

# ALBERTA POWERLIFTING UNION

## Provincial Annual General Meeting – Agenda

**Date:** June 25, 2023 3 pm

**Location:** via Zoom

### Agenda

1. Roll call/attendance **Attendance by APU Executive Angelina Van Ryswyk, Tim Nadeau, Pamela Hodder, and Samantha Fung. APU attendance recorded via emails in screen shot provided.**
2. Approve last year's minutes **Aileen Bishop Second and Approved**
3. President's Address – Prepared by Angelina Van Ryswyk (attached as Schedule "C") **Pam Hodder Seconded and approved**
4. Treasurer's Report – Prepared by Samantha Fung (attached as Schedule "F") **Max Hall seconded and approved**
5. Approve 2022 Financial Statements **Shantelle Szuch and Kevin Gray Approved**
6. Official Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "D") **Lisa Martinuk Second and approved**
7. Records Chairman Report – Attached as Schedule "E" **Max Hall Second and approved**
8. Nominations for President
  - Pamela Hodder (Acclaimed) **Aileen Bishop second and approved**
9. Nominations for Secretary
  - Shantelle Szuch (Acclaimed) **Pamela Hodder second and approved**
10. Vice President and Treasurer will be up for election in 2025
11. Review Bylaws and Policy and Procedures Amendments
  - (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)
12. Discussion prepared by the APU Executive
13. Review of Ongoing Projects and Initiatives
  - Need for more Meets and Meet Directors
  - More involvement in APU at all levels
14. Doping
  - Better communication to the members via Social Media and website

15. Bids for Provincials 2024 – Open All in favour July 3, 2024 in Lethbridge Max Hall, Pamela Hodder
16. Open discussion of membership
17. 2023/2024 Appeals Committee – Appoint 5 new members Aileen Bishop, Kevin Gray, Arshia Arshadi, Teresa Oldenburger, Anne Andres
18. Adjournment Kevin Gray Second and approved

**SCHEDULE "A"**  
**PROPOSED BYLAW AMENDMENTS**

**Amendment #1 – Proposed by Angelina Van Ryswyk Section 5.7 (Addition)**

**Shantell Szuch second and approved all in favour**

V. Duties of the Technology Chairman

The Technology Chairman shall:

- (i) maintain and administer the APU website; and
- (ii) maintain and administer any technical tools used by the APU Executive.

Reasoning:

The APU’s reliance on technology is increasing as the membership base is increasing. The work required for website and other technology maintenance requires someone with a dedicated role on the Board to help with.

**Amendment #2 – Proposed by Angelina Van Ryswyk**

**Section 5.8 (Revision) all in favour second aileen Bishop approved**

- IV. Every ~~third~~ year, **members of** the APU Executive shall be elected by the Members at the PAGM (the "**Executive Election**"). Each office of the APU Executive shall be voted on individually, and not as a slate. Elections for APU Executive positions will occur in the follow order:

Position	President	Vice President	Secretary	Treasurer
Election Year	2023	2024	2023	2024
Next Election Year	2025	2026	2025	2026
Next Election Year	2027	2028	2027	2028
Election every 2 years following				

Reasoning:

Reducing the terms of the APU Executive positions will hopefully make the positions more attractive for future candidates as we are currently having issues retaining Executive positions for more than 2 years. Reducing the terms will hopefully place less pressure on the individuals on the board and lessen the commitment required.

## SCHEDULE “B”

### PROPOSED POLICY AMENDMENTS

#### Amendment #1 – Proposed by Angelina Van Ryswyk

##### Section 2.3 (Revision) **all in favour approved seconded Samanath Fung**

The Records Chairman is responsible for the recording of and updating of provincial records. However, it is the responsibility of the record-setting Member to inform the Records Chairman of the lift. **The record must be submitted by the Member to the Records Chairperson no later than 7 (seven) days from the date of any sanctioned competition (or final day of a multi-day event).** The Records Chairman, upon verification of the results of the competition, shall update the Society's records accordingly and make the applicable updates to the Society's website.

