



# 2015 Annual Report



Don Buchanan, 2012 Ukraine Worlds Masters Championships

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**EXECUTIVE & APPOINTED POSITIONS CONTACT LIST**

<p><b>Past President &amp; National Chairman</b>  <b>John Case</b>                  474 Victoria Street                  London, Ontario                  N5Y 4B3                  519-438-6000  <a href="mailto:nationalchairman@cdnmastersweightlifting.org">nationalchairman@cdnmastersweightlifting.org</a></p>	<p><b>President</b>  <b>David Desroches</b>                  501 Dominion                  Hamner, Ontario                  P3P 0A9                  705-969-6847  <a href="mailto:president@cdnmastersweightlifting.org">president@cdnmastersweightlifting.org</a></p>
<p><b>Secretary - Treasurer</b>  <b>Doug Sinclair</b>                  608 Beaverhill Blvd.                  Winnipeg, Manitoba                  R2J 2Z6                  204-256-7608  <a href="mailto:treasurer@cdnmastersweightlifting.org">treasurer@cdnmastersweightlifting.org</a></p>	<p><b>Membership Secretary</b>  <b>Judy Quinn</b>                  510 – 608 Lake Street                  St. Catharines, Ontario                  L2N 5S9                  289-362-4945  <a href="mailto:membership@cdnmastersweightlifting.org">membership@cdnmastersweightlifting.org</a></p>
<p><b>Hall Of Fame Secretary</b>  <b>Ken Miller</b>                  25 Ferguson Road                  Collingwood, Ontario                  L9Y 2Z9                  705-445-7515  <a href="mailto:halloffame@cdnmastersweightlifting.org">halloffame@cdnmastersweightlifting.org</a></p>	<p><b>Eastern Representative</b>  <b>Gary Lewis</b>                  R.R.#7, 222 Sunrise Drive                  Belleville, Ontario                  K8N 4K7  <a href="mailto:easternrep@cdnmastersweightlifting.org">easternrep@cdnmastersweightlifting.org</a></p>
<p><b>Western Representative</b>  <b>Ed Fergusson</b>                  #3 – 1401 Prince Road                  Parksville, BC                  V9P 2W1  <a href="mailto:westernrep@cdnmastersweightlifting.org">westernrep@cdnmastersweightlifting.org</a></p>	<p><b>Women’s Representative</b>  <b>Shirley Bly</b>                  39 Linton Park Road                  Belleville, Ontario                  K8N 4K7  <a href="mailto:shirleyandmanley@gmail.com">shirleyandmanley@gmail.com</a></p>
<p><b>Webmaster</b>  <b>Bob Haven</b>                  4954 Marion Street                  Dorchester, Ontario                  N0L 1G4                  519-268-2418  <a href="mailto:webmaster@cdnmastersweightlifting.org">webmaster@cdnmastersweightlifting.org</a></p>	<p><b>Vice President</b>  <b>Andre Boutin</b>                  3197 Ave de Repentigny                  Montreal, Quebec                  H1N 2Z1                  514-507-2071  <a href="mailto:vicepresident@cdnmastersweightlifting.org">vicepresident@cdnmastersweightlifting.org</a></p>
<p><b>Records Secretary</b>  <b>Mark Gomes</b>                  275 Bluejay Cr.                  Oshawa, Ontario                  L1G 6X4  <a href="mailto:records@cdnmastersweightlifting.org">records@cdnmastersweightlifting.org</a></p>	

## 2015 AGM Minutes

Canadian Masters Weightlifting  
Annual General Meeting 2015  
April 24, 2015  
Rouyn-Noranda, Quebec

### Minutes from 2015.

Presidents Report	John Case
Secretary Treasurer Report	Doug Sinclair
Hall of Fame Report	Ken Miller
Records & Membership's Secretary Report	Judy Quinn
Newsletter Editor's Report	John Case
Women's Representative Report	Shirley Bly
Western Representative Report	Gary Lewis
Eastern Representative Report	Ed Fergusson

**2014 Annual Report posted on the web. If anyone has any further questions please contact the executive.**

- The President position was put up for nomination. David Desroches was nominated and voted in by proclamation.
- The Vice-President position was put up for nomination. Andre Boutin was nominated and voted in by proclamation.
- A new position, National chairman was established to provide a bigger footprint and presence with the IWF and its policies. John Case was nominated and voted in by proclamation.
- Our Membership Secretary, Judy Quinn requested initiating a new position "Membership Secretary" to reduce the workload generated from our increased membership. Mark Gomes was nominated and voted in by acclamation.
- Mannon Poulin brought forward comments as a result of non-payment of prize money owed to her from an International Competition. .
- The doping policy that is required for our Federation is a project under construction. Legal implications and a notification strategy that eliminates a legal backlash have slowed progress down. For 2015, David Desroches will continue work on this assignment.

