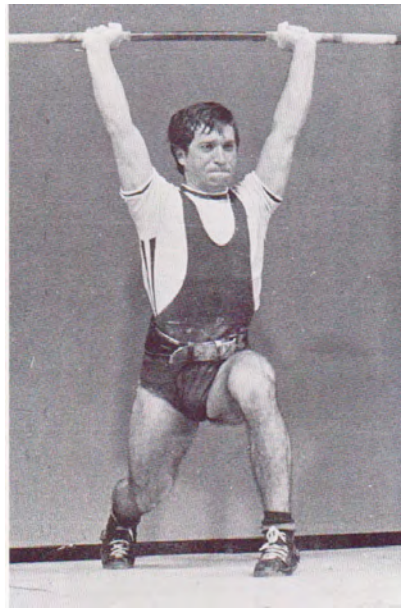
Marc Cardinal was another lifter that was or could have been a world beater. Tamas Ajan of Hungary, General Secretary IWF stated that of any superheavyweight he knew or heard of, he thought Cardinal "could be a superheavyweight champion of the world if he desired so"

The CWFHC has hired Mr. Paul Tremblay as its Executive Director working out of Ottawa. The Executive Committee of the CWFHC was now: President Ken Carr-Braint; 1st Vice President George Allen; 2nd Vice President Philippe Saint-Cyr; Secretary Les Butler and Treasurer Jack Gilchrist.



82, 5 kg; 1975 Canadian championships
 2nd Paul Barrett; 1st Chris Dariotis; 3rd Bert Squires

Cat.	I st	XXXXVI Th	VII Th
Kg	Junior World Championships Marseille, FRA. July	Senior World Championships Moscow, URS September	Pan American Games Mexico, MEX 12-26 October
52			
56	Robert Rudek 12th		
60	Raymond Derouin 13th		Douglas Robertson 5th
67.5	André Rioux 26th		Michel Mercier --
	Garry Bratty 20th		
75	Ricki Smith ---		Pierre Charbonneau
	Richard Turnblom 5th		Daniel Robitaille 3rd
82.5			Paul Barrett 6th
			Richard Turnblom
90	Mario Leblanc ---		Wayne Wilson 4th
			Art Walt 5th
100			
110	Wayne Smith 7th		Russ Prior 1st
			Robert Santavy 3rd
+110	Jocelyn Legault 3rd		
Coaches	George Allen		Wes Woo
	Jules Sylvain		
Leader	Al Atamanchuk		William Gryfe
Referees	Philippe Saint-Cyr		Dresdin Archibald



Pierre Charbonneau

1976

In 1976 there was considerable animosity at the national level stemming from various new and old disputes between mainly Ontario and Quebec. These provinces had also dominated the administration as well as the athletic side for many years. It was decided that an honest broker from elsewhere might cool things down. Accordingly Rolf Kugelstadt was chosen as the new CWFHC president at the 1976 AGM.

Rolf Kugelstadt, Alberta, was the administrative person of the 1970's in his Province, although Rolf also coached his W. P. Wagner high school and Tofield community clubs. Rolf served as AWA president from 1971-76 and as CWFHC president from 1976-1980 and 1984-85.

The Albertan Eric Rogers had been training in private for some years before he decided to enter the 1976 Provincials. He shacked all present as we won the 67.5s and took best lifter after having to lift in the "B" session due to his being a novice. He went to the Nationals in his second meet.

In 1976 Alberta sent Darryl Schultz, Jim Czelenski, Peter Redweik, Ken Fenske and Dresden Archibald to lift in Jim Schmitz' Pacific Open event in San Francisco.

Russ Prior kept telling Aldo Roy about the Carleton University set up and wanted the club to move the operation to his old alma mater. Just

prior to the 1976 Olympics in Montreal when everyone thought that Canada's athletes were training in the best facilities in the world Russ and the rest of the gang literally trained in "shit".

Once per year, in the summer, an Agricultural Fair took over Lansdowne Park. The cows were housed in our training area for weeks at a time and there was little we could do to prevent this colossal mess. Literally, Aldo remembers, Russ and him shoveling "cow manure" off the platforms for him and the others to train! That did it. They had to move!

Russ Prior and Aldo complained to whoever would listen but, to no avail. Russ's grim determination to do well at the Olympics kept him going. He persevered and his results in Montreal spoke for themselves.

Adversity for the "Great Ones" always seems to be followed by "Great Success" and in Russ Prior's case we know the rest of the story! He went on and finished in 9th place in the 110kg cat. With a lift of 167.5kg in the snatch he won a Bronze medal in the Snatch competition of the World Championships section of these Games! Not bad for a guy who had as training partners "shitty Cows".

By the end of 1976 the Ottawa Club was training at Carleton University. Mr. Love, I believe, was our contact and he provided us with a training room that housed 4 platforms and had no windows. It was small but, the atmosphere of "blood, sweat and tears" was fantastic for hardcore weightlifting!

The Senior Canadians took place at New Westminster, B.C. on May 22 and 23. Yves Carignan established two senior Canadian records with a snatch of 132.5 kg and a total of 235 kg in the 56 kg category. Russ Prior made three new Canadian and Commonwealth records in the 110 kg category. The Senior Canadians champions were: 52 kg Chun Hon Chan; 56 kg Yves Carignan; 60 kg Doug Robertson; 67.5 kg André St. Jean; 75 kg Kaname Niimura; 82.5 kg Pierre St. Jean; 90 kg Chris Dariotis; 100 kg nil; 110 kg Russ Prior; +110 kg Jean-Marc Cardinal.

Maurice Allan was named Chef de Mission for the Canadian Olympic team for the 1976 Summer Olympic Games.



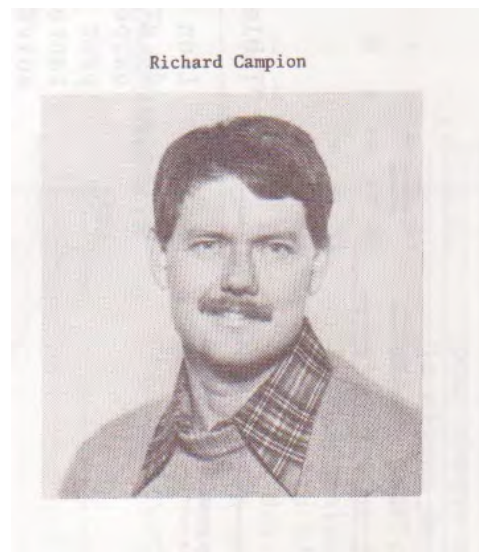
1976 Canadian Olympic Weightlifting Team – Montréal.

Yves Carignan 56 kg; Pierre St-Jean 82,5 kg (Pierre pronounced the Olympic Oath for all athletes of the 1976 Olympic Games); Robert Bob Santavy 110kg; Russ Prior 110kg; Wes Woo coach.

In Alberta there is a new President in the person of Roy Sinclair. He will hold that position for two years.

One of the greatest moment of pride for Mr. Saint-Jean was definitely at the opening ceremonies of the 1976 Olympic Games, in the Olympic Stadium, when his son Pierre, one, if not the best weightlifter produced by Canada, pronounced the Oath of the athlete for all the athletes of the world in a huge crowded stadium before millions of viewers and spectators scattered around the world. Pierre was a member of many Canadian weightlifting teams at international competitions including the 1976 Olympic Games, in his home town.

Another first for Canada was the role played by Richard Campion, Canada, who was chosen by the IWF as the Assistant Announcer at the 1976 Montreal Olympics. Oscar State was the announcer and announced the «A» Group competitions. As Assistant Announcer, Richard announced the «B» Group competitions.



At the Montreal Olympic Games, in the weightlifting events, we witnessed for the first Games, the disappearance of the press, opening the way for the biathlon - snatch and clean and jerk.



In November 1976, for a period of a year, Chouinard became Executive Director for the F.H.Q., a part time position. The position consisted in finding new approach to modern weightlifting. The position lasted until May 1977.

In our Sport, the Olympic Games truly represent the ultimate apex in one's career. It takes, in most cases, over 10,000 hours of hard training (The Outliers, Caldwell) and the sacrifices that go with that are enormous. Sometimes, it is related in dollars and cents, sometimes in broken human relationships and at other times, the costs are forever ingrained in one's psyche. Whatever, the case may be, to reach the Olympic Heights is truly an outstanding HUMAN endeavor.

This year Marc Cardinal was snatching over 136 kg and clean and jerking over 182 kg. He did his first 400 lbs C & J in a Teenage Meet in Washington, D.C. at the age of 19 and bodyweight of 119 kg and thus became the youngest Canadian to have broken the 400 lbs barrier. Marc who later became a medical doctor in Blackfoot, Idaho was a fierce competitor and like many of Aldo's lifters to follow had total trust in Aldo's selection of his competition weights. Sometimes Marc would question a call but, once explained his job was to make the lift. Marc had so much confidence in his abilities that no matter what the increment was Aldo would have never bet against him making said lift.

Important of these games in Montreal, and indirect benefits by taking a step back, include the event which aroused the curiosity of young Quebec weight lifters and more particularly that of Alain Bilodeau of St Isidore de LaPrairie, QC, which later asked his father about the possibilities of taking weightlifting. His father, Leonard Bilodeau, responded very well to the call of his son and ventured into the world of strongmen to eventually implement a local club, school structures and finally provide, during several years, hundreds of young weightlifters affiliated with the FHQ. Three of his sons, Alain, Sylvain and Jocelyn, were members of international weightlifting teams and himself was coach on other international teams as well.



Small comical fact; the pictogram used for the 1976 Montréal Olympic Games had an error. Its designer was not familiar with weightlifting and he designed the athlete at a time where he prepares to start his snatch and is already in the split position. Look at his left knee! When the mistake was noted it was already too late, the logo was in production in the workshops.



The Bulgarian team winner of the 1976 Olympic Games with May Chouinard and Claude Ranger.

Anafas Shopov 90 kg (bronze); Blagoi Blagoev 82.5 kg (silver); Trondafil Stoichev 82.5 kg (bronze); Krastio Semerdjiev 110 kg (silver but, later disqualified for a positive test).

Cat.	II Nd. Junior World Championships Gdansk, POL 6 - 13 June	XXXXVII Th Senior World Championships Montreal, CAN	XXI st Olympic Games Montreal, CAN	
52				
56		Yves Carignan	Yves Carignan	--
60	Garry Bratty			
	Raymond Derouin			
67.5	Pierre Duplain			
	Denis Dubreuil			
75	Ricki Smith			
	Richard Turnblom			
82.5	André Rioux	P. Saint-Jean	P. Saint-Jean	--
	Terry Hadlow			
90				
100				
110		Robert Santavy	Robert Santavy	17th
		Russ Prior	Russ Prior	10th
+110				
Coaches	Jules Sylvain	Wes Woo	Wes Woo	
	Ron Greavette			
Leader	Paul Tremblay	Ken Carr-Braint	Ken Carr-Braint	
Referees	Jules Sylvain			
Officials		P. Saint-Cyr	Philippe Saint-Cyr	
		Jack Gilchrist	Jack Gilchrist	

Richard Campion	Richard Campion
Wilf Gryfe	Wilf Gryfe
Yvon Chouinard	Yvon Chouinard
Norman Bratty	Norman Bratty
Don Buchanan	Don Buchanan
Jules Sylvain	Jules Sylvain
Normand Ménard	Normand Ménard
Dieter Stamm	Dieter Stamm
Dresdin Archibald	Dresdin Archibald



Dr. Aumont, G. Schodl, Oscar State, P. St-Cyr, M. Allan



The 1976 Sports Picture of the Year: Lennart Dahlgren, Sweden, 10th in the 110 kg At the bottom: Mario Leblanc, André Dionne, Yvon Chouinard and Philippe Hedrich

1977

A new President emerged in Alberta. He is Ed Fergusson. He will occupy that position until the end of the year 1981.

In May the F.H.Q. had 864 registered members in the Québec Federation for the year 1976/1977.

The Quebec Senior Provincial Championships were held at Chicoutimi, P.Q. on 18 June. Michel Mercier of Abitibi was the outstanding lifter with a new Canadian snatch record of 105 kg in the 60 kg category.

Rolf Kugelstadt became President of the CWFHC.

Richard Champion served as Vice-president Technical, IWF, from 1977-1979.

"The Eye of the Tiger" was strongly felt in the Ottawa Trojans' room and as a result, many of the Trojans who benefitted from environment became major players on the Provincial, National, and Commonwealth, Pan-American, World and Olympic stages.

Aldo Roy had been coaching since the beginning of the 70's and both Captain Robertson and Aldo had begun to develop great young lifters from their own Ottawa High Schools. Later, Aldo made a concerted effort to recruit prospects from all over Canada. Part of his belief was that the more good athletes you had training and working together the more

"positive atmosphere" would develop and the better all would become. The caveat to this model was money! A lot of the recruits because of "funds" could not stay the course and those that did, even with Sport Canada Funding lived way below the "poverty line". So, for those who persevered, success at one end of the spectrum rewarded them, not in monetary terms but, in deeper and inner feelings of personal fulfillment.

Aldo Roy did not turn away anyone. He knew that if they didn't become lifters, at least they would have a healthy hobby to pursue for the rest of their lives. Also, every organization needs "hands" to do things and as these young men and women aged the services rendered to the betterment of the Club augmented. Finally, every weightlifting club needs these athletes not only to go through the monotony of training but, to be there for encouragement and support for those who would carry the torch in Olympic competition. Easing up the tension through jokes etc was another form of help provided by the everyday grinders.

Aldo truly believed that a sport club was nothing if it only had one or two elite athletes. The Journey to the top lies in the thousands of hours devoted to the activity that you do. The support of the "dark horses" who also trained and trained along with the elite was therefore, necessary.

The environment created was not only his doing but in large part it was due to all the guys and gals who on a daily basis sweated and fought against the pull of "gravity" in that little gym. The names are too numerous but unforgotten.

In Elliot Lake, ON, CLUB ELITE was founded by former Atomic club member of the same city, Daniel Robitaille, in a school of 250 students.

This club was the springboard to such athletes as:

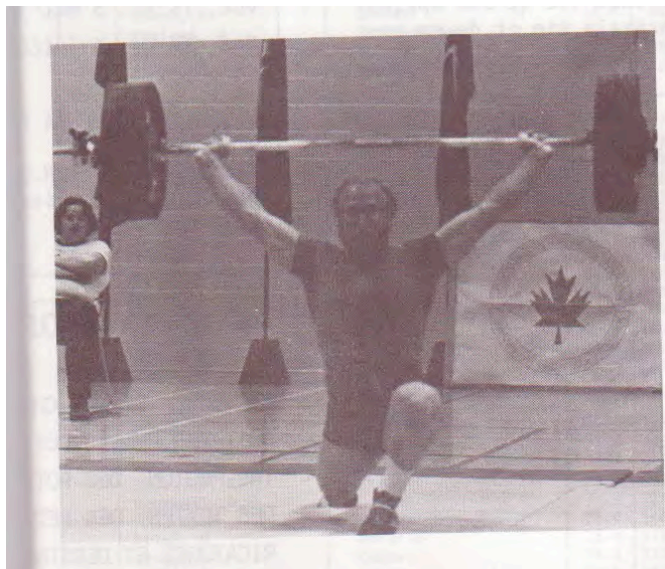
- Dennis VanLaeken (National team member during the 80's,
- Normand Pilon, named three consecutive years on the Junior National world Championship team (1979-1981),
- Julie Malenfant, who was to become the first Canadian woman ever to win a medal in the TOTAL at a world championship,

Hundreds of young men and women practiced weightlifting in this tiny community.



The Senior Canadians were at Edmonton, Alberta this year from May 20 to 23. The 1977 Nationals were once again held in the U.of A. Theatre in Edmonton, but this time they were considered as dry run for the Commonwealth Games. Because of that the new IWF General Secretary Tamas Ajan was in attendance. Albertans were now becoming comfortable in the presence of international dignitaries. Alberta WL people were now getting quite comfortable in the presence of elite athletes this would help in raising the overall standards in the years to come.

The following athletes were crowned Senior Canadian Champions: 52 kg Chun Hon Chan; 56 kg Mario Phaneuf; 60 kg Michel Mercier; 67.5 kg Garry Bratty; 75 kg Daniel Robitaille; 82.5 kg Chris Dariotis; 90 kg Carman Adair; 100 kg Wayne Smith; 110 kg nil; +110 kg Russ Prior.