##### Reasoning:

This is formalizing the language that already exists in the policy to align with the process for National records.

#### Amendment #2 – Proposed by Angelina Van Ryswyk

##### Section 1.2 (Addition) **Move to vote, Motion Pass 10 Approved seconded Samantha Fung**

- (I) each Registered Club shall also have fulfilled one of the following requirements to be eligible for the Club Championship:
  - (i) act as a meet director for a Society sanctioned powerlifting or bench press competition within the province of Alberta during the previous twelve (12) months; or
  - (ii) provide at least four (4) Registered Club members to assist in two (2) local competitions (must be at least four (4) Registered Club members per local competition) as an official or other volunteer role as assigned by the meet director between the previous year's Provincial Championships and upcoming Provincial Championships. For clubs with four (4) or less members, at least one (1) Registered Club member must assist in one (1) local competition as an official or other volunteer role as assigned by the meet director between the previous year's Provincial Championships and upcoming Provincial Championships.

##### Reasoning:

As the APU continues to grow and sanction more events, we need our registered clubs to help facilitate the growth of the sport. As most clubs are already either putting on meets, or have members that are volunteering, this just formalizes what is already happening and should not have an impact on clubs.

**SCHEDULE “C”**  
**PRESIDENT’S REPORT**

June 10, 2023

To: All APU Members

The Alberta Powerlifting Union (APU) has seen another tremendous year in our sport with the most new members we have seen. In addition, we are celebrating the APU’s 40th anniversary. This is a testament to the community that has been built, and has continued to thrive over years, especially through hard times.

With this year being an election year for both President and Secretary, we will be seeing a leadership change on the Board, as well as some new faces in Chairmen positions:

- This year we welcomed Shantelle Szuch as the new Officiating Chairman. Shantelle brings a wealth of experience from her time with the Saskatchewan Powerlifting Association, her many years as a National referee, and a World Class equipped lifter and we are fortunate to have her on the Board.
- We also said farewell to longstanding Results and Records Chairman, Jeannie Jamison, as she decided to step down from her role to pursue other interests. We want to thank her for her time on the board and her years of service.

We continue to welcome new Meet Directors as the demand for meets grows exponentially. Max Hall successfully executed a flawless event known as the Heroes Classic in Lethbridge. It was a very well-run and organized meet, with many lifters having a positive experience. We hope to see this meet back in the future!

The APU continues to hold a strong financial position and has all of the necessary funds needed to run a smooth organization. As always, our books are open to all members and anyone can contact the APU to see our books, accounts or records at any time. The APU prides itself on financial transparency and our financial position as one of the strongest Provincial organizations in the CPU.

As my term as President comes to an end, I want to thank each and every one of you for being part of our powerlifting community. It has been an honor and a privilege to serve you for the past three years and I am confident that emerging leaders will continue to progress the APU forward to make it even better in the future. Thank you so much for continue to provide the best powerlifting experience in Alberta.

Respectfully,

Angelina Van Ryswyk

President, Alberta Powerlifting Union

**SCHEDULE “D”**

**OFFICIAL CHAIRMAN REPORT**

June 10, 2023

To: APU Members

As of 2023, we currently have 25 Provincial Referees, including 5 National referees and 2 IPF International referees. We continue to see a need for more male referees across the province and will need more candidates step up in the future.

We welcomed Shantelle Szuch as the APU’s new Officiating Chairman and with her wealth of knowledge and experience, I know she will continue upholding the high standards that we have set for ourselves with the group of referees that we have.

<b>New Provincial Referees</b>	<b>New National Referees</b>	<b>Expired Referees (2021-2022)</b>
Emily Stearns		Jason Dyck
Hongming Tong		
Zack Chwok		

Respectfully,  
Angelina Van Ryswyk  
Outgoing Officiating Chairman, APU

**SCHEDULE "E"**

**RECORDS CHAIRMAN REPORT**

No report submitted.

*Please note the APU is currently in the process of transitioning the Records Chairman role to a new candidate.*

**SCHEDULE "F"**

**TREASURER'S REPORT FOR THE 2022**

**See attached PDF**