In accordance with the AGM procedures the meeting was concluded.

## 2015 National Chairman's Report

By John Case



Canada sent four teams to different contests throughout the calendar year.

Pan Am's in Savannah marked the first time the Canadian men's team won the team trophy. The trophy was presented to Terry Hadlow and Doug Sinclair. No doubt the women's team will be a strong contender this year in Puerto Rico.

In 2015 a very capable organizer in Rouyn Noranda hosted the Canadian Championships. It was an outstanding event. It was attended by 75 lifters from across Canada. Thanks to Mario Robitaille and his team of volunteers who hosted the event.

A new event on the Masters Weightlifting schedule is the World Cup, hosted by countries around the world. It is gaining in popularity. Our neighbours to the south in the USA hosted a spectacular event in Dallas Texas. Despite our small numbers, Canada placed second to a much larger contingent from the host country.

The World Masters Weightlifting Championships were hosted in Finland at a great location in Rovaniemi. Jorma Salo, the National Director, did an outstanding job coordinating the large team of staff and volunteers.

My wish for 2016/2017 is that every Province will sponsor a Masters Provincial Championship, in keeping with the new Ontario Masters. I hope to see more lifters at the Pan Am's in Puerto Rico and the World Weightlifting Championships in Heinsheim, Germany. This is my first year as the National Director and I have enjoyed the opportunity to serve our membership.

Respectfully submitted,

John Case – National Chairman

## **Secretary –Treasurer’s Report**

### **For the 2015 Fiscal Year**

By Doug Sinclair

#### **Summary**

The Canadian Masters Weightlifting financial position as of the end of February 2016 is \$13,551.89. We had an end of year surplus for the 2015 fiscal year of over \$10,000. Any member on request may scrutinize the financial statements.

#### **Progress**

With increased membership, we are able to give back to the members little perks like T-shirts for international competitions, subsidizing lifting suits, achievement award trophies and pins for Hall of Famers.

Paypal has been set-up by Bob Haven (our Webmaster) for expenditures, competition entries, and Membership. Also, Bob Haven has set-up the Canadian Masters on Facebook.

#### **Current Situation**

The Masters will continue to pay the team fees, wire expenditures, and exchange expenditures for Worlds and Pan Am competitions. We are providing honorariums and achievements awards where we see appropriate. The Masters are now paying the anti-doping expenditures for National competitions. The 2015 statements have been submitted for auditing.

#### **Future Plans**

We will have to pay for the on going and up-keep of the website; estimate is \$2,500 per year.

Directors and Officials insurance will have to be purchased at \$1,000 per year.

CCES liability insurance coverage also needs to be purchased at \$2,500 per year.

The financial statements are attached.

Doug Sinclair  
Secretary-Treasurer  
Canadian Masters Weightlifting  
204-256-7608  
Email: [dougsinc@mts.net](mailto:dougsinc@mts.net)

## Financial Report

### 2015 Fiscal Year

By Doug Sinclair

#### Balance Sheet

	As of Feb 31/16	As of Dec 31/15	As of Dec 31/14
<b>Current Assets</b>			
Bank Account	\$13,551.89	\$10,268.12	\$8,562.42
Accounts Received	\$0.00	\$0.00	\$0.00
<b>Total Current Assets</b>	<b>\$13,551.89</b>	<b>\$10,268.12</b>	<b>\$8,562.42</b>
<b>Current Liabilities</b>			
Accounts Payable	\$0.00	\$0.00	\$0.00
Deferred Revenue (Memberships)	\$0.00	\$2,140.00	\$440.00
<b>Total Current Liabilities</b>	<b>\$0.00</b>	<b>\$2,140.00</b>	<b>\$440.00</b>
<b>Equity</b>			
Retained Earnings	\$8,128.12	\$8,122.42	\$8,193.43
Current Earnings	\$5,423.77	\$5.70	-\$71.01
<b>Total Equity</b>	<b>\$13,551.89</b>	<b>\$8,128.12</b>	<b>\$8,122.42</b>
<b>Liabilities &amp; Equity</b>	<b>\$13,551.89</b>	<b>\$10,268.12</b>	<b>\$8,562.42</b>