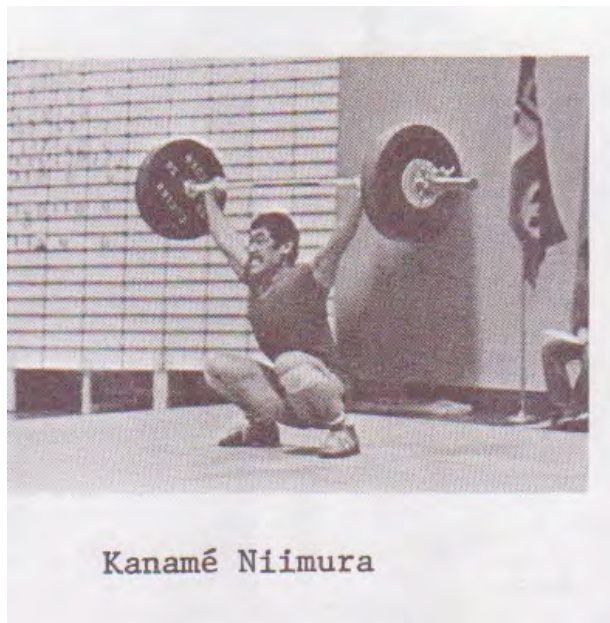
Daniel Robitaille

Dr. Roy Sinclair, Alberta, was introduced to the weights by his father back in the 1940s. His Math Ph.D. from the Massachusetts Institute of Technology ultimately inspired him to develop the now universal Sinclair Formula used to normalize the performances of athletes with differing bodyweights. He is now in the Alberta Sports Hall of Fame. Prior to this Canada and the US used the Hoffman Formula to determine the best pound-for-pound lifter in each event. While this Hoffman formula was adequate when first formulated in 1938 it eventually grew outdated. After a discussion with engineer and lifter Ken Christensen the "Sinclair" was developed in 1977, perfected in 1978 and updated each Olympiad since then. Also Roy refers to him simply as "The Formula". Roy served as provincial president twice (see below) as well as national vice-president from 1979-83.

Another important person in Alberta was Ed Fergusson. For the people in Alberta, he is a refugee cowboy from drought stricken Saskatchewan who coached at Eastglen and M.E. Lazerte high schools, doing two tours of duty at each. Ed was referred to as "Mr. Provincials" in Alberta since he was usually its meet director from the 1970s to the 2000s. Although he retired to Vancouver Island in 2005, he is often seen competing in Alberta, especially the Provincials. Ed is a carpenter and introduced the **wooden** 2.5 and 5 kg plates to a breathless world. He also built most of the Alberta platforms over the years as well as coached many young athletes. Ed excelled as a "breaking-in" coach. They would often start with "Ferg" and then graduate to Larry Mather or others.

Maurice Allan became Secretary Treasurer of the Canadian Olympic Association, position he was going to hold until his death in 1991.

Pierre Saint-Jean announced his retirement from weightlifting competition. He recently graduated as an Engineer and could now place the initials B. Sc.A. ING after his name. He has had a terrific weightlifting career.



Kanamé Niimura

The following persons received their International Referee card - 1977.

- Chouinard Yvon, QC. Category 1
- Hedrich Philippe, QC. Category 1
- Saint-Cyr, Philippe QC, Category 1
- Sylvain, Jules, QC, Category 1

Cat.	III rd Junior World Championships Sofia, BUL 9 - 17 July	XXXXVIII Th Senior World Championships Stuttgart, FRG	
52	Luc Chagnon		
56	Luc Deniger		
	Mario Phaneuf		
60	Michel Pietracupa	Michel Mercier	15th
	Raymond Derouin		
67.5	Pierre Duplain	Gary Bratty	20th
	Réjean Picard		
75	Robin Paquette		
	Richard Turnblom		
82.5	Terry Hadlow	Larry Burke	17th
90		Robert Santavy	12 th
		Wayne Smith	16th
100			
110			
+110		Marc Cardinal	10th

Coaches Normand Ménard
Ron Greavette

Leader
Referees Mac Game

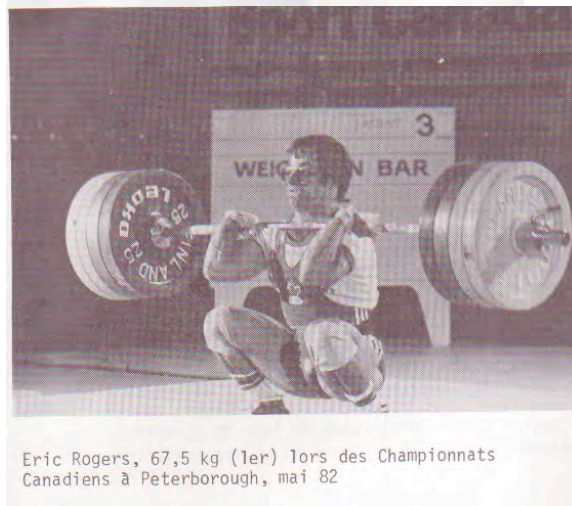
1978

While it would not be until the mid 80s that the IWF would approve women's weightlifting; in 1978, at a contest in Elliot Lake, 13 year old Christina Roy (Ralph Roy's daughter) stepped on the platform and lifted with the boys. So, she may have been the first competitive female weightlifter in Ontario and one of the earliest in Canada. Nevertheless, with few opportunities to compete or excel, Christina gave way to her brother Kevin. Then, Kevin, "The Moose", sometimes known as, "The Bull's son", went on to exceed the exploits of his famous father and uncle.

The Senior Canadians are held this year at Moncton, N.B. on May 20 and 21st.

You knew that the "man" was ready, even when disaster struck as it did at the Nationals in Moncton, 1978. After the weigh-in, Russ Prior had cramped up so badly that no one expected him to rise from the floor, let alone lift in the contest. However, only a few persons out there knew the kind of determined guy he was and they had no doubt that he would rise from the floor, warm-up and compete. That night, Russ snatched 157.5k g and clean and jerked 200 kg and of course, won his class.

The following weightlifters were named Senior Canadian Champions:
52 kg Chun Hon Chan ; 56 kg Luc Chagnon ; 60 kg Michel Mercier ; 67.5 kg Garry Bratty ; 75 kg Daniel Robitaille ; 82.5 kg Robin Paquette ; 90 kg Terry Hadlow ; 100 kg Robert Santavy ; 110 kg Russ Prior ; +110 kg J.-Marc Cardinal.

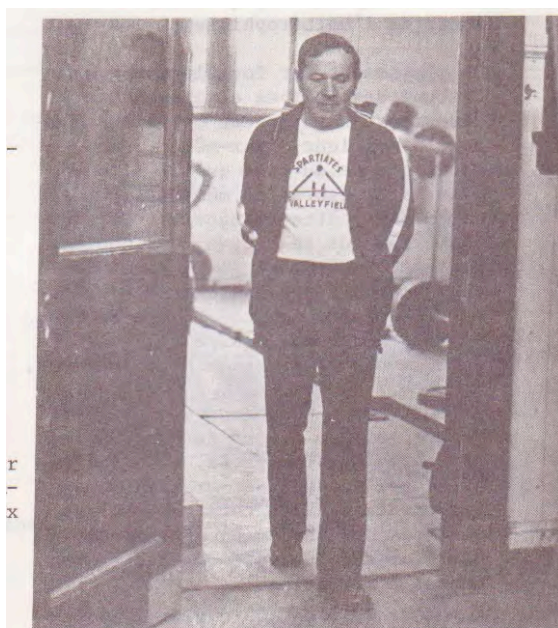


Eric Rogers, 67,5 kg (1er) lors des Championnats
Canadiens à Peterborough, mai 82

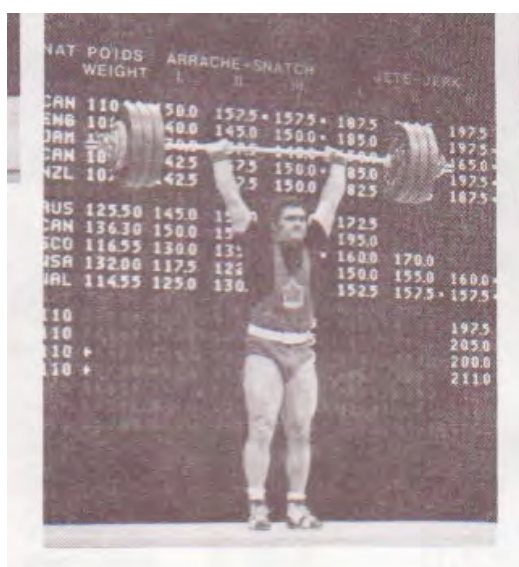
Rolf Kugelstadt

Eric Rodgers

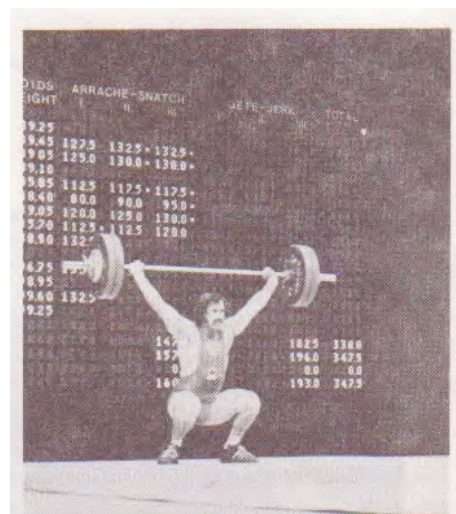
Dr. Augustin Dziedzic of the University of Warsaw was retained and gave a series of weightlifting clinics across the Province of Quebec. He was teaching weightlifting to physical education students at that University. He was probably the best known person of the world in that field at the time. He visited most of the weightlifting clubs located in the Province of Quebec from March 13 to 27.



M. Dziedzic lors de la visite d'un club.



Russ Prior



Bob Santavy, 155.0kg



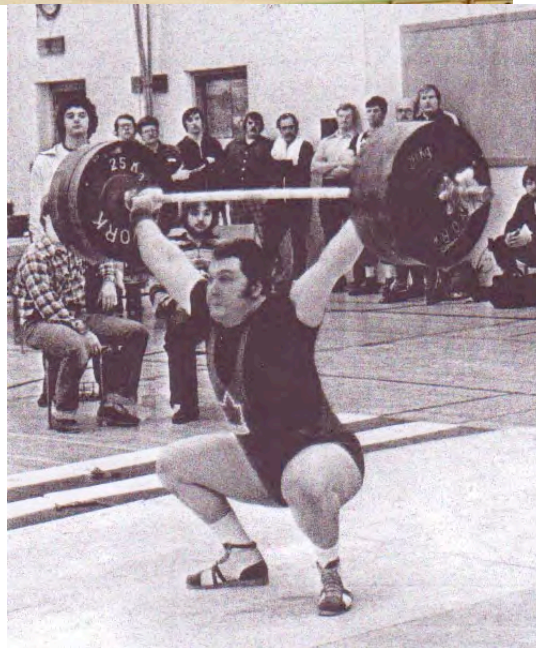


1978 Commonwealth Games, Edmonton, Alta, CAN - Canadian Weightlifting Team

Team members: Michel Mercier 60kg; Darryl Schultz 60kg; Eric Rodgers 67,5kg; Garry Bratty 67,5kg; Kaname Niimura 75kg; Terry Hadlow 90kg; Robert Santavy 100 kg; Russ Prior 100kg; Wayne Smith 110kg; Marc Cardinal +100kg; Wess Woo Coach; Jack Gilchrist Manager.

The 1978 Commonwealth Games were finally a reality that summer after waiting since their awarding at meetings held at the time of the Munich Olympics. Dresdin Archibald and Roy Sinclair refereed while many other Albertans were involved in the running of the meet. Larry Mather was the sport Coordinator and sat with wide Clareece, the Queen, Prince Philip and Commonwealth WL President Phil St. Cyr when Precious MacKenzie won his 4th Commonwealth Gold. Daryl Schultz and young lifter Keith Martin sat with Princes Andrew and Edward respectively. This event has been the highlight of our history and is well remembered by all. It imbued Albertans with enthusiasm for years before and after.

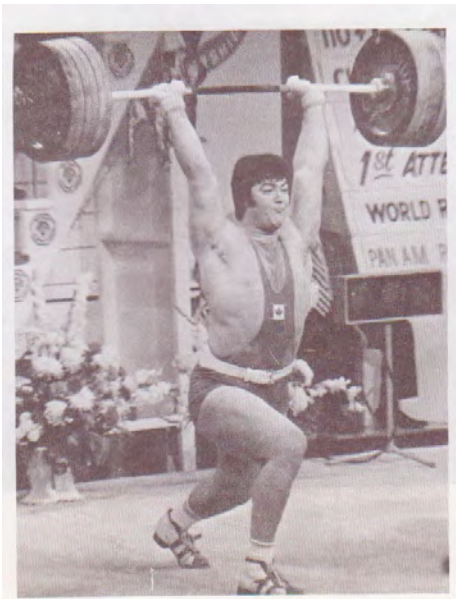
The XI Commonwealth Games took place in Edmonton, Alberta. Weightlifting was set for August 4 to 8. Richard Campion announced at the Weightlifting events of the Edmonton Commonwealth Games. They were the first "Commonwealth Games" previously they were named the British Empire Games.



Guy Greavette

Russ Prior 172.5 kg heaviest
Canadian snatch.

By '78 Dan Robitaille had moved back to Elliot Lake, ON, and due to a back injury his career was cut short. He should have been able to make the '80 Olympic Team but, other things waited him. Eventually, he became one of our top National coaches and one of his personal athletes, Julie Malenfant, won a Bronze medal in the 63kg category at the 1993 World Championships.



Marc Cardinal - 205 Kg



Brent Garrett



Marc Cardinal celebrates his first place super-heavyweight lift at the Commonwealth Games.

The following persons received their International Referee card - 1978.

- Archibald, Dresdin, AB, Category 1
- Buchanan, Donald, ON, Category 1
- Sinclair, Roy, AB, Category 1

	IV Th	IL Th	XI Th	
Cat.	Junior World	Senior World	Commonwealth	
Kg	Championships	Championships	Games	
	Athens, GRE	Gettysburg, USA	Edmonton, CAN	
		4 - 8 October		
52				
56	Mario Phaneuf			
	Luc Chagnon			
60	Raymond Derouin	Raymond Derouin	Michel Mercier	1st
60	Michel Pietracupa		Darryl Schultz	3rd
67.5	Guy Greavette	Eric Rodgers	Eric Rodgers	5th
67.5	Gilbert Simard	Pierre Duplain	Garry Bratty	6th
75	R. Chrétien	Robin Paquette	Kaname Niimura	4th
	Marc Pilon			
82.5	Robin Paquette			
90	D. Swinnerton	Terry Hadlow	Terry Hadlow	2nd
		Larry Burke		
100			Robert Santavy	3rd
110			Russ Prior	1st
110			Wayne Smith	2nd
+110		Marc Cardinal	Marc Cardinal	1st
Coaches Normand Ménard				
Leader			Wess Woo	
Referees			Philippe Saint-Cyr	
			Yvon Chouinard	
			Drisdan Archibald	
			Ian Meadows	
			Rolf Kugelstadt	
Jury President			Philippe Saint-Cyr	
Asst. Gen. Team Mgr.			Philippe Saint-Cyr	

1979

18 to 20 May, weightlifters gathered at Sudbury, Ontario for their senior Canadians Championships. The athletes herewith were crowned Senior Canadian Champions: 52 kg V. Sharma; 56 kg Michel Viau; 60 kg Raymond Derouin; 67.5 kg Garry Bratty; 75 kg Kaname Niimura; 82.5 kg Carman Adair; 90 kg Larry Burke; 100 kg Albsert Squires; 110 kg nil; +110 kg nil. Rolf Kugelstadt of Tofield, Alberta was re-elected as the President of the CWFHC.

As they say, all good things come to an end. In Marc Cardinal's case the beginning of the end of his short lifting career occurred in March of '79 when he herniated five discs while pulling an insignificant weight. He did comeback however, and in December of '79 he C & J 222.5 kg in Tokyo which no Canadian Super heavyweight had ever matched.



