

Norman Kwong: Breaking Barriers in Alberta [Video Transcript]

By Taaha Khan

Hi, my name is Taaha Khan and today I'll be sharing the story of Norman Kwong, a trailblazer in sports, business, and public service.

Through his journey, we see the impact of perseverance, leadership, and the strength of a truly Canadian legacy.

Introduction

Who was he? What did he do? Why is he important?

Norman Kwong was more than just an athlete or politician, he was a symbol of what's possible in Alberta.

Born to Chinese immigrant parents in 1929, he overcame cultural and social barriers to become a national icon. His story is one of firsts, the first Chinese Canadian in the CFL, the first Chinese Canadian Lieutenant Governor of Alberta, and a lifelong champion for inclusion.

Early Life

"He was a boy with big challenges but even bigger dreams".

Norman Kwong was born in Calgary, Alberta, during a time when discrimination against Chinese Canadians was widespread.

Despite the challenges, his family instilled strong values of education, discipline, and community. These early experiences shaped his determination to succeed, not just for himself, but for future generations.

Athletic Achievements

He wasn't just good, he was one of the best".

At just 18 years old, Norman Kwong began his football career with the Calgary Stampeders. He would go on to win four Grey Cups and set multiple CFL records as a powerful running back.

Nicknamed “The China Clipper,” Kwong became a national sports hero and was later inducted into the Canadian Football Hall of Fame. His success helped break racial barriers in professional sports at a time when very few Chinese Canadians had those opportunities.

Political and Business Career

“Breaking barriers on and off the field.”

After retiring from football, Kwong transitioned into business and politics. He was one of the original owners of the Calgary Flames and played a major role in bringing the team to Alberta.

In 2005, he was appointed as the 16th Lieutenant Governor of Alberta, the first of Chinese heritage to hold this prestigious role. He served with dignity, promoting cultural harmony and civic pride throughout the province.

Community Involvement

“The strength of a community lies in the support we give one another.”

Norman Kwong believed deeply in giving back. He supported many charities, community organizations, and youth initiatives, always encouraging young people to pursue their dreams.

His public appearances were never about attention, they were about connection. He used his platform to promote inclusivity, volunteerism, and cultural understanding.

Legacy

“Success is not just personal. It’s about opening doors for those who follow.”

Norman Kwong’s legacy is felt across Canada. He opened doors in sports, business, and government, inspiring generations to believe in the power of possibility.

His contributions remind us that true leadership is about service, respect, and courage. Norman Kwong didn’t just make history, he changed it.

How has he inspired me?

I always tried to carry myself with dignity, whether on the football field or in the lieutenant governor’s office.

Norman Kwong has truly inspired me to believe that leadership isn't about being loud or having power — it's about rising above challenges, staying humble, and using your success to create opportunities for others. He showed me that you don't have to fit the mold to make an impact. You just have to be bold enough to be yourself and brave enough to lead with kindness.

What have I done and what will I do to follow in his footsteps?

As someone who is already considered as a leader in my school, support my friends and is in the Leadership program at the City of Calgary, I've already started building those same values, learning to speak up, take initiative, and support those around me. I've also dedicated myself to personal growth through swimming, skiing, kick boxing and soccer, where I've learned focus, resilience, and teamwork. And through my passion for learning, I earned a bronze medal at the Calgary wide science fair, even placing 1st in my school. Every one of these experiences has helped me grow stronger, more confident, and more ready to make a difference.

Inspired by Norman Kwong's legacy, I want to push forward, not just for awards, but to help others feel like they belong. Like him, I want to lead with courage and pride in my community.

I'm planning to start a "Helping Hand" project to support new students and those who feel left out. I also want to start a leadership club focused on service, inclusion, and learning from role models like Kwong. We'll run events like food drives, welcome weeks, and cultural celebrations.

His story isn't just something I admire — it guides how I lead and what I stand for.

Conclusion

"His journey wasn't just about firsts — it was about paving the way for others."

Norman Kwong's story taught me that success isn't only about personal achievements — it's about how you uplift others along the way.

He showed us that no matter where you start, with integrity and purpose, you can leave a lasting impact. He is truly a champion of Alberta.

Thank you

"Thank you for learning about Norman Kwong with me. His legacy continues to shape Alberta — and inspire future leaders like us."

Citations:

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