**Financial Report  
For the 2015 Fiscal Year (con't)**

<b>Income Statement</b>	As of Feb 29/16	As of Dec 31/15	As of Dec 31/14
<b>Revenue</b>			
<b>Revenue</b>			
Membership Fees	\$6,000.00	\$4,720.00	
Merchandise Sales (e.g. suits, jackets)	\$380.00	\$1,100.00	
Miscellaneous Revenue (e.g. Rcv. Worlds, Pan Am's Fees)		\$1,699.88	
<b>Total Revenue</b>	<b>\$6,380.00</b>	<b>\$7,519.88</b>	
<b>Expense</b>			
<b>Program Expenditures</b>			
Anti - Doping Expenditures	\$500.00		
Membership Expenses (e.g. PayPal)	\$130.05	\$73.53	
Honorariums (e.g. T-shirts, Suits)	\$200.00	\$3,201.88	
Total Canadian Championships		\$750.00	
Total Pan Am Championships		\$129.83	
Total World Expenses		\$227.55	\$44.20
<b>Total Program Expenditures</b>	<b>\$830.05</b>	<b>\$4,382.79</b>	<b>\$44.20</b>
<b>General &amp; Administration Expenditures</b>			
Courier & Postage	\$100.75	\$160.63	\$10.30
Achievements Awards (e.g. Hall of Fame Trophies)		\$844.29	
Interest & Bank Charges	\$13.50	\$89.30	\$7.50
Merchandise Fees	\$11.93	\$38.50	
Office Supplies & Expenses		\$236.14	\$9.01
Miscellaneous Expenses (e.g. Pay Worlds, Pan Am's Entries)		\$1,762.53	
<b>Total General &amp; Adm. Expenditures</b>	<b>\$126.18</b>	<b>\$3,131.39</b>	<b>\$26.81</b>
<b>Total Expense</b>	<b>\$956.23</b>	<b>\$7,514.18</b>	<b>\$71.01</b>
<b>Net Income</b>	<b>\$5,423.77</b>	<b>\$5.70</b>	<b>-\$71.01</b>



## Canadian Masters Hall of Fame Report - 2015

Prepared by: Ken Miller, March 19, 2016

This year the results were updated for the 2015 Canadian (55 competitors), Pan American (10 competitors) and World Masters (8 competitors) results. A third party has not verified the input. As a result members should check their own results and notify the secretary of any discrepancies.

This year there are two inductees – Dave Desroches and Martin Walt both from Ontario. They will be inducted at the Masters Championships in 2016, bringing the total number of inductees to 28, which include 6 ladies. There are 300 members who have competed in at least one of these competitions.

The updated results are posted on the web site after each competition. The system for induction has remained the same. One hundred points are necessary for induction to the Hall of Fame. The results used are from 1989 to present.

Points are accumulated as follows:

	<b>Canadians</b>	<b>Worlds</b>	<b>Pan Am's</b>
<b>Gold</b>	10	6	5
<b>Silver</b>	7	5	4
<b>Bronze</b>	5	4	3
<b>Other</b>	4	3	2

I recommend that the executive consider whether this system is still appropriate, with the implementation of any changes taking place in the 2016 calendar year.



## **MEMBER REGISTRATION REPORT April 5, 2016**

Prepared by Judy Quinn

Attached is a spreadsheet comparing enrolment as at April 5, 2016 to the year 2015. It should be noted that there could be additional memberships throughout the year. Currently our overall enrolment is up 31% so far this year.

More women joined this year giving us 67 women lifters compared to 87 men. A big jump in Female enrolment.

Ontario continues to lead with the largest membership and increased by 27 members. Quebec follows with an increase of 5 members.

Younger members are showing increased interest. Our 30 and 35 age groups increased by a total of 17 members, indicating that lowering our age minimum to 30 years was a successful action.

Statistics show Canadian Masters Weightlifting is expanding.