Front: Ned Greenspan; Alex Fera.
Back: Robert Leclair (coach); Kevin Roy; Rolly Chretien; Norm Beneditti; Ralph Roy (coach)

The 1979 Canada Games were held in Brandon, MB and were restricted to juniors, as were all subsequent versions. Alberta had a full team. Ditto the 1979 Western Canada Games held for seniors in Saskatoon. Darry Schultz won 60 gold in the same room he won the Canada Games four years earlier.

Richard Champion was named, as a paid employee, to the position of Technical Director of the CWFHC, a position he held in Ottawa, Ont., until 1985.

In the late 70's, Henry Lambert, a Kirkland Lake firefighter, used his connections to convince the Kirkland Lake Recreation Department to include a fitness room, along with weightlifting platforms and bumper sets, in the plans for the Joe Marvinac Community Complex. Henry already had a small following of lifters, including Rocky Charbonneau and Chris Snowdan; and when "The Mavrinac" opened in 1979; a whole host of new youngsters came on board to learn the lifts. In this group were future champions Larry Robinson and Mike Menard, along with OWA official and executive member, John Whelan.

In 1979, before moving to Ottawa, Ron McAuliffe was a member of the Ontario team to the Canada Winter Games in Brandon Manitoba.

Larry Sheppard's platform and barbell set stayed at the North Bay YMCA throughout the 1980's, and various lifters such as Mike Wharam, formerly of Coniston, and Mario Robitaille, of LaSarre, made good use of the equipment. Meanwhile, having retired from weightlifting, Larry Sheppard did his best to develop a top notch powerlifting team, which also included a number of Canadian champions, and some World Special Olympics gold medalist.

In BC an East Indian boy, who had arrived in Canada in 1975, at the age of 13 years old, was entering his very first weightlifting competition - an East Indian tournament, in Williams Lake, 750 km North of Vancouver. The family had bought a set of York weights from the USA the weights were in metal, 140 kg set. He was working out in the basement of the house. He started lifting weights, clean and jerk, by watching weightlifting on TV. His name is Major Lider.

At 17 years old, he cleaned and jerked 120 kg (265 lbs) at the body weight of 93 kg (205 lbs). Only East Indian people competed.



1979 Pan-Am Team

Front: Kaname Niimura; Eric Rodgers; Raymond Derouin; Gary Bratty; Michel Mercier.

Standing: Philippe Hedrich; Terry Hadlow; Wayne Smith; Marc Cardinal; Burt Squires; Larry Burke; Aldo Roy.

	V Th	L Th	VIII Th
Cat.	Junior World	Senior World	Pan-American
Kg	Championships	Championships	Games
	Debrecen, HUN	Thessaloniki, GRE	San Juan, PUR
	16-23 June	1 November	1-15 July
52			
56	Luc Chagnon		Raymond Derouin

	Gilles Desmarais	Luc Chagnon	5th
60	Luc Deniger	Michel Mercier	5th
	Michel Viau		
67.5	Michel Pietracupa	Jacques Giasson	3rd
	Yves Lefebvre	Gary Bratty	4th
75	Guy Greavette	Eric Rodgers	2nd
	Norm. Pilon		
82.5	Kevin Roy		
	Rolly Chrétien	Kaname Niimura	6th
90		Burt Squires	
	Terry Hadlow	Terry Hadlow	2nd
100		Larry Burke	--
110	Bert Squires	Wayne Smith	4th
+110		Marc Cardinal	2nd
Coaches	Normand Ménard Jules Sylvain	Philippe Hedrich	
	Ralph Roy	Aldo Roy	
Leader	Philippe Saint-Cyr	Bob Devolin	
Referees	Maurice Allan	Al. Wing	
		Lionel Saint-Jean	

1980

February 3, Lionel St. Jean received from the Canadian Committee Pierre de Coubertin, a medal for his contribution to Amateur Sport and more so for weightlifting over the years.

When the writer asked Wes Woo about the qualities required to become a successful weightlifting coach here is the answer I received: "A coach should also be able to glean information from other sports. I always read Track Technique a magazine that had nothing to do with weightlifting but had important training information. All or none may be applicable to weightlifting but is a broad base of information. While coaching my athletes I used to read training methods of horse trainers (race). I also found training methods of rowers interesting. I think even professional coaches should read more of other sports. Periodization is an important aspect of training. Tudor Bompa wrote a good book on it. Has anyone ever saw it on the shelf at a bookstore and wonder what it is all about? Aside from weightlifting and weight training for other sports, try to investigate a topic on nutrition or psychology. Try to enquire, is this going to help my athlete, even a little. The concern for the welfare of the athlete will generally mean the athlete will return the favor performance wise".

By the 1980s Alberta weightlifting had matured to a certain extent. Lifters came and went as they always do but they were doing so at higher levels than before. Due to Alberta's smaller population they would never have large numbers of lifters but did manage to produce the usual number of Nationals qualifiers. Dresdin Archibald took over from Rolf Hugelstadt in 1980 and was succeeded by him as well, making a full nine years where the CWFHC had Albertan presidents.

The Senior Canadian Championships were held at Regina, Sk., The following lifters were crowned Senior Canadian Champions: 52 kg Chun Hon Chan; 56 kg Rod. Gautreau; 60 kg Michel Mercier; 67.5 kg Jacques Giasson; 75 kg Eric Rodgers; 82.5 kg Robin Paquette; 90 kg Terry Hadlow; 100 kg Mario Leblanc; 110 kg nil; +110 kg Jean-Marc Cardinal.

In 1980 Philippe Saint-Cyr was elected on the IWF Technical Committee for a four year period. His most impressive performance was the restructuration of the IWF rule book in a more convenient manner since before there was no logical order to find information in that rule book. He put in place the numbering of the pages and paragraphs. He was assisted by Philippe Hedrich as a great resource person. Saint-Cyr also ensured himself that the French and English versions of the book were professionally translated and accurate. The same work was also performed by Saint-Cyr with the IWF Constitution.

At the 1980 Moscow Olympic Congress, Richard Campion of the CWFHC was elected to the IWF Scientific and Research Committee, serving until the 1988 Seoul Olympics. During these two Olympiads, he participated in IWF international meetings and in special congresses organized by their committee (Tatabanya, Hungary, Bad Blankenburg, German Democratic Republic; Varna, Bulgaria). At Bad Blankenburg he was one of the guest lecturers. Under the auspices of the IOC Solidarity program, he gave weightlifting courses in Patiala, India, Colorado Springs, USA and Seoul, South Korea. These courses were designed for nations that were to host major international Games which included weightlifting in their program.

The Junior World Championships were held for the first time in North America, in Montreal, P.Q. It was called HALTERO 80. Richard Campion announced the weightlifting competition which he could do with ease in many languages.

Of the holding of the World Junior Weightlifting Championships in 1980 held in Montreal, the opening ceremonies included strength feats where appeared as main attraction Donat Gadoury from St. Jean de Matha. The 72 years old man weighing about 73 kg, could still lift a cart, weighing more than 275 kg, from the ground, by its huge axle. Mister Gadoury had exceptional strength for lifting loads and stones from the ground using his huge fingers and his back. An exhibition organized in the framework of the celebrations of the 60th anniversary of the IWF (International Weightlifting Federation) stressed the exploits of the Baillargeon family from St-Magloire de Bellechasse in Quebec - the strongest family in the world.



Dr. Roy Sinclair; Charlie Klaver; Drisdan Archibald

The IWF used for the first time the Sinclair formula to designate the best lifter at the Senior Worlds. Doctor Roy Sinclair is an official of the CWFHC, from Edmonton, Alberta. He has developed a formula in weightlifting to permit to measure efficiently the performances of weightlifters of different bodyweights.

At our 1980 Nationals, Terry Hadlow, ON, almost did the impossible. His knees were very sore and the medical doctor in Edmonton sent him to the hospital literally less than an hour before liftoff for a shot of cortisone. As time ran down in the Emergency ward Terry decided to forgo the procedure and quickly taxied back to the weightlifting auditorium. The weight on the bar in the 90 kg category was already up to 135 kg! As he arrived in the warm-up area Aldo had already planned Terry's warm up weights and in the space of less than 3 minutes he did in succession: 20 kg x 5 reps, 60 kg x 3 reps and finally 100 kg x 1 rep! Amazingly, the mighty Hadlow was ready. His 1st attempt with 140 kg just flew like nothing. His 2nd with 150 kg was even more precise and finally his 3rd with a Canadian record of 155.5 kg was easily up and over. Talk about mental fortitude! Talk about tremendous "trust" in your athlete and in one's coach!

As a Team these Ottawa's Trojans had absolutely no doubt in either the warm up procedure selected or the platform tactics that Aldo employed. This way, the Ottawa Trojans of the '70's and '80's were truly a strong force to reckon with on both the National and International scenes.

The Moscow Olympic Team members were to suffer the humiliation of President Carter's decision to boycott those Games. Most of them never got another chance to reach the Olympian heights but some made it to Los Angeles in '84.



Canadian Team to Cuba '80: Aldo Roy Coach, Rod Gautreau, Bert Squires, Raymond Derouin; Mario Leblanc; Michel Mercier; Jacques Giasson; Terry Hadlow, Eric Rodgers; Larry Burke; Denis Dubreuil and note Ralph Roy, Assistant Coach with a moustache.

Canada boycotts the 1980 Olympic Games in Moscow purely for political reasons. The Canadian Olympic team does not participate in the Games. Instead it will go to New Zealand in a few months to compete at the 1981 New Zealand Summer Games.

This year again, Major Lider competed in the East Indian weightlifting tournament at 18 years old and lifted 145 kg in C&J. That was a record for an East Indian person in BC. The following weekend he lifted 147, 5 kg in Prince George, BC.

	VI Th	XXII Nd	
Cat.	Junior World	Olympic	South Pacific Games
Kg	Championships	Games	
	Montreal, CAN	Moscow, URS	Auckland, NZ.

***Canada boycotted the Games. The team
went
to Auckland, N.Z., in January '81***

NO CANADIANS

52				
56	Michel Viau	R. Gautreau	Rod. Gautreau	3rd
	Alain Labelle			
60	Luc Chagnon			

67.5	Mario Phaneuf	R. Derouin	Raymond Derouin	3rd
		M. Mercier	Michel Mercier	1st
75	Guy Greavette	M. Pietracupa	Michel Pietracupa--	
	Jacques Demers	E. Rodgers	Eric Rodgers	4th
82.5	John Strike	D. Dubreuil	Denis Dubreuil	2nd
90	Kevin Roy	C. Klaver	Charlie Klaver	4th
100	D. Swinnerton	A. Squires	Bert Squires	2nd
		M. Leblanc	Mario Leblanc	3rd
110	Steve Diotte	W. Smith	Wayne Smith	1st
+110				
	Coaches	Wes Woo	Aldo Roy	
	Asst. coach	Aldo Roy	Ron Greavette	
	Leader Dresdin Archibald	S. Mironuck	Yvon Chouinard	
	Referees P. Saint-Cyr	Yvon Chouinard	Yvon Chouinard	
		Maurice Allan	Lionel Saint-Jean	
		Ken Carr-Braint		
	Doctor		Michel Hurtubise	

1981

Mike Mountford is now the President of the Alberta Weightlifting Association for a period of two years.

This year it was in LaSarre, Quebec, that we were having the Senior Canadians on May 16, 17. The lifters who were crowned Senior Canadian Champions are: 52 kg Marc Poirier; 56 kg Rod Gautreau; 60 kg Michel Viau; 67.5 kg Michel Mercier; 75 kg Michel Pietracupa; 82.5 kg Denis Dubreuil; 90 kg Terry Hadlow; 100 kg Carl Stevenson; 110 kg Russ Prior; +110 kg Steve Diotte.

Canada takes part at the Commonwealth championships and New Zealand Games in Auckland, NZ, January 30th to February 1st with a full team which was supposed to go to the 1980's Olympic Games in Moscow.

Auckland New-Zealand
1981 New Zealand Summer Games



Michel Mercier 1st; Raymond Derouin 3rd



Michel Mercier, Ron Greavette, Eric Rodgers
Denis Dubreuil



/ Aldo Roy, Raymond Derouin, Ron Greavette



Michel Pietracupa, Mario Leblanc, Denis Dubreuil / Aéroport Auckland Dr. Michel Hurtubise
Michel Mercier, Raymond Derouin / Hurtubise



An important event took place on April 27 when the CWFHC accepted women as full fledged members within its activities.

Teacher Wes Sullivan, a former US draft dodger from Virginia, trained at the Grierson Club in Alberta but did not stay long. He did achieve a place in our history when he moved to Whitehorse and founded the Yukon Association and brought it into the Federation in 1981.



Equipe de Terre-Neuve



Equipe de l'Alberta

Even though there were no Canadians competing at the Senior World Championships we had a presence in Richard Campion. He was the announcer at the 35th World Championships.

This year they have the BC Northern Games in Quesnel and Major Lidder was select to light the Olympic torch at the Opening Ceremonies, and be a torch bearer. He was the 1st East Indian to do such an event.



Saskatchewan Team

The following persons received their International Referee card - 1981.

- Hébert, Claude, QC, Category 2
- Schoures, Donald, ON, Category 1

	VII Th	LII nd
Cat.	Junior World	Senior World
Kg	Championships	Championships
	Lignano, ITA	Lille, FRA
	14-21 June	September

52		NO CANADIANS
56		
60	Alain Labelle	
67.5	Luc Chagnon	
75		
82.5	Mario Parente	
90	Kevin Roy	
100		
110		
+110	Steve Diotte	
Coaches		
Leader	Dresdin Archibald	

Referees P. Saint-Cyr Philippe Saint-Cyr
Announcer Richard Campion

1982

Maurice Allan was selected member of the Order of Canada by the Canadian Governor General. He was well known for his tact, diplomacy, wisdom, personal involvement and leadership which made him an excellent ambassador for Canada.

Edmonton, Alberta, held the 1982 Junior Canada Cup in Ed Fergusson's Eastglen High School and the 1983 Nationals were again held in the U. Of A. Theatre. The latter had an international flavour as a full US team competed as extras against our pre-selected team. While these athletes and events were all top quality by our standards at least they were the result of a maturing provincial association. Few events had the significance of those that had first opened up our world in decades past. One hopes this trend will continue in the years to come. We have indeed come a long way from Alberta's early days while the newer generations continue to strive to be better than all who came before.

Yukon became a member of the CWFHC. Weightlifting was practiced only in the greater Whitehorse area. The individuals responsible for its development were Wes Sullivan and Bonnie Hughes Sullivan. They were very active with the youngsters in the area.



Léonard Bilodeau



R. Zuffellato and Michel Viau

The Senior Canadians were at Peterborough, Ontario, 22 and 23 May in a convent. The warm up was taking place in hallways covered with plywood sheets. During the preparation for the different categories, the dropping of the bar on the sheets of plywood proved not be sufficient and a big hole of about 70cm appeared in the ceramic floor, under the sheets.



Training camp, Canadian team, selection of the 1982 Commonwealth Games.

Front row: Pierre Roy-asst. coach; Randy Singh-athlete; Eric Rodgers-athlete; Jacques Demers-athlete; Aldo Roy-asst. coach; Rick Haggard-athlete; Dr. André Rodrigue
 2nd row: Yvon Chouinard-Team Leader; Don Buchanan-President CWFHC; Gilles Poirier-athlete; Claude Dallaire-athlete;
 Standing up: Keith Nesbitt, Executive Director CWFHC; Larry Mather-coach; Cal Stevenson-athlete; Terry Hadlow-athlete; Bert Squires-athlete; Guy Greavette-athlete;
 Michel Mercier-athlete; Richard Campion-CWFHC.

There were 69 competitors of which 33 came from Quebec Province. The athletes who became Senior Canadian Champions were: 52 kg Alain Bilodeau (at 15 years old, the youngest ever to become Senior Canadian champion); 56 kg Steve Rajotte; 60 kg Rod Gautreau; 67.5 kg Eric Rogers; 75 kg Michel Pietracupa; 82.5 kg Guy Greavette; 90 kg Albsert Squires; 100 kg Kevin Roy; +110 kg Steve Diotte.

Eric Rodgers, Alberta, again lifted in the Commonwealth Games and also was the first Canadian to do a 400 Sinclair at the Nationals. After retiring in 1984 he briefly returned to the sport in 1994.

Philippe Saint-Cyr was re-elected President of the Commonwealth Weightlifting Federation.

Richard Campion announced at the 36th Senior World Championships held at Lubliana, Yugoslavia.

The 1982 Pan American championships take place at Valleyfield, Quebec, November 19 to 21^s.