Judy Quinn  
Member Registration

**CANADIAN MASTERS WEIGHTLIFTING FEDERATION**

<b>Membership</b>	<b>2015</b>	<b>2016</b>	Increase/ Decrease
As of April 5, 2016			
Women Lifters	46	67	46%
Men Lifters	72	87	21%
Total	118	154	31%
Alberta	9	11	2
British Columbia	14	14	0
Manitoba	3	4	1
Saskatchewan	1	1	0
Nova Scotia	0	1	1
Ontario	72	99	27
Quebec	19	24	5
30-34	14	23	9
35-39	17	25	8
40-44	18	18	0
45-49	15	30	15
50-54	17	11	-6
55-59	9	17	8
60-64	11	11	0
65-69	10	11	1
70-74	4	4	0
75-79	0	0	0
80-84	2	4	2

Compiled by Judy Quinn, Member Registration April 5, 2016

## **CANADIAN MASTERS WEIGHTLIFTING FEDERATION**

### **2015 RECORDS REPORT**

Prepared by Mark Gomes

After examining our history through the eyes of our Weightlifting Records I thought it would be an exciting adventure to conduct some data comparisons and share it with our members. All of the data was collected manually from the records charts that were for the most part completed by my predecessor, Judy Quinn. I suspect some minor errors may creep into my results and if so, it is a human error on my part.

Although not a purely scientific study, it gave me a sense of how important it is to belong to the Canadian Masters Weightlifting Federation and how proud I am of our history and our members who grace the Records' pages. The complete and current list of records can be found on our Canadian Masters Weightlifting Federation homepage so they will not be added to this report. As well, the 2016 policy for breaking Canadian Masters Records is also outlined on that page for your examination.

- A. Total Master record-breaking athletes
- B. Breakdown of Men's 2015 Records
- C. Breakdown of Women's 2015 Records
- D. Breakdown by Snatch and Clean and Jerk
- E. Records Yet to be Set
- F. Oldest Unbroken Records
- G. Competitions at which Records were broken
- H. Top Women Athletes
- I. Top Men Athletes
- J. Condensed Summary of Competitions at which Records were broken
- K. Record-breaking Over the Years
- L. Weightlifting Couples
- M. Pre-1998 Athletes of Note
- N. Sincerest Thanks

## Canadian Masters Records 2015 Report (con't)

- A. **Thirty-six Master athletes broke 89 Canadian Records in 2015.** Each athlete broke between two and three records.
- B. **Seventeen Men broke 44 Records.** In the 56 kg class - 3 records; 62 kg -0, 69 kg - 3; 77 kg - 6; 85 kg - 10; 94 kg - 3; 105 kg - 9 and the +105 kg - 10. Mathematically, the average number of record-breaking athletes in each age category is approximately two. In reality however, most of the record-breaking athletes were in the 30 - 39 and 55 - 64 age groups. I suspect that the age categories that follow may have records broken over the next five years as these athletes continue to train and move up to older age categories. All seventeen men were members of the Canadian Masters since 2012, with some having membership dating back even further.

Six records were broken by athletes representing British Columbia, eight representing Alberta, one representing Manitoba, 26 representing Ontario and three representing Quebec.

M30 (Curtis Howden, Keith Leong, Justin Ott, Jay Rhodes)

M35 (Glen Hutchinson and Raf Korkowski)

M40 (Claude Caouette) M50 (Martin Tempelaar)

M55 (Andre Boutin, Terry Hadlow, Ayman Mazhar, Jocelyn Normand, Ian Webb)

M60 (John Case and David Desroches)

M65 (Iain Douglas)

M80 (Ed Fergusson)

Age Category	# Of Records Broken	# Of Men in Category
30	12	4
35	7	2
40	1	1
45	0	0
50	3	1
55	9	5
60	6	2
65	3	1
70	0	0
75	0	0
80	3	1
Total	44	17

## 2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

C. **Nineteen Women broke 45 Records.** In the 48-kg class - 0 records; 53 kg - 8; 58 kg - 5; 63 kg - 3; 69 kg - 8; 75 kg - 11 and +75 kg - 10. Mathematically, the average number of record-breaking athletes in each weight class is two. This average is fairly consistent with the actual number of record-breaking athletes in each age category. Of the nineteen women, fourteen were members of the Canadian Masters since 2012, with some having membership dating back even further. Three records were broken by athletes representing British Columbia, 16 representing Alberta, 22 representing Ontario and four representing Quebec.