The BC Winter Games are in Prince George (weightlifting is included with the winter games). Major Lidder broke the BC Junior and Senior Weightlifting records; he won 2 gold and 1 silver medals. Then, he won the BC Championship 2 weeks after the Winter Games. After this, his parents wanted him to quit weightlifting because he was a BC Champion. This was something that no one else had accomplished in the East Indian Community. But, a weightlifter from Vancouver (Guy Greavette) told him not to quit because the future holds many opportunities.

In, 1982, Major competed in my first Senior Canadian Championship at Peterborough, ON. He came 4th. In the same summer, he was invited to go to the Canadian Junior Weightlifting Camp in Montreal.

He was also, selected to go to the World Junior Championship in Sao Paulo, Brazil. However, his parents did not want him to go to Brazil because of racism and they did not want him travelling alone. The Manager from the World Championship Team (Richard Champion) called his house and spoke to his brother and parents and convinced them to let him go to Brazil.

Major Lidder finished 6th in the World Championship and won 2 gold and 1 silver medals at the Pan American Championships; he received the best lifter trophy.

He was the 1st East Indian to compete internationally for Canada. And he was the 1st East Indian to finish 6th at the World Championships, He still holds the record.

Upon, his arrival back home in Quesnel, the Mayor of Quesnel picked him up from the airport, and Major became a well known Athlete. That brought the community of Quesnel together. From there on, his goals changed. The entire town and ethnic community wanted him to compete at the Olympic Games.

After this he also competed in Alberta, the Japanese Junior weightlifting team was also there. Major won, the 100 kg weight class, and he attempted heavy snatches and clean and jerks; he came very close to breaking Canadian Junior weightlifting records.

The following person received his International Referee card - 1982.

- Ballett, Allan, ON, Category 1

	VIII Th	LIIV rd	XII Th	
Cat.	Junior World	Senior World	Commonwealth	
Kg	Championships	Championships	Games	
	Sao Paulo, BRA	Lubliana, YUG	Brisbane, AUS	
		September		
52	Brent Garrett			
56	Sylvain Rajotte		Rod. Gautreau	4th
60	Mark Chouinard			

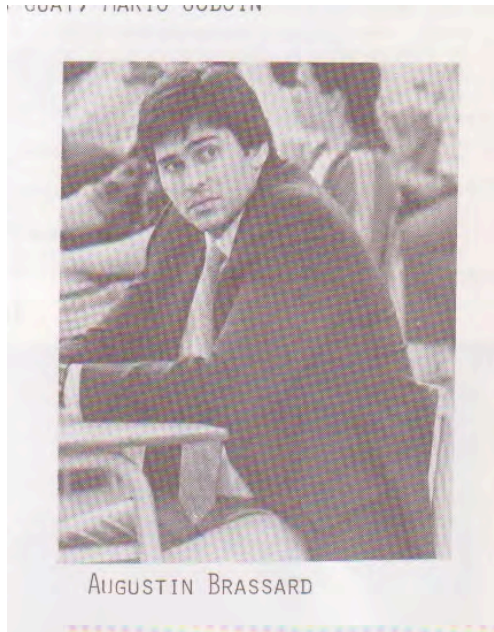
	Marc Pilon		
67.5	Alain Roy	Eric Rodgers	--
	Luc Chagnon	Michel Pietracupa	4th
75	Guillaume Salvas	Jacques Demers	3rd
	Neale McDevitt		
82.5	Denis VanLaeken	Guy Greavette	2nd
		Denis Dubreuil	--
90		Albsert Squires	4th
		John Strike	5th
100		Kevin Roy	3rd
110		Mario Leblanc	3rd
+110			
	Coaches Raphael Zuffellato	Larry Mather	
		Pierre Roy	
	Leader Al. Atamanchuk	Yvon Chouinard	
	Referees	Walt Polzin	
	Jury Pres.	Philippe Saint-Cyr	
	Asst. Gen. Team Leader	Philippe Saint-Cyr	

1983

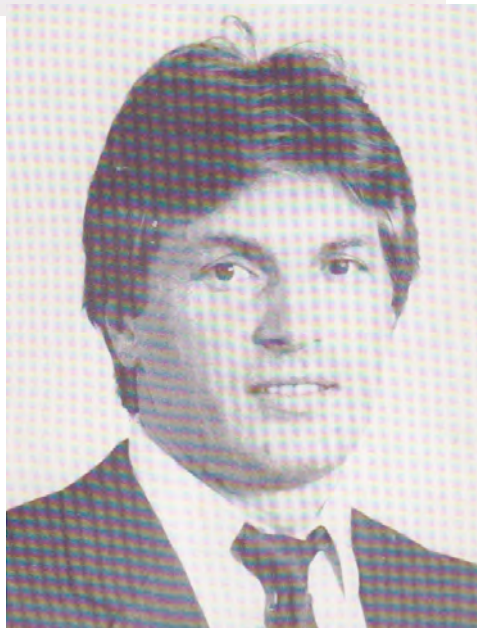
1983 marked Saskatchewan's best achievement as a Province in weightlifting with a third place at Jonquiere, Quebec at the Canada Winter Games.

The Senior Canadians were again at Edmonton, Alberta, 21 - 23 May. The athletes crowned Senior Canadian Champions were: 52 kg Brent Garrett; 56 kg Randy Sing; 60 kg Langis Coté; 67.5 kg Michel Viau; 75 kg Jacques Demers; 82.5 kg Gilles Poirier; 90 kg Guy Greavette; 100 kg Kevin Roy; 110 kg Sergio Bevilacqua; +110 kg Don MacNeil.

Roy Sinclair is again at the head of the Alberta Association for two years, until 1985.



AUGUSTIN BRASSARD



Andrzej Kulesza

In 1983 an important step took place in Canadian weightlifting with the hiring of a full time National Coach. He was Andrzej Kulesza from Warsaw, Poland. He had a Phd. in development of strength.

Richard Campion of Ottawa, Ont., was the competition announcer at the 1983 Junior Pan-American Championships held at Colorado Springs, USA.

August 1, 1983 marked Canadian weightlifting with a black eye. Two of the elite weightlifters were caught positive at a urine test taken place at Caracas, at the Pan American Games. They were Guy Greavette of New Westminster, B.C., and Michel Viau of St. Stanislas Koska, P.Q. They were suspended for one year by the CWFHC and two years by the IWF.

October 31, was another very dark day for the CWFHC. It marked the arrest of four Canadian weightlifters at Mirabel airport in Montreal with 22.515 units of anabolic steroids. They were: Mario Parente, Terry Hadlow, Jacques Demers and Michel Pietracupa. They were coming back from Moscow with Andrzej Kulesza after a competition. The event was given very large publicity around the world by the press. It also meant the lost of CWFHC sponsor, Sharklee - food supplements - since the steroids were carried in their empty contents shown on all pictures in the news medias at their interception.

In 1983, Major Lidder, BC, was injured the entire year he did not compete because he was not able to train.



By the end of 1983 Aldo felt tired and somewhat disappointed with spending so much time in the gym. Almost twelve years of intensive

coaching, administrating the Club's activities and working at the National Level with our other coaches had taken its toll. However, the famous Caracas Affair of that spring had certainly aided in his lost enthusiasm for this sport.

As you may recall when our Pan-Am Team returned from the Games of Caracas with two positive tested athletes Aldo took the brunt of the negative publicity. Since Aldo was the CBC Color Analyst for weightlifting he was the one who was front and centre on the National News trying to make some sense out of it.

As the Head Coach of this Pan American Team Aldo took full responsibility and as such was crucified.

Really, the "fun was out" of weightlifting. Just prior to leaving for Caracas, Aldo's Club had moved to the University of Ottawa. A great offer had been made to the Club and the Ottawa Trojans just had to accept it. The negotiations with the director of the sports center had gotten them a beautiful room with 8-10 platforms, new weights, equipment and physiotherapy, psychological and nutritional services. What else did they need? However, Aldo's drive was gone and he walked away from a fantastic set up and except for the odd time where Aldo helped out, it was for good...

Without "leadership and passion" it was difficult for those who remained to continue and thrive. Some stayed and coached themselves but, by the end of the 1980's the Ottawa Trojans were disappearing.

	IX Th	LIV Th	X Th	
Cat.	Junior World	Senior World	Pan-American	
Kg	Championships	Championships	Games	
	Cairo, EGY	Moscow, URS	Caracas, VEN	
	July	22-31 October	14-29 August	
52				
56				
60	Langis Coté		Rod. Gautreau	4th
67.5			Claude Dallaire	3rd
			Michel Viau	
75		Jacques Demers	Jacques Demers	2nd
		Michel Pietracupa	Michel Pietracupa	2nd
82.5			Gilles Poirier	3rd
			Guy Greavette	
90	Mario Parente	Terry Hadlow	Mario Parente	2nd
100	Kevin Roy	Mario Parente	Bert Squires	--
110	R. Santiago		Kevin Roy	1st
+110				
Coaches		Andrzej Kulesza	Aldo Roy	
			Raphael Zuffelatto	

Leader
Referees

Philippe Saint-Cyr

1984

Rolf Kugelstadt was reelected President of the CWFHC. Philippe Hedrich was also elected President of the F.H.Q.



Philippe Hedrich

The CWFHC placed more people this year in IWF committees than at any other moment. Philippe Saint-Cyr was elected executive member of the IWF; Richard Campion was elected on a research committee and Drisdan Archibald elected on the audit committee.

In 1984 and 1985 Chouinard set up a medical committee on behalf of the CWFHC to try to eliminate the presence of banned substances within the clubs and teams. Weightlifting had already received bad publicity with some athletes being either caught positive or in possession. Chouinard was the only member of the committee who was not a medical doctor. The committee set up a medical passport for the weightlifters; arranged for lectures on nutrition; and set up compulsory medical exams.

The Senior Canadian Championships were held in Brossard, Quebec. Yvon Chouinard had approached the Mayor of the City, Mister Alphonse Lepage, to be Honorary President what he accepted with pleasure. Jacques Demers received the best lifter's award for his performance at the contest. It was the first time in Canada, in all the Canadian amateur sport system that all the competitors were subject to urine testing at a national tournament. Four in each class were tested. They all produced negative urine test results. There was no sports mechanism developed to assist

officials to make the testing of urine. It is Brossard's organizing committee, lead by Yvon Chouinard, who made the forms and established the mechanisms based on the IWF rule book.



Referees: Jules Sylvain, Québec, QC. Raynald Saint-Laurent, Baie-Comeau, QC; Yvon Chouinard, Brossard, QC.

Part of its new anti doping policy, the CWFHC established its first list of infractions and penalties. Also an Appeal Board is set up.

DOPING CONTROL SELECTION ORDER

PROCEDURE

Rank _____ Class _____ kg. Date _____

You have been selected for doping control procedures and are requested to accompany the Marshall to the doping control station immediately. A urine specimen will be required and therefore you are requested not to pass urine until you arrive at the Doping Control Station.

Chairman, Doping Control Committee

I hereby acknowledge receipt of this notice.

Competitor's Signature

CONTROL FORM

DOPING CONTROL PROCEDURES

Sample number: _____

A ATHLETE: Surname _____ Given name _____
Prov. _____ Date _____ Time _____

I declare that I am satisfied with the manner in which the sample taking procedure was carried out.

B Accompanying team official _____ Competitor's signature _____

We certify that the urine sample passed by the above competitor has been put into a bottle which has been sealed and numbered in code as above.

C Member Medical Committee _____ Official, Doping Control Station _____
Name of above in block letters _____ Name of above in block letters _____

Medications taken during the last three days

D _____

Sample number _____ Time arriving at Testing Station _____ Time Sampling Procedure complete _____

These championships produced the following Senior Canadian Champions: 52 kg Bernard Tardif; 56 kg Brent Garrett; 60 kg Langis Coté; 67.5 kg Claude Dallaire; 75 kg Jacques Demers; 82.5 kg Yvan Darsigny; 90 kg Denis Garon; 100 kg Kevin Roy; 110 kg Albsert Squires; +110 kg nil.

The Canadian lifters are now competing at the America Cup IV at Allentown, PA, USA, October 20-21st, 1984.

Luc Chagnon of St. Hyacinthe, P.Q., was found positive on November 4 at a urine test at a pre-Olympic competition. He was suspended one year. Another athlete was also positive. He was Terry Hadlow who received a five year suspension.

May 18, 1984 news burst in the Quebec newspapers. 100 days ago a high level lifter, Marcel Gauthier, 22 years old, 90 kg, was found dead in his room at the 1070 Duplessis street in Sherbrooke, Qc. He had deceased on January 26, 1984. No obvious anatomical cause of death is known, but... various capsules have been found in the pockets of the deceased with anabolic steroids. Autopsy reveals "Congestion of the liver, spleen, kidneys and brain." Congestion and pulmonary edema with recent focal hemorrhage of the eye so malfunctioning of the metabolism... »

The IWF with International Management Group set up a Superheavyweight weightlifting show at Toronto's Sheraton Center. 800 spectators paid \$20.00 each as admission. Two soviet heavy weights coming to Canada for the show in Toronto were caught at Mirabel airport in possession of a great amount of banned substances. They were detained by the police, bailed out by IWF before appearing in a Canadian Court through their lawyer. They pleaded guilty. One of them was the former world champion Anatol Pisarenko. Following the incident the Canadian weightlifting officials decided not to take part as officials, to the Toronto event.



Le trophée "Pierre-Charbonneau" remis justement par Pierre Charbonneau, fondateur du club "les Obélix de Brossard", à l'athlète des championnats ayant obtenu la meilleure performance et le plus grand nombre de levés réussis.



Deux ex-haltérophiles devenus commentateurs, Claude Hardy de Québec et Aldo Roy de Ottawa

Yvan Darsigny, Pierre Charbonneau

Claude Hardy - Aldo Roy

Eric Rogers, Alberta, served as the Athlete's rep while Roy Sinclair, Alberta, also served as national VP as his formula saw increased acceptance so this was a period of great Alberta influence at the top.

The National Training Centre operated in Montreal during these years. Brent Garrett of Edmonton spent considerable time there which he then used to further his lifting and coaching careers. He won the Junior PanAms in Sao Paulo in 1983 plus several Canadian Championships.

Alex Vanzella matured in the 1980s as well. He became the first Albertan to C&J 400 lbs (actually 182.5 kg) in the Mid-America meet in Chicago in 1988. He later lifted for Ontario before retiring.

The Canadian referee Richard Champion served in the capacity of competition announcer at the weightlifting events of the XXIII Olympic Games held at Los Angeles, USA. He had also served in the same capacity at "super heavy Games" at Toronto, Ont.

In June of 1984, Major Lidder, BC, qualified for the Olympic Games. His body weight was 101 kg. He did 160 kg snatch and 205 kg clean and jerk. **(Since that day, he is the STRONGEST East Indian in the World).** He still holds this record even up until this day. Even people with a body weight of 135 kg have not been able to lift more than Major. In the year, 1984, 13 people qualified for the Olympics, but they could only take 10.

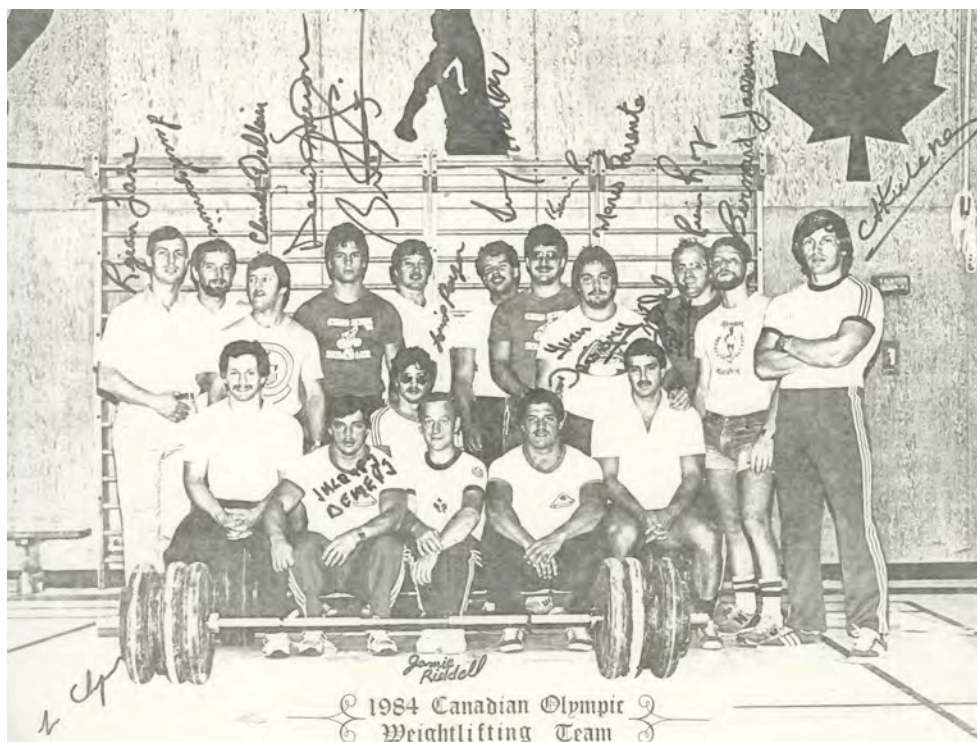
In the fall of 1984, Major competed in America's cup, and won a gold medal and beat the Commonwealth Champion from Australia.



Major Lidder, BC.

In the period 1984-88, Major Lidder had a lot of injury issues. With living in a small town, he did not have access to the appropriate treatments. Also, he was lacking not having any coaching or proper training place during his career. The only place he had was in their garage at home.

In 1984-1986 Major Lidder was ranked in the top 3 in the Commonwealth.



The following person received his International Referee card - 1984.

- Rohne, Jeffrey, MB, Category 2

Cat. kg	X Th Junior World Championships Lignano, ITA	LV Th Senior World Championships Los Angeles, USA	XXIII Th Olympic Games Los Angeles, USA
52			
56			
60	Langis Cote		
67.5	Mark Chouinard	Claude Dallaire	Claude Dallaire --
75		M. Pietracupa	Michel Pietracupa 9th
		Jacques Demers	Jacques Demers 2nd
82.5		Yvan Darsigny	Yvan Darsigny 7th
90		Denis Garon	Denis Garon 12th
		Terry Hadlow	Terry Hadlow
100		Kevin Roy	Kevin Roy 4th
		Mario Parente	Mario Parente
110		Bert Squires	Bert Squires 5th
+110			
Coaches	R. Zuffelatto	Andrzej Kulesza R. Zuffellato	Andrzej Kulesza Raphael Zuffellato

Leader	D. Archibald	Drisdan Archibald
Referees	P. Saint-Cyr	Philippe Saint-Cyr
	Philippe Hedrich	Philippe Hedrich
	L. Saint-Jean	Lionel Saint-Jean

1985

Henry Lambert, Kirkland Lake, ON, involved the whole town in the hosting of the Canadian Seniors. This milestone event featured female guest lifters, and attracted some of the biggest crowds in the history of the Canadian Weightlifting Federation's annual championship.

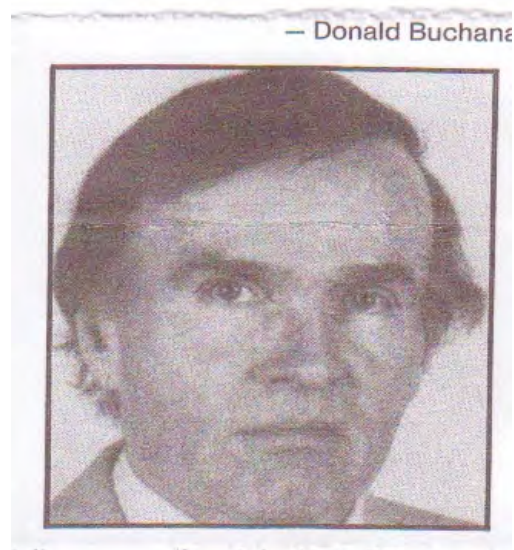
January 19, the CWFHC approved its first Code of Ethics to assist the members to always espouse as one of the inherent values and virtues of the sport, its ability to build character. It expressed standards of behavior and decorum acceptable to the CWFHC. Those standards were to be integrated into the sport activities.

In 1985 Yvon Chouinard became Vice President Administration of the CWFHC. During his term weightlifting had two very important issues to tackle; a huge monetary deficit of approximately \$100,000 and, a very big doping problem with the weightlifters and coaches who were still using anabolic steroids to enhance their performance.

Yvon was instrumental in setting up various steps to reinforce the CWFHC anti-doping policy. Amongst others, Chouinard had the idea of the 6/49 lottery testing. Elite weightlifters were granted a number from 1 to 49. Every two weeks at the official drawing, if their number was drawn, they needed to go available for the supplying of a urine sample within 48 hours, by the mandated government specialists. CWFHC was the only Canadian Sport Federation with such an elaborate testing program but even then; it proved that our members were still convinced that they should train with banned substances.



L'équipe canadienne remportait la Coupe Amérique



— Donald Buchanan

Donald Buchanan

There is no doubt, that in the 1980's, Kevin Roy was one of the premier weightlifters in Canada. Kevin set national records, and won a number of Canadian titles in various weight divisions; and, 1984 placed fourth in the 100 kilo class at the Los Angeles Olympics.

The Senior Canadians were held at Kirkland Lake, Ontario, May 17, 18 and 19, at the Northern College of the Kirkland Lake campus. It crowned the following Senior Canadian Champions for this year: 52 kg Mario Robitaille; 56 kg Bernard Tardif; 60 kg Brent Garrett; 67.5 kg Michel Viau; 75 kg Michel Pietracupa; 82.5 kg Guy Greavette; 90 kg Gabriel Leduc; 100 kg Kevin Roy; 110 kg Mario Parente; +110 kg Jean-François Lamer.

In Alberta the elected President is Ed Fergusson who will serve a two years term, till 1987.

The Jewish Community Center of Toronto can laugh and hold its chest high. To date we have had seven medal winning weightlifters at the various Maccabiah Games. The winners have been:

- Syd Charendoff 1957 Silver
- 1961 Gold
- Maurice Strauss 1965 Silver
- Nathan Mudrick 1973 Silver
- Morty Stolzman 1973 Bronze
- Mark Novak 1981 Bronze
- Howard Weinstein 1981 Silver
- 1985 Gold
- Joel Strauss 1985 Silver

Over a one month period, the city of Baie-Comeau, Quebec, through its museum, organized an exhibition to remind the sport feats of its citizens. Amongst others, a large place was dedicated to Léopold Arseneault who for the occasion, supplied them with different news paper clippings, trophies, medals and certificates proving of his career and his large involvement in the world of weightlifting locally and through the Province.



L'équipe canadienne qui a participé au 1er Championnat du Monde Junior Féminin photographié à l'ambassade du Canada en Pologne. En arrière de g. à dr: Jean Lassen (YUK-59 kg), M. Pierre Bergeron jr, entraîneur-chef, 2e rangée, de g. à dr: Miel McGerrigle (B-C 54 kg), Mme Leaby, ambassadrice du Canada, Martine Therrien (59 kg), Mme P. MacDowell et Karine Turcotte (46 kg). En avant: M. Peter MacDowell, assistant-entraîneur (B-C). Photo: gracieuseté de M. P. MacDowell.



Agriables surprises attendaient M. Arseneault. Ainsi, les membres de sa famille ont voulu souligner son penchant pour les jeux de loterie, en lançant ce soir-là «la loterie Léopold». Une belle fête magnifiquement réussie. (photo Jean-Paul Fouquet)

Léopold Arseneault - Quebec

The CWFHC is trying something new, the Coupe Excellence, held in Montreal on March 16, 1985. Canada has its own international competition, the Coupe Excellence it is held at Montreal, Quebec. Richard Campion was the competition announcer.

It was now the turn of Yvan Darsigny and Robert Choquette of St.Hyacinthe, Quebec, to be found positive at urine tests on June 20. They were served with a two years suspension by the CWFHC.

REPARTITION DES EFFECTIFS HALTEROPHIQUES CANADIENS PAR PROVINCE

Population du Canada 24 885 900	OFFICIELS I.W.F.	ENTRAINEURS C.W.F.H.C.	PARTICIPANTS AUX CHAMPIONNATS CANADIENS				EQUIPES NATIONALES			
			81	82	83	84	82	83	84	85
TNE 2,0%	3,4%	0,4%	1,5%	2,6%	1,4%	1,3%	1,9%	1,9%	2,2%	2,4%
IPE 0,4%	0	0	1,5%	0	0	0	0	0	0	0
NEC 3,5%	6,9%	3,4%	3,0%	1,3%	4,1%	2,6%	0	0	2,2%	0
NBR 2,8%	0	0	3,0%	1,3%	1,4%	0	1,9%	1,9%	0	0
QUE 26,0%	31,0%	35,5%	53,8%	50,6%	53,4%	44,8%	58,0%	66,6%	58,0%	58,5%
ONT 35,4%	24,1%	6,9%	13,8%	19,4%	15,1%	18,4%	27,0%	9,9%	27,8%	14,6
MAN 4,2%	6,9%	6,9%	6,2%	7,8%	8,2%	10,5%	3,8%	5,9%	6,7%	9,8%
SAS 3,9%	6,9%	3,4%	0	1,3%	0	1,3%	0	0	0	0
ALB 9,5%	17,2%	20,6%	9,2%	6,5%	5,5%	10,5%	3,8%	3,9%	4,4%	4,9%
CBR 11,4%	3,4%	18,7%	7,7%	9,0%	10,9%	10,5%	3,8%	9,9%	8,8%	9,8%
YUK 0,08%	0	4,2%	0	0	0	0	0	0	0	0
TND 0,2%	0	0	0	0	0	0	0	0	0	0

August 21, 1985. Michel Pietracupa and Michel Viau are again linked to the anabolic steroids. This time they are joined by another Quebecer Guillaume Salvat of the Machine Rouge club. They were found positive at urine tests which took place at a pre-World competition in Canada. Our Canadian competition announcer, Richard Campion of Ottawa, Ontario, was again on duty at the 1985 Senior World Championships held at Södertälje, Sweden.

	XI Th	LVI Th
Cat.	Junior World	Senior World
Kg	Championships	Championships
	Edinburg, GBR	Södertälje, SWE
	24-30 June	23-31 August

52

56

60

67.5

Langis Coté

75

82.5

90

Guy Greavette

100	Kevin Roy
110	
+110	
Coaches	Andrzej Kulesza
Leader	Dresdin Archibald Richard Campion
Referees	P. Saint-Cyr Philippe Saint-Cyr

1986

Kevin Roy's greatest international achievement came in 1986 when he won gold for Canada in the 110 kilo division at the Commonwealth Games in Edinburgh, Scotland.

In the early 1990's, when Kevin Roy retired from weightlifting, and most of the members of the Coniston gang moved away from the small town, the club started to shrink. Mike Olivier continued to compete, but with dwindling activity in the Community Centre's basement, it was decided to downsize and re-locate to a *garage-style* operation at Ralph Roy's home.

The lifting equipment moved, one more time, to the basement of Bob Leclair's home, in the Minnow Lake neighborhood; and in a fitting tribute to the founders, the club took the moniker - Roy's Gym. And yes, Bob and Ralph still workout, and coach a bit, a few lifters gather for workouts on a regular basis, and sometimes there even visitors from out- of- town. Funny how things come around!

Philippe Saint-Cyr was re-elected President of the Commonwealth Weightlifting Federation.

29 November, CWFHC's Board of Director adopted a complete Dope Eradication Program.

The Senior Canadians take place at Vancouver, B.C. this year. They crown the new Senior Canadian Champions: 52 kg F. Luluquisin; 56 kg Brian Thom; 60 kg Mike Olivier; 67.5 kg Langis Coté; 75 kg Jacques Demers; 82.5 kg Gilles Poirier; 90 kg Gabriel Leduc; 100 kg Kevin Roy; +110 kg Jean-François Lamer.

Claude Ranger became the new General Manager of the CWFHC succeeding Richard Campion.



Dans l'ordre habituel/left to right: Claude Ranger, David Gordon (Directeur, Division industrielle, Nissan/Director, Industrial Division, Nissan), Kim Barré, Denis Garon, Langis Côté, Roy Hoshino (Président, Nissan Automobile Company (Canada) Ltd.)



Rosaire Smith

The positive urine test in Canadian weightlifting continued. This time it was Mario Parente from Montreal who produced a positive test on June 12, at the Senior Canadian Championships.

LANGIS CÔTÉ (67,5kg)

A native of Alma in the Lac Saint-Jean region, Langis started weightlifting at the age of 11 with Bertrand Rainville at the séminaire de Métabetchouan. Upon graduating to the Cégep in Jonquière, he continued to train himself while also acting as a coach for others. In 1985 he competed in both the Junior and the Senior World Championships. He moved to Montreal in 1986 to start his B.A. in Physical Education at the University of Quebec at Montreal. He now trains with Andrzej Kulesza at the National High Performance Centre. Langis, who has been Canadian champion every year but one since 1983, has also won medals at several International Games: a bronze at the 1986 Commonwealth Games, the 1987 Pan American Games and the 1988 Modling Cup; a silver at the 1985 and 1988 Coupe internationale de Montréal and for the snatch at the Pan American Games; a gold at the 1985 Pan American Championships and at the Venizelos tournament in Greece in July 1988, where he achieved his best total to date, 307.5kg. At 23 years old, he is currently Canadian record-holder for the snatch in the 67.5kg class with a lift of 135kg.



Photo gracieuseté de/courtesy of Brighthouse Inc.

LANGIS CÔTÉ (67,5kg)

Originaire d'Alma au lac Saint-Jean, Langis s'est initié à l'haltérophilie à l'âge de onze ans au séminaire de Métabetchouan avec Bertrand Rainville. Tout en poursuivant son entraînement personnel, il a ensuite agi lui-même comme entraîneur au Cégep de Jonquière. En 1985 il a participé aux Championnats juniors et aux Championnats séniors du monde. Il a déménagé à Montréal en 1986 pour entreprendre son baccalauréat en éducation physique à l'Université du Québec à Montréal. Agé actuellement de 23 ans, il s'entraîne avec Andrzej Kulesza au Centre national de haute performance. Champion canadien depuis 1983, Langis est aussi médaillé à plusieurs reprises aux Jeux internationaux: médaillé de bronze aux Jeux du Commonwealth de 1986, aux Jeux panaméricains de 1987 et à la Coupe Modling de 1988; d'argent à la Coupe internationale de Montréal de 1985 et de 1988 et à l'arraché aux Jeux panaméricains de 1985 et au tournoi Venizelos à Grèce en juillet 1988, où il a d'ailleurs établi son meilleur total, de 307,5kg. Il détient présentement le record canadien de 135kg à l'arraché chez les 67,5 kilos.

At Pannonia Cup, in Hungary, were held on March 22, 23, the first International Women weightlifting meet. Canada had Manon Ratelle in the 52 kg category and Marcelle Leclerc in the 56 kg class.

Mac Game from Regina, Saskatchewan, was named provincial coach of the Saskatchewan weightlifting team by the authorities of his province. He became the provincial paid coach in September 1986. Prior to that date, the province never had a paid weightlifting coach.

Major Lidder, BC, attempted the senior clean and jerk record but was not able to jerk it. He won the Canadian Championship in 1987 and 1988. Lidder must have broken the BC provincial weightlifting records (junior, senior ant total) over 120 times.

Cat.	XII Th Junior World Kg Championships Donaueschingen, FRG	LVII Th Senior World Championships Sofia, BUL 8-15 November	XIII Th Commonwealth Games Edinburg, GBR	1 st Official Intern. Women Tournament Budapest, HUN 23 March
52				Manon Ratelle
56				Marcelle Leclerc
60				
67.5		Langis Coté		
75			Louis Payer	
82.5				
90		Guy Greavette		
100			Denis Garon	
110			Kevin Roy	
+110				
Coaches		Andrzej Kulesza	Andrzej Kulesza	
			Ron Greavette	
Leader			Donald Buchanan	
Referees		P. Saint-Cyr Gordon Kay	Philippe Saint-Cyr Allan Ballett	

1987

Canadian weightlifting was at Dolbeau, Quebec, for its best ever Senior Canadian Championships on May 16, 17. The event was set up in the municipal arena in a fashion similar to world events. A full Chinese team has been invited. It is the first time a Chinese team competes outside their country. They are here with very good athletes. The men who were crowned Senior Canadian Champions are: 52 kg Quinh Nguyen; 56 kg Brent Garrett; 60 kg Gilles Desmarais; 67.5 kg Langis Coté; 75 kg Louis Payer; 82.5 kg Gilles Poirier; 90 kg Paramjit Gill; 100 kg Denis Garon; 110 kg David Bolduc; +110 kg Major Lidder.