Age Category	# Of Records Broken	# Of Women in Category
30	9	3
35	4	2
40	5	2
45	6	2
50	6	3
55	0	0
60	7	3
65	4	2
70	4	2
Total	45	19

W30 (Linsay Augustin, Marcia Chiasson, Nicki Darbyson)

W35 (Chantal Crowl and Tanna Payne)

W40 (Kathleen Mitchell and Sara O'Neill) W45 (Debra Chrenek and Shellen Thomas)

W50 (Nicky Ballingall, Manon Poulin, Kim Straughan)

W60 (Jill Miller, Madeline Payne, Ruth Stewart)

W65 (Doris Hellenbart and Judy Quinn)

W70 (Brenda Fergusson and Lorraine Pelletier)

D. Of the 45 Records broken by the Women, 17 were in the Snatch, 14 Clean and Jerk and 14 in the Total. Of the 44 Records broken by the Men, 15 were in the Snatch, 14 in the Clean and Jerk and 15 in the Total.

## 2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

- E. No Canadian Records exist to date in the following Age Categories and Body Weight Divisions for the Snatch, Clean and Jerk and Total. So here is a chance to set a goal for yourself or to encourage a member of your club to take on the challenge of filling in those vacant records.

Weight Class	Age Class
W48 kg	W30, W70
W53 kg	W55, W65, W70
W58 kg	W55, W60, W70
W63 kg	W75, W70
W69 kg	W30
W75 kg	W70
M56 kg	M30, M45, M55, M70, M75, M80
M62 kg	M30, M75, M80
M94 kg	M70, M80
M105 kg	M75, M80
M+105 kg	M65, M70, M75, M80

- F. **OLDEST UNBROKEN RECORDS – 1998** These records testify to the fortitude of the athletes who have unbroken records since 1998.

M35/62kg	B. Thom		CJ 110	T 187	ON
M35/94 kg	E. Romanov	SN 135			QC
M40/105kg	S. Sandor		CJ 155	T 275	ON
M40/+105kg	P. Kahnert	SN 140	CJ 170	T 310	ON
M45/77kg	C. Bowman		CJ 127		ON
M45/85kg	B. Walt		CJ 137		ON
M45/+105	D. MacNeil	SN 125	CJ 165	T 290	ON
M60/56kg	C.H. Chan		CJ 80	T 142	QC
W35/63kg	W. Rodgers	SN 62	CJ 77	T 140	AB
W35/69kg	W. Rodgers	SN 65		T 140	AB

## 2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

G. Canadian Master Records were broken at the following Competitions in 2015:

COMPETITION, DATE AND LOCATION	W	M
Hokkaido Cup January 31, 2015 Edmonton, AB	0	4
Ontario Masters February 15, 2015 St. Thomas, ON	7	4
British Columbia Master's Feb 21, 2015 West Vancouver, BC	3	4
A & R Memorial February 28, 2015 Port Alberni, BC	4	3
Canadian Masters April 25, 2015 Rouyn-Noranda, QC	14	13
OPF Open May 30, 2015 Edmonton, AB	3	0
Pan Am Masters June 5, 2015 Savannah, GA	8	5
Sea Festival Open June 27, 2015 Surrey, BC	3	4
Masters World Cup August 11, 2015 Dallas, TX	0	3
HercFit International September 12, 2015 Nanaimo, BC	3	2
Championnat Senior Du Quebec Oct 31/15 La Prairie, QC	0	1
Alberta Provincials December 5, 2015 Calgary, AB	0	0
British Columbia Provincials Dec 12, 2015 Richmond, BC	0	1
TOTAL	45	44

H. TOP WOMEN ATHLETES WITH GREATEST NUMBER OF CURRENTLY HELD RECORDS and AGE GROUP CATEGORY (\* 2015 member)

Women	Province	# Records	# Age Groups
Manon Poulin *	Quebec	21	4
Judy Quinn *	Ontario	11	3
Wendy Rodgers	Alberta	09	3
Jill Miller *	Ontario	08	3
Christine Walt *	Ontario	08	3



2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

I. TOP MEN ATHLETES WITH GREATEST NUMBER OF CURRENTLY HELD RECORDS and AGE GROUP CATEGORY (\*2015 member)

Men	Province	# Records	# Age Groups
Emery Chevrier	Quebec	17	3
Bob Walt *	Ontario	13	4
Yves Carignan *	Quebec	11	3
Marcel Perron *	Quebec	10	3
Zdravko Soleso	Ontario	09	2