Officials at the Canadian championships, Dolbseu - Québec

From left to right any row:

Yvon Chouinard; Jules Sylvain;----; René Decloître; Ardial Sing; Paul Hains Jr.; Al. Atamachuk; Mario Jodoin; (sitting) Lionel St. Jean;----; Louis Guay;----; Daniel Gauthier; Joe Stockinger; Gabriel Pinard; Don Buchanan; Claude Ranger; Mac Game; Philippe Hedrich.



E. Chevrier, P. Charbonneau, L. St. Jean, R. Decloître

On March 26 it is the inauguration of the weightlifting club - Les Géants de Montreal. The president of the club is Emery Chevrier and the instructor is Pierre Charbonneau.

In 1987, weightlifting was practiced at Moose Jaw, Prince Albsert, Cadere, Saskatoon and Gravel Town where a few lifters are active. The major difficulties for the development have always been the lack of involvement by volunteers and the funding level. The High School Athletic Association which runs the high school athletic programs was not interested in taking on additional sports.

Finally the 6/49 testing program was working full fledged and athletes seemed to be training « clean » in Canada.



Centre National Haute Performance - Montréal.
Athlète David Bolduc; Yvon Chouinard, Denis Garon, Guy Greavette;
Paramjit Gill, Andrzej Kulesza

Great performance managed by our Pan American weightlifting team. They receive 6 gold medals; 4 silver ones and finally they are 7 times on the third step of the podium.

It was again Richard Campion of Canada who acted as competition announcer at the First Women World Championships held at Daytona Beach, USA.

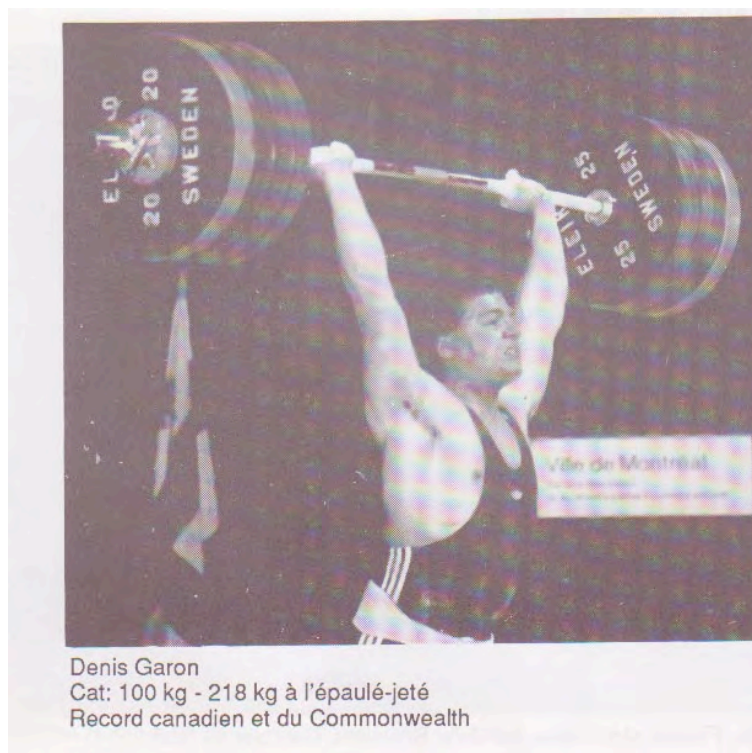
Gene Hammer was selected to serve a two years term at the presidency of the Alberta Association, to terminate in 1991.

La Coupe Internationale de Montreal held at Montreal, Quebec, was the only International event held in Canada in 1987. Richard Campion was the competition announcer.

Richard Campion was also called upon to act as chief referee at the 13th Junior World and European Championships held in Belgrade, Yugoslavia.

The following persons received their International Referee card - 1987.

- Duguay, Owen, QC, Category 2
- Rodrigue, André, QC, Category 2
- Stamm, Dieter, BC, Category 1



Cat.	XIII Th Junior World Championships Belgrade, YUG	LVIII Th Senior World Championships Ostrava, TCH September	X Th Pan American Games Indianapolis, USA 7-23 August	1 st Women World Championships Daytona Beach, USA
44				Claudia Turpin
48				Rachel Paradis
52				Maya Garlial
56	Denis Aumais			Marcelle Leclerc
60	Guy Desgranges	Gilles Desmarais	Gilles Desmarais	Nancy Miro
				Julie Hunter
67.5	Redjean Clerc	Langis Coté	Langis Coté	Theresa Brick
				Bobbie J.Santavy
75	Benoit Gagné	Jacques Demers	Louis Payer	
82.5	Troy Durant	Parmajit Gill	Guy Greavette	
82.5	Paul Aubé		Gilles Poirier	
90	Troy Payne		Parmajit Gill	
100		Denis Garon	Denis Garon	
110		David Bolduc	David Bolduc	
+110				
Coaches	A. Kulesza	Andrzej Kulesza	Andrzej Kulesza	Robert Santavy
Coaches			Raphael Zuffellato	
Leader	Richard Campion	Yvon Chouinard	Claude Ranger	
Referees		Jules Sylvain	Don Schoures	P. Saint-Cyr

Referees Philippe Saint-Cyr
 Doctor Dr. Leblanc

1988

Gerard Michaud passed away in 1988 at the age of 75 years old.

On March 26, the Coupe Excellence is at stake in Montreal again this year.

The F.H.Q. held its Provincial High School Tournament only for the students of High schools across the Province. It took three lifting platforms to accommodate the 173 young weightlifters competing.

The Senior Canadians were held on May 21, 22 at St. Hyacinthe, Quebec. It was the first time we had female competitors, 14 of them. The best performance was won by Claudia Turpin of P.Q. with 47.5 kg snatch and 57.5 kg clean and jerk for a total of 105 kg at the bodyweight of 43 kg.

The men who were crowned as Senior Canadian champions are: 52 kg Quinh Nguyen; 56 kg Brent Garrett; 60 kg Hardial Bhabra; 67.5 kg Langis Coté; 75 kg Jacques Demers; 82.5 kg Glenn Dodds; 90 kg Guy Greavette; 100 kg Denis Garon; 110 kg Major Lidder; +110 kg Troy Payne.

Here is a breakdown of affiliated weightlifters for year 1988:

	M_A_L_E_S_		F_E_M_A_L_E_S_		T_O_T_A_L_
	2_0_ Y._O._+_ J_r._1_7_-2_0_1_7_ Y._O._+_				
Quebec	70	80	200	45	395
Ontario	145	104	68	26	343
Alberta	43	21	10	5	79
British Columbia	50	21	5	2	78
Manitoba	42	14	1	9	66
Saskatchewan	15	32		1	48
Nova Scotia	9	7	16		32
Yukon	4	2	10	7	23

New Foundland	1				1
TOTAL.....	379	281	310	95	1065

La Coupe Internationale de Montreal was held in Montreal, Quebec, under the sponsorship of Nissan Forklift. Richard Campion was the competition announcer.

Philippe Saint-Cyr was re-elected member of the IWF.

The Annual General Assembly took place at Whitehorse, Yukon. Don Buchanan of Toronto, Ontario was the CWFHC President. He has been reelected in May but resigned in October to work in England. Yvon Chouinard became the Acting President of the CWFHC.

Weightlifting - Seoul - 1988



In 1988, as Team Leader for the 1988 Olympic Games at Seoul, Korea, Yvon had to cope with the biggest scandal in Canadian weightlifting. The scandal was so big that the Sport Minister of the time, Mr. Jean Charest had advised Yvon at Seoul that he was going to have a public investigation run on weightlifting (only) in Canada. Luckily for us and sadly for Canada, we were saved from disgrace by a positive test by the

100 meter runner Ben Johnson. Later on Sport Minister Jean Charest asked for a public commission on his doping case.

In July 1988 our pre-Olympic team had left for a training camp in Havijov, Czechoslovakia in preparation for the Olympic Games. The final selection of the members was not done yet. It took place six weeks later, middle of August. The team was in Europe under the supervision of two Canadian coaches who alternately went on location. First it was Andrzej Kulesza who was later replaced by Raphael Zuffellato. In Czechoslovakia, our team was training with the Czechoslovakian team members and their national coach, Emil Broska. It was proven later that this individual took upon himself to sell banned substances to our athletes, in the back of our coaches. He also sold them masking agents and included a urine test to take place in Europe before returning to Canada.

The athletes and our coaches knew ahead of time that a Canadian urine test was scheduled upon their arrival in Canada from Europe. They were tested accordingly upon their return to Canada. Four of them produced diluted and strange urine and the CWFHC was asked by Sport Medicine Council of Canada to have them submit to new unannounced urine testing to take place in Vancouver, where they were actually training at the moment. It was accepted to have them re-tested but with advanced notice. What was not known at the time was that some of these four weightlifters had figured out that they had ample time, before competing in Seoul, to use more anabolic steroids and were back on the banned substances.

To try baffling the new unexpected demand to provide urine samples two of the athletes, Denis Garon and Langis Cote, set up a bank of clean urine using the ones from one coach Raphael Zuffellato and a local cousin of one of the athletes. They got themselves a catheter and a pump and injected « clean » urine into the bladder of the four athletes to be re-tested.

Nevertheless, three of them produced a positive test. They were Jacques Demers, David Bolduc and Parmajit Gill. The athletes who produced a positive test were left in Canada and immediately sustained an automatic suspension or either 2 years for David Bolduc and Parmajit Gill and life for Jacques Demers because of his second offense.

On 13 September 1988, three athletes organized and took part to a press conference taking place in Montreal to accuse the National Coach Kulesza and the Federation of having exposed them to ban substances and to have arranged for them to use the banned substances with the assurance of not being caught.

A few days later, in Seoul, another weightlifter produced a positive test out of his sample given at Sudbury, Ont., and Kevin Roy. He was returned immediately to Canada. At the time only the positive tests were public knowledge. It remained a secret shared only by the actors directly involved.

Yvon had to deal with the international press in Korea through press conferences; to face the Canadian Olympic Committee and the IWF about our four highly publicized positive tests. It is only upon Yvon Chouinard return to Canada, during the course of an internal investigation he was running on the allegations, on behalf of the CWFHC, early October 1988 that he learned about the use of a catheter by the weightlifters. He learned it through the interviews of the weightlifters that had produced a positive test in Vancouver in September 1988.



Denis Garon, Andrzej Kulesza, Langis Coté, Yvon Chouinard, Guy Greavette

A Royal Commission of inquiry into the use of drugs and banned practices intended to increase athletic performance, was set up under the direction of Justice Charles Dubin, by the Federal Government. The sport of Canadian weightlifting was the first one called to testify in January 1989. It had been previously investigated by the RCMP and the Commission learned at the same time than the general public about the behavior of our members.

The CWFHC suspended all of the participants to the operation to baffle the testing.

Cat.	Junior World	Senior World	Olympic	Women's World
Kg	Championships	Championships	Games	Championships
	Athens, GRE	Seoul, KOR	Seoul, KOR	Djarkarta, IND

	September	September	2-4 December
44			Kim Barré C. Tascona
52			
56	Denis Aumais		Marcelle Leclerc
60	Guy Desgranges		Bobbie J-Santavy Nancy Miro
67.5	Redjean Clerc	Langis Cote	Theresa Brick
	Patrick Arnaux	Langis Cote	M. Mason Ward
75	Benoit Gagné		
82.5			B. Singbell
90		Guy Greavette	Guy Greavette
100		Denis Garon	Denis Garon
110			
+110			
Coaches	A. Brassard	Andrzej Kulesza	Andrzej Kulesza
	Pierre Roy	R. Zuffellato	Raphael Zuffellato
Leader	Gabriel Pinard	Yvon Chouinard	Yvon Chouinard
Referees		Philippe Hedrich	Philippe Hedrich
		P. Saint-Cyr	P. Saint-Cyr
			Don Buchanan

1989

1989 was marked by the death of a long time lover of the sport of Canadian weightlifting and also a donator, Dr. Gérald Aumont, Louis Cyr's grandson. He was a cardiologist living in Montreal.

A more complete Anti-doping Policy and Procedure was adopted by the CWFHC on February 3, 1989.

At the Annual General Meeting of May 1989, Claude Ranger, General Manager of the CWFHC, resigned from his position. He was replaced a few weeks later by a new comer to the barbell world, Benoit Turcotte of Québec city who occupied a similar position with the Canadian Racquetball Association in Ottawa.

In June 1989, the Canadian Olympic Association gave the various amateur sport organizations a slice of the endowment fund from the fallout of the Calgary Olympic Games surplus. The CWFHC received close to \$300,000. This gave some breathing room for the various activities of the Federation for a few years. This money was to be used for Olympic and Commonwealth Games programs.

The Irish Weightlifting Club of Sarnia, Ontario put up the Senior Canadian Championships on May 20, 21 at Sarnia, under a Committee directed by Bob Santavy. These championships produced the following men Senior Canadian champions: 52 kg Quinh Nguyen; 56 kg Yves Desmarais; 60 kg Hardial Bhabra; 67.5 kg Chris Suda; 75 kg Guillaume Salvat; 82.5 kg Alain Bilodeau; 90 kg Yvan Darsigny; 100 kg nil; 110 kg Troy Payne; +110 kg nil.

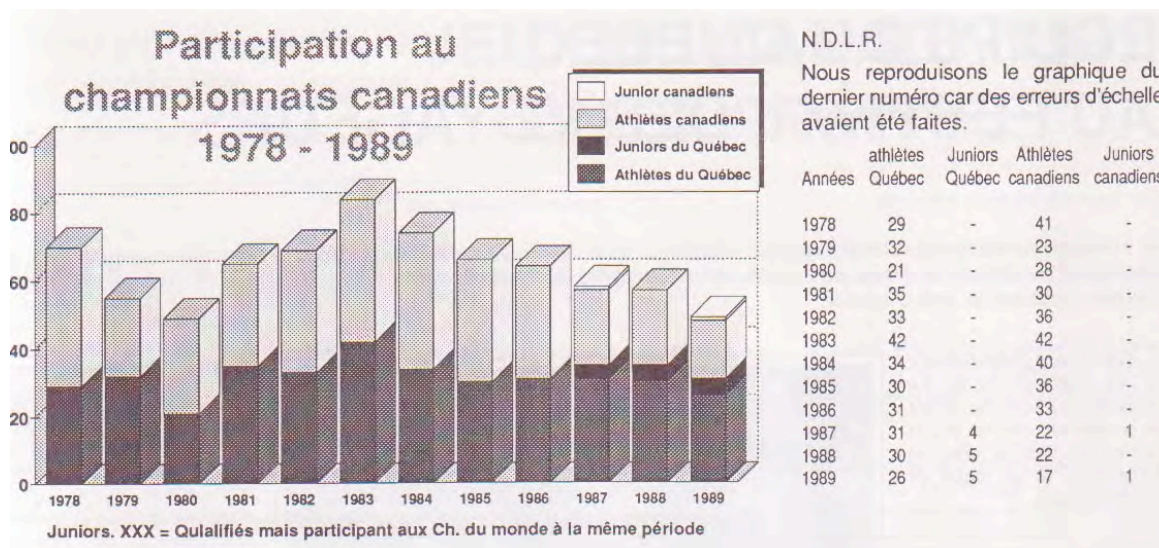
At the beginning of the year, the weightlifters testify before the Investigating committee of the judge Dubin. They see marching alternately, during the audiences of Montreal, Jacques Demers, David Bolduc, Denis Garon, Louis Payer, Langis Côté, Parmajit Gill, and Guy Greavette. They are followed by the coaches Pierre Roy, Raphael Zuffellato and Andrzej Kulesza. The majority of these persons testify with a big lightness and in a very relaxed way. They are followed by Richard Campion, former technical director of the CWFHC.

The CWFHC, through Yvon Chouinard, completed its testimony at the Dubin Commission, in September 1989, with its own summations and recommendation to the Commission, on methods and new orientations to be taken by all of us if we intend to keep the sport free of drugs.

I, Yvon Chouinard, continued filling the president's post of the CWFHC until May. I gave my resignation because the surplus of work demanded of me by my appearance as President of the CWFHC, before the Committee Dubin. This was official reason; I said that my Police Chief asked me to choose between my job of Deputy Chief and my leisure in weightlifting. In reality, there was no more pleasure to work in weightlifting of high level within the Canadian Federation. All what we were doing was to talk about drug testing, about urine, about suspensions, about negative advertising, about athletes cheaters, etc. For me it was like a «burn out» sportsman. We were very far from sports performance that I loved. Ron Greavette of Vancouver, BC, became the new president of the CWFHC. Richard Campion became Technical Vice President of the CWFHC.

Benoit Turcotte resigned as CWFHC General Manager to accept a similar position in Montréal with the Association de Patinage Artistique du Québec. He was replaced in Ottawa by Daniel Steinwald also a new comer to weightlifting with a background in LaCrosse. Daniel was born in USA, graduated from West Point Military Academy in U.S.A. and married a Canadian person from Province of Québec.

In Saskatchewan weightlifting was, until 1992, under the Saskatchewan First Ever program. Saskatchewan has had a paid coach till 1992 through the Saskatchewan First Ever program; equipment was made available to any new club being set up. The greatest difficulty being to involve capable and willing persons in the operation of the sport. The most motivating aspect of weightlifting for that Province was to be able to take part to the Canada Winter Games.



Since 1960 Maurice Allan has been a member of the Canadian Olympic Association Committee. He became Secretary Treasurer of the COA in 1977 and was with the COA for five COA Presidents.

As a conclusion Mr. Saint-Jean felt that one of our biggest threats is that we were completely dependant to Government funding in all aspect of the sport. Could we survive in the future, as much as athlete as volunteers, without the government funding? We have done it in the past. Some of us who were involved earlier would probably but, what about the other ones?

The following persons received their International Referee card - 1989.

- Mironuck, Stan, SK, Category 2
- Powers, Don, SK, Category 1

	XV Th	LIX Th	III rd
Cat.	Junior World	Senior World	Female World
Kg	Championships	Championships	Championships
	Fort Lauderdale,	Athen, GRE	Manchester, GBR
	USA	September	November

52		NO CANADIANS
56	Denis Aumais	
60		
67.5	Patrick Arnau	
	Redjean Clerc	
75		
82.5		

90

100

110

+110

Coaches Ron Greavette

Luc Chagnon

Leader Paul Barrett

Referees

Philippe Saint-Cyr

M. Korkowski

C. Stevenson

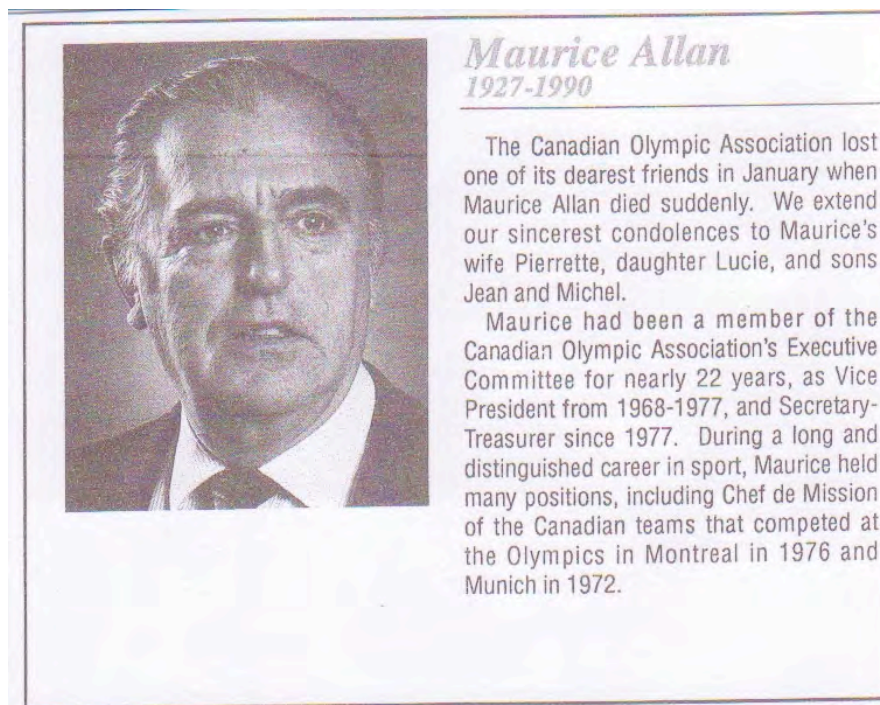
1990

January 1990, Maurice Allan died of a heart attack at his country home, as the Canadian Weightlifting team was on its way to compete at the Commonwealth Games.

A few days later marked a legal battle between Gene Hammer, President of the Alberta Weightlifting Federation and the weightlifting selection committee for the Commonwealth Games. All of that was the result of inadequate communication between the various parties involved in the selection of the team. Gene Hammer had a Court order issued to impose on the selection committee of the CWFHC to retain the name of the lifter Brent Garrett instead of the one of Denis Aumais. Efforts were made without success to have the Court order void by the selection committee.

The order was then served to the Commonwealth Games of Canada which was not bind by it.

The CGAC decided instead to select the best 10 weightlifters available. Garrett was the eleventh in the ranking. Brent Garrett was already in Auckland and the CGAC (Commonwealth Games Association of Canada) decided to accredit him as an official, with all the privileges but without the right to participate to the competition. He was dressed and took part at all the other activities.



A_F_F_I_L_I_A_T_I_O_N_S_ _1_9_8_9_-_1_9_9_0_

Prov.	C.B.	ALBS	SAS	MAN	ONT	N.E.	T.N.	YUK	QUE	TOTAL
Members	89	112	250	120	269	50	12	37	312	1251
Clubs		6	7		21				21	

January 31, 1990, was the last day of work for Andrzej Kulesza, as CWFHC's national coach. Sport Canada had decided to stop funding his position a few months prior.

The CWFHC had another very important problem to deal with; its accumulated deficit. CWFHC was in a position where it had to take a decision. The work contract was terminated because we could not afford the luxury to pay ourselves for his professional services.

Canada ran its only in-house international competition, La Coupe Internationale de Montreal in Montreal, Quebec. Richard Campion was the competition announcer.

The Senior Canadians were held at Val d'Or, P.Q., 19, 20 May 1990. The best lifter was Quinh Nguyen and for the fourth year in a row, there was female weightlifters competing, 14 in all this year. In the men

division, the following persons were crowned Senior Canadian Champions : 52 kg Quinh Nguyen; 56 kg Sébastien Groulx; 60 kg Rod Lockwood; 67.5 kg Claude Dallaire; 75 kg Marco Loyer; 82.5 kg Alain Bilodeau; 90 kg Yvan Darsigny; 100 kg Gabriel Leduc; 110 kg nil; +110 kg nil.

The report from the « COMMISSION OF INQUIRY INTO THE USE OF DRUGS AND BANNED PRACTICES INTENDED TO INCREASE ATHLETIC PERFORMANCE » under the presidency of the Honorable Charles L. Dubin, Commissioner, was published and became a public document at mid-June 1990. We must take note of certain observations made by Justice Dubin in his report, such as:

Weightlifting officials in Canada appear to be serious in their determination to eliminate the doping practices that is endemic in the sport. The evidence of what transpired in Vancouver prior to the 1988 Olympics, however, shows that until there is a change in the thinking of the athletes themselves and their coaches, testing alone will not eradicate doping from the sport. There has to be a recognition and acceptance that doping not only poses risks to the health and well-being of those who participate, but is cheating, and destroys the moral fiber of the young men who find themselves caught up in the deception that goes along with doping.

The failure of the coaches to take strong action partly explains the paradox is evident in the sport of weightlifting. On the one hand, the Canadian Weightlifting Federation was the leading federation in this country in the practical use of drug testing, whether in competition, pre-departure, or random testing ; on the other hand, despite the testing programs, the athletes, with the connivance of their coaches, continued their disgraceful history of drug use. Without moral leadership, drug testing alone is not the answer.

Justice Dubin concluded his report by saying:

«... Mr. Kulesza, however, bears the greater responsibility. As national weightlifting coach, he had a duty to his athletes, the federation, the sport of weightlifting, and the federal government, which provided the money that, enabled the federation to hire him, to discourage the use of drugs by the athletes. He was derelict in all of those duties... »

Mr. Dubin made some recommendations to the Government of Canada. Amongst those there was the

#51, that the federal funds used to engage the service of Andrzej Kulesza, be suspended.

The #52 was saying that suspension from receipt of federal funding be maintained in the case of those weightlifters already under suspension for positive tests.

Other recommendations also followed for a grand total of 70 recommendations.

The following persons received their International Referee card - 1990.

- Harcourt, Wilfred, ON, Category 1
- Singh, Randir, MB, Category 1

Cat.	XVI Th Junior World Championships Sarajevo, YUG 26-05/2-06-90	LX Th Senior World Championships	XIV Th Commonwealth Games Auckland, NZL 24-01/3-02-90	IV Th International Women Tournament Sarajevo, YUG 26-05/2-06-90
48				Kim Barré
52	François Lagacé	NO CANADIANS	Quinh Nguyen	
56			Denis Aumais	Nancy Miro
60	Denis Aumais Guy Desgranges			
67.5	Patrick Arnau Redjean Clerc		Redjean Clerc Patrick Arnau	Theresa Brick
75			Benoit Gagné Marco Loyer	
82.5	Eric Chevrier		Alain Bilodeau Sylvain Leblanc	
+82.5				Bryce Singbeil
90			Yvan Darsigny	
100			Guy Greavette	
110				
+110				
Reserve			Brent Garrett	
Coaches	Léonard Bilodeau Luc Chagnon		Ron Greavette Andrzej Kulesza	Léonard Bilodeau Luc Chagnon
Leader	Paul Barrett		Yvon Chouinard	Paul Barrett
Referees	P. Saint-Cyr		Philippe Saint-Cyr Al Atamanchuk	P. St-Cyr

1991

24 May 1991, Maurice Allan was selected and enthroned with 12 former Province of Quebec athletes or builders to become the first members of the Province of Quebec Pantheon des Sports du Québec.

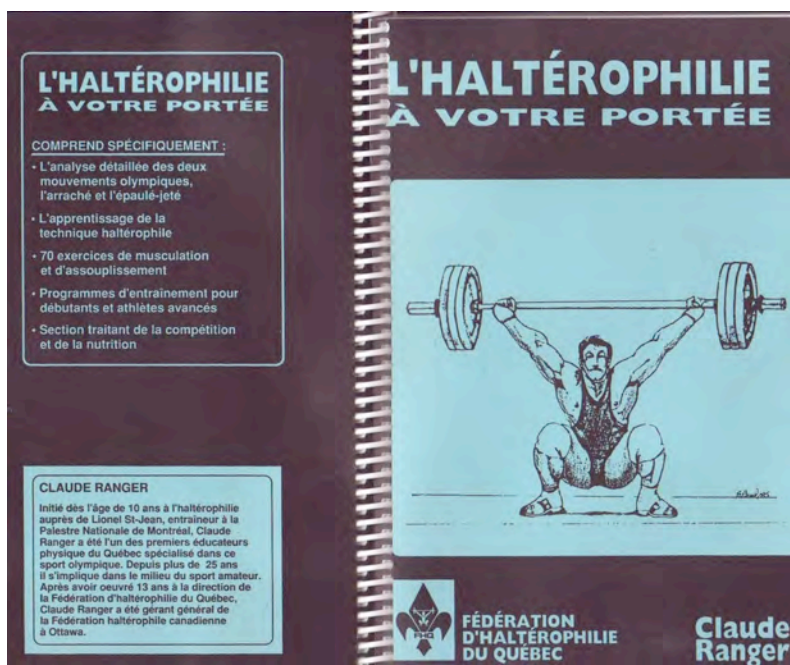
The Senior Canadian championships were held at Niagara Falls, Ont. in a hotel. They produced the following men Senior Canadian Champions: 52 kg François Lagacé; 56 kg Pat Lindsay; 60 kg Aakbarr Poorang; 67.5 kg Claude Caouette; 75 kg Serge Tremblay; 82.5 kg Alain Bilodeau; 90 kg

Yvan Darsigny; Kevin Roy; 110 kg Albsert Squires; +110 kg G. McReynolds.

The following persons received their International Referee card - 1991.

- Jodoin, Mario, QC, Category 1
- Vinkenvluegel, Harry, ON, Category 1
- Vinkenvluegel, Maria, ON, Category 1

1992



Writing and publishing by Claude Ranger of a simplified weightlifting manual for those who are new to the sport of weightlifting. It took Claude twelve (12) years of dedication to produce that book. It was his gift to weightlifting before dying too young.

June 17, 1992 a hearing was held in Ottawa in front of Adjudicator Michel G. Picher, regarding an appeal by Andrzej Kulesza of the life-time withdrawal by Sport Canada of access to direct federal funding in any role, in any sport.

The conclusion came out on July 22, 1992, to the effect that it was appropriate to order the reinstatement of Andrzej Kulesza to his entitlement to Sport Canada funding. With respect to the timing of the remedy, the sanctions should in some cases span at least one set of Olympic Games subsequent to suspension. So the entitlement of Andrzej to funding by Sport Canada for any activity, in any sport, be fully and unconditionally reinstated effective September 1, 1992.

The following persons received their International Referee card - 1992.

- Derouin, Raymond, QC, Category 2
- Drydak, Dave, ON, Category 2
- Drydak, Vickie, ON, Category 2

2007

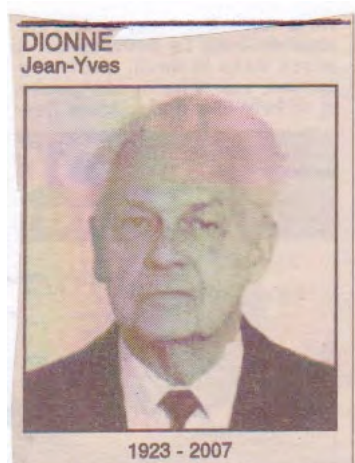


Some former Presidents CWFHC

D. Buchanan; P. Barrett; R. Greavette; P. St-Cyr; D. Archibald
(Absents: Rolf Kugelstadt, Ken Carr-Braint and Yvon Chouinard)

As for Aldo Roy, he never lost his "love" for our sport. As most of you know Aldo has represented the sport of Olympic Weightlifting before the Canadian public since 1975! Aldo has done the Olympic Games in '76, '84, '88, '96, '00, '04 and '08. The CBC Analyst for swimming is the only other guy to have done these as well. On television, Aldo has tried to use his "passion and love" for weightlifting and make it appealing to all who watch. Aldo hopes that in his own small way he has made you proud of his PASSION.

One of the pioneers of weightlifting in Québec, Jean-Yves Dionne passed away in Québec city.



The Cultural Transmission of Weightlifting in Canada

By

Dresdin Archibald January 25, 2006.

We in weightlifting, almost as soon as we are initiated into the sport become aware that our sport is not a major one. Not only that very few others in our society are interested in helping it get more high profile. The sports that survive and prosper are the ones that are supported by their host culture. Our sport is not supported by the host culture to any significant degree. Weight training now is after some decades of being spurned. But that is not the same thing as competitive weightlifting. It has not normally part of the physical education program provided by schools or other agencies of community athletics. True some teachers have tried but it was on their own personal initiative. When that teacher is transferred, the weightlifting team usually dies of administrative apathy. Outside the schools in days gone by then, as now, there were few gyms devoted to competitive weightlifting. The YMCAs often passively provided gyms and even Olympic bars but usually had to rely on interested volunteers to supervise them.

That being our heritage, if a sport is not part of the culture how can it survive? How does it get implanted and how does it survive? The answer to this comes from the study of cultural anthropology. The answers usually revolve around three main methods which we will discuss below, namely:

- **cultural diffusion***
- **individual initiative***
- **family tradition***

Cultural Diffusion

This term refers to the spreading of a cultural practice from one area where it is indigenous to another where it is not. This is done by means of immigration, travel and the media. All have had great effect on the spread of our sport in Canada however.

Immigration in particular has been very prominent. By this we mean specifically the migration of persons who are already weightlifting enculturated from areas closer to the sport's cultural core to those with no such culture (such as Canada in decades past) and the subsequent institution of the sport in the new locality. This happens in both international and intra-national basis. Canada is a nation of immigrants so it will not surprise one to find that European immigrants have had profound influence on Canadian weightlifting. This has been especially true of two time periods. The first was the post WWII era when many people in Europe decided that they did not want to deal with the fall of Hitler or the rise of Stalin. Later, after Stalin's successors finally landed on the scrapheap of history themselves there has been a second wave of immigration. Like most immigrants they ended up mostly in the provinces of Ontario, Alberta and

BC plus the city of Montreal. This pattern is not so well established east of the Ottawa valley however. This is due to the long established ethnic groups indigenous to the area coupled with the fact of economic stagnation. Once arrived and settled in some of these people sought out a place to resume their lifting careers. Often they found slim pickings.

Individual Initiative

Those persons native to Canada who had no contact with any helpful immigrants were in a difficult position in regard to being introduced to and learning about the sport in those early years. Yvon Chouinard in his history of Canadian weightlifting mentioned how some knowledge of English was a key to learning the sport in the early 1950s. At that time bilingualism among the Quebecois was not widespread as it is today. A problem occurred when there was only one magazine in Canada dealing with weightlifting, namely Strength & Health. Those who could speak English had a leg up in learning to lift. In order to get the sport rolling a number of enterprising persons simply took the bull by the horns and set out gathering as much knowledge as possible from any source possible. These men were often the leaders of the affinity groups that would form among the lifters at the local Y. These were the men you would go to when you wanted answers to questions. This would usually evolve into coaching and competition organization.

However, in the 1960s the YMCA started catering to families instead of young single males. This meant a wholesale change in the programs offered with the eventual result that a lot of weight rooms were converted to other uses. Not only that, some of the more highly individualistic gym rats (I'm sure you have met a few) were not always welcome when the families invaded. This meant that the erstwhile gym leaders were encouraged by market conditions to become sport entrepreneurs. This meant that spare space had to be found in basements, garages, old warehouses, schools, anywhere they could get a deal.

Over the years such weightlifting pioneers read all they could and then travelled to meets at some distance to learn from others more experienced. If they were lucky they might have an immigrant lifter join their clubs. This would hasten their acquisition of our sport's cultural traditions. By the start of the 1970s when weightlifting had finally established a precarious hold at the head of these leaders and immigrants another factor would emerge in the natural course of life.

Family Tradition

By this time a generation had passed and more sophisticated coaching knowledge had finally through the Iron Curtain and across the Atlantic. Our leaders are now talented amateurs if not professional coaches. Once such a man is significantly involved in the sport and has a family he can then transmit the love of the game inside his family. His first converts were often his brothers (sisters were not a factor in those days). These were usually younger ones who once scoffed at their elder's activity. They would often reconsider when they would see the dramatic physical transformation possible with the weights. Soon he was tagging along to the gym. A significant number of such brothers the more successful ones were younger ones trying to improve his inter-familial status. Many lifters have had brothers who tried the sport for a while but then dropped out. Far fewer have brothers who have followed them to the elite levels of the sport.

As time moved on the lifter may eventually have a son who either wanted to follow in his father's footsteps (or sometimes, the father's footstep "encouraged" his son to lift). As we shall see with most such teams the son surpasses his father. This is due mainly to the increasing standards as the sport has developed but credit must also be given to the supportive environment in a WL household as well as the oedipal factor.

Finally we are seeing another family development. Since the addition of the distaff side to our competitions we have been seeing the increased involvement of mothers, daughters and wives in the more active athlete, coaching, officiating and administrative positions where scorekeeping was once the norm.

At this time I would like to start naming names so that the reader can see how these three factors have figured in the development of Canadian Weightlifting in the post war period. I will start on the east coast and move westwards.

Newfoundland

Speak of Newfie lifting and you must speak of to the Squires brothers. As a 5th place finisher in the 1984 Olympics Bert was the Rock's best ever lifter. He also brought lifting to the Northwest Territories when he was teaching in Inuvik at one time. His younger brother Jim was not quite of Olympic calibre but he was still their second best as a 67.5.

Another family were the Gallants. Although not up to Squire's standards they seemed to have an unlimited number of members who have been involved in both Olympic and powerlifting. And don't forget Les Butler and son Steve. Sheldon Pomeroy was a promising junior who is now Hanna, Alberta's best ever (intra-nation immigration).

Nova Scotia

The "herring-chokers" have two famous families. Most famous were the Smiths. Wayne won 110 kg silver at the 1978 Commonwealth Games while the younger Ricky was of national calibre as a junior 75.

On Cape Breton Island we have an unusual family situation with the Corbetts. The first two generations were of no great prominence. It was left to the third generation to make the family famous. Jim Dan Corbett, nephew of a lifter (his father did not lift) was briefly one of the top three athletes in Canada, lifting as a 91kg in the Pan Am Games in 1995.

Quebec

***Lionel St. Jean** was one of the pioneers of our sport in Canada. He was originally a gymnast who subsequently discovered the weights. He achieved some modest success before realizing that he did not have what it would take to lift the really big ones. So he became a pioneer coach. In contrast to his cross-town neighbour Joe Weider he actually was a trainer of champions. The best was his son **Pierre**, arguably our best ever athlete. Pierre would lift in a number of major Games and Nationals. One of his father's other protégés was **Chun Hon Chan** who came to Canada from China in the 1950s. I do not believe that he was involved in weightlifting in China. He competed under the names Jol Sol Hum and Yok Sun Tam before settling on Chan. With that name he competed for a quarter century. I remember being at the 1975 Nationals in Quebec City where Madame Chan was showing off her new baby. Little **Derek Chan** would one day grow up to be a Canadian Champion as well.*

There was also the case of Yvon Chouinard. Yvon was Canadian champion and his son Marc, held all Junior Canadian records in the 75 kg category when he retired at 20 years old... The father coached his son from his 8th birthday with jumps, flexibility and rapid exercises. At the age of 12 years old Marc started lifting barbells under the supervision of his father who was the coach of the Obélix weightlifting club in Brossard, Québec. Yvon became CWFHC's President.

*Another Asian import was **Kaname Niimura**. Originally from Japan, he went first to Toronto before settling in Montreal. Again I am not sure if he lifted in Japan but he did go on to lift internationally.*

*From the other side of the world came the Marseilles trio of **Serge Molière**, **Raphael Zuffalatto** and **René Decloître**. All settled on Quebec's south shore (just like in France I suppose) but I do not believe that they were involved in WL back in France. They were all involved in coaching and spreading the sport.*

*The monozygotic **Darsigny** twins have been factors in Quebec weightlifting since 1982. Yvan was the better lifter, having gone to the 1984 Olympics as a 17 year old 82.5. I remember the American Bob Hise congratulating us for having found such a great prospect. We all said that we have another one at home just like him. Not quite since Yves was a 90 kg athlete whose total was always a few kilos behind Yvan's.*

We must also mention la famille **Marineau**. There seems to be a never ending supply of them, most of who have lifted at national level.

Finally we have the **Turcotte** sisters. Although **Maryse** is our best ever female lifter and has won two University Worlds plus medalled at too many other meets to mention her sister **Karine** has also won a U Worlds. I believe this makes them the first sisters to win world championships.

Ontario

Ken Carr-Braint started lifting in England when his father was working there. I believe that they were Canadians but this is a good example of reverse immigration influence. He started the Apollo club in the early 1950's. Three of his best athletes were the **Walt** brothers. **Art, Gary and Bob** tore up the Ontario record books in the 1960s and 1970s. Bob was I believe the first 16 year old ever to C&J 300 lbs as a 67.5. He later grew as large as a 110 and lifted accordingly. Art and Gary were usually a class or two heavier. Later Art took over the Apollo.

Out from under Stalin's boot-heel came **Alf Karklins** of Estonia. He was our top heavyweight in the early 1960s. From the Netherlands came his fellow brick-layer, **Harry Vinkenvluegel** and wife Maria but neither were involved with the sport back home. Harry instead became the manager of the Ingersoll club. **Harold Norville** also came from the UK and was the main force of Oshawa lifting for years and was also an expert soccer player if I recall. Eire gave us **Norm Bratty**. Norm in turn gave us **Gary Bratty** who was best lifter in the 1979 Nationals.

Former world supers champ **Antonio Krastev** of Bulgaria settled briefly in Ontario looking for a place to launch a comeback for Atlanta's Olympic Games but did not stay long. **Steve Sandor** (HUN) is a later arrival in this country but has the distinction of being one of the highest qualified athletes to do so. Steve Sandor was a top athlete in his Native Hungary and has raised expectations in his Mississauga gym. Son **Akos** is our best 105 and surpassed his father's best. Brother **Balasz** was not too far behind in the 94s.

Northern Ontario had two prominent French-Canadian families. The most storied has been the **Roys** from Sudbury. **Ralph** and **Aldo** were pioneers in Sudbury, sometimes travelling to York in order to learn more. Aldo was a favourite of Uncle Bob Hoffman's wife mainly because her name was Alda. Ralph lifted in several North Americans plus the 1967 Pan-Ams but it was younger and larger brother Aldo who had an even better career, going to two Olympics as an athlete, and some more as an announcer. They were greatly assisted by their good friend and 'virtual brother' **Bob Leclair** (and his real brother **Norm**) especially when they reached coaching days. They made the Sudbury teams famous in the 1960s to the 1980s. But they were not through. Ralph's son **Kevin** would grow up to outshine them all, making him and Aldo one of the first uncle-nephew teams in higher level lifting. Kevin always was amused how people would tell him that one day he would be as strong as his father. Ralph was a 67.5-75 in the mid 1960s while Kevin as a 100 in the early 1980s, with lifts more than in proportion. Ralph must have been one hell of an athlete.

The other Franco-Ontarian family came not from the north but from Sudbury. These were the **Turcottes** of Sarnia. The patriarch here was **Joe** who was a champion lifter himself then took to coaching his sons and nephew **Bob Santavy**. The latter has in turn also given us another generation in **Bobby Jo** and **Dallas John**. Bobby Jo was a pioneer in women's lifting. Dallas has more or less matched his father's lifts at least on a formula basis and has been on a similar number of teams and seems to have the same Santavy longevity as well. As if that is not enough, the Santavy's are fifth cousins to the Vinkenvluegels. And no, the Sarnia Turcottes are not related to the Quebec Turcotte sisters.

Bob Prior of Hamilton was a pretty fair intermediate level athlete in the 1950s and 1960s. But it was his son **Russell** who was to become Pierre St. Jean's main rival to "best ever Canadian" honours. Russ would eventually beat out St. Jean for the most number of 'best lifters' and the nationals after a long career that included three Commonwealth Games golds plus Pan-Am gold.

Manitoba

In Winnipeg in the 1970s a Peruvian immigrant named **Ydelso Diaz** was a coach who promised to add much to the Manitoba WL culture. But this opportunity was cut short when he suddenly left the sport, like too many of our leaders have done over the years.

In the 1990s **Miroslav Korkowski** was recruited from Poland to professionally coach the Manitoba lifters. His son **Rafal** has grown into a star lifter himself. Both have added to the growing sophistication of Manitoba weightlifting that had a large gap with the sudden departure of Russ Prior who coached them twenty years ago.

On the distaff side Manitoba has a curious new kind of immigrant. They don't come from other countries. They now come from other sports, namely the field ones. Most prominent was Theresa Brick. She was a pioneer in two different family traditions. She became one of the first Canadian husband-wife weightlifting coaching teams when she married Denis VanLeaken. She then recruited her niece to challenge the Roys on being first on the female side of that relationship.

Saskatchewan

Saskatchewan has had a few immigrant lifters but not as many as Alberta probably due to the nature of their economy. Few people crossed the ocean to be wheat farmers nowadays. However Germany has contributed Otto Neuman and Heintz Block who have been involved for many years. Otto's son Harry was a top junior as well.

More recently Jose Samaoya was a top lifter in Guatemala before he came to Canada and remained so after arrival and is now a coach, often coaching his fellow ex-pats while doing some Masters lifting as well..

Alberta

In Alberta we had a number of expatriates who played a major role in the development of our sport in the 1960s. One of the first was **Roy Hilligan** (RSA). He had won the 1952 Mr. America while living in the USA. Earlier that weekend he had also did an 800+ lbs total at 82.5 to collect his athletic points. He soon moved to Canada and took turns living in Vancouver, Calgary, Edmonton and Winnipeg before returning to South Africa. He would return to Canada almost 30 years later when he returned to top bodybuilding form in his 50s.

Fred Ketterer (HUN) was our first star performer. He, along with guys like Foldi, Veres, Escer, Toth and Huszka were some of Sandor Gere's boys in the early days of Hungarian lifting. He won a position on the 1956 Olympic team but Khrushchev's broken promises forced him to relocate. At the World Masters Games he was finally able to renew acquaintances with Mihaly Huszka after 49 years.

At this point I must mention my own personal mentor, **Bert Mozley** (GBR). Bert was a top fullbsack for the Derby County Rams in the English Premier League. He came to Calgary in 1955 and was immediately the best in Alberta. He was also best in all three weight sports. From a point further north in England came **Dennis Hillman**. He was a member of Britain's 1960 Olympic team and was a valued intermediary with the British teams when we held the Commonwealth Games.

Bruno Dobler (SUI) was a journeyman athlete who made his major contribution as an official. He dropped out of the sport in the early 1980s but has now returned.

Back in the 1960s and 1970s we had the **Gomes** brothers from Guyana. Malcolm the eldest did do some lifting in Guyana but Mark did all of his in Canada. They were national threats in the 67.5. Both ended us as teachers and coaches. Mal had the better build but Mark, built like a shorter basketball player had the greater desire.

Bob Brintnell was introduced to the weights by his father Leigh, one of the early northern bush pilots and aviation pioneers. He must have been a weight training pioneer as well since this activity would have been rare in 1930s Alberta. Bob then learned the finer points of Olympic lifting from Hilligan.

British Columbia

In BC the most numerous lifting immigrants are the Sikhs. They have made a significant contribution to our sport on the West Coast. WL is a favourite sport among them back in India and this has continued in their Frazer Valley diaspora. There are too many to name all of them here but Parmajit Gill and Major Lidder were the most famous.

***Chris Dariotis** was both a landed immigrant and a second generation lifter. His father ran a gym in Seattle I believe. He challenged St. Jean in the 1970s and continues as a master today.*

*Polish born, German speaking CWFHC Honorary Life Director **Dieter Stamm** has made great contributions in his adopted home of BC but did not get involved until he came to Canada and met other lifters at UBC. He got the honorific by way of coaching the Semi high school team for thirty some years. He has worked internationally where his language talents have proven useful. His sons Eric and Eden competed briefly but with some degree of success.*

*Even arch-bachelor **Doug Hepburn** had a relative in the sport. His nephew **Glen MacLennan** took second to Russ Prior in the 1971 Canada Games. He had great strength potential but an injury ended his career prematurely.*

*The most visible father-son team on the coast is the **Greavettes**. **Ron** was a journeyman lifter who soon went into coaching and still later into the CWFHC presidency. Son **Guy** was a lifter of international calibre who also went on to coach.*

Yukon

*In the Klondike we have a reverse situation. First **Jeane Lassen** becomes a major star in women's lifting, eventually winning two U Worlds golds. This brought her mother **Moir** into the sport as an administrator and referee in Whitehorse. We have yet to see the first mother-daughter lifting team.....so far.*

Dresdin Archibald

Jan 25, 2006

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Same as for all the "Histories" written by different authors, the author does not pretend to describe completely what actually took place. However, every effort was made to obtain the contribution of people the more to the fact. I want to thank warmly all those who helped me in this journey.

REFERENCES AND PERSONS INTERVIEWED PERSONALLY:

Mrs. Pierrette Allan

Mr. Ron Greavette - President C.W.F.H.C.

Mr. Louis Guay - President F.H.Q.

Mr. Gene Hammer - President A.W.A.

Mr. Don Harris - President N.F.W.A.

Ms. Bonnie Hughes Sullivan - President Y.W.A.

Mr. Ian Meadows - President N.S.W.A.

Mr. Del McNeeley - President S.W.A.

Mr. Jeff Rohne - President M.W.A.

Mr. Don Schoures - President O.W.A.

Mr. Ray. Vaillancourt - President B.C.W.A.

Mr. Richard Champion

Mr. Jean-Yves Dionne

Mr. Philippe Saint-Cyr

Mr. Lionel Saint-Jean
Mr. Jules Sylvain
C.W.F.H.C.

F.H.Q.

"Les hommes forts du Québec de Jos. Montferrand à Louis Cyr » by Ben Weider and E.Z. Massicotte

"Le livre Stanké des records Québécois" by Marc Chatelle

And so many other contributors - thank you to all of you.

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