J. Summary of Competitions at which Canadian Masters Records were broken.

COMPETITION	# OF RECORDS	% OF TOTAL RECORDS
Local	21	24
Provincials	07	08
Canadian Masters	27	30
Provincial Masters	18	20
Pan American Masters	13	15
Masters World Cup	03	03
TOTAL	89	100

## 2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

### K. RECORD BREAKING OVER THE YEARS

Since 1998 the average number of records broken annually was approximately 12 for the Men and eight for the Women. Note a substantial increase, well above that average, for 2014 and 2015. Men's records in 2015 represent an increase of 83% from the previous year. Women's Records in 2015 were 200% more than in 2014.

<b>Calendar Year</b>	<b># Men's Record Broken</b>	<b>% Men's Record Broken in Yr.</b>	<b># Women's Record Broken</b>	<b>% Women's Record Broken in Yr.</b>	<b>Men's &amp; Women's Records Broken</b>	<b>% Of all Records Broken</b>
1998	15	75	5	25	20	5.5
1999	13	59.1	9	40.9	22	6.0
2000	8	72.7	3	27.3	11	3.0
2001	10	90.9	1	9.1	11	3.0
2002	3	50.0	3	50.0	6	1.6
2003	12	70.6	5	29.4	17	4.7
2004	6	37.5	10	62.5	16	4.4
2005	11	64.7	6	35.3	17	4.7
2006	11	52.4	10	47.6	21	5.8
2007	17	73.9	6	26.1	23	6.3
2008	6	66.7	3	33.3	9	2.5
2009	3	50.0	3	50.0	6	1.6
2010	6	100	0	0	6	1.6
2011	11	84.6	2	15.4	13	3.6
2012	4	44.4	5	55.6	9	2.5
2013	9	30.0	21	70.0	30	8.2
2014	24	61.5	15	38.5	39	10.7
2015	44	49.4	45	50.6	89	24.4
<b>Total</b>	<b>213</b>	<b>58.4</b>	<b>152</b>	<b>41.6</b>	<b>365</b>	<b>365</b>

## 2015 Annual Report – CWFHC Canadian Masters Weightlifting Federation

### L. WEIGHTLIFTING COUPLES

Three married couples who have been great supporters of our sport, wonderful couples and have made a noteworthy number of Canadian Master Weightlifting records have caught my eye as I perused over our charts. The Walts (Christine and Bob) from Stirling, Ontario holds 21 current records. Not far behind are the Millers (Jill and Ken) from Collingwood with 11 current records. The Fergussons (Brenda and Ed) from Parksville, British Columbia grace us with nine current records. Kudos to these Weightlifting Couples.

### M. PRE-1998 ATHLETES OF NOTE

Records from 1997 and 1998 used age groups 0 - 7. But I noticed that several men of the same age (ie the same column “YOB”) were placed in different age groups. I suspect our categories in current use were either not consistent with the then age groups or errors crept into the recording system. Regardless, some mention should be made of these individuals whose names jumped out at me due to their occurrence in my organization of data from 1998.

Here are some special athletes of note that even today, keep our association alive and well.

Jill Miller@, and Wendy Rodgers\* Craig Bowman\*, Don Buchanan, Emery Chevrier I, Ed Fergusson #@, Don MacNeil \*, Ken Miller I@, Marcel Perron I@, Ian Webb #@, Bob Walt \*,

# = Still breaking records \* = still has unbroken records H, I= see section H or I @ = a 2016 Canadian Master Member

### N. SINCEREST THANKS

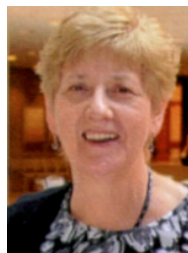
Ten of the past twelve months of Masters Record Secretary duties were performed by Judy Quinn. Without her membership and record charts, the collection reorganization of this data would have been impossible. I extend my gratitude to Judy for her continued dedication to the Canadian Masters Weightlifting Federation as Records Secretary and her continued hard work as our Membership Secretary.

Respectfully submitted,

Mark A Gomes  
March 10, 2016

## WOMEN'S REPRESENTATIVE REPORT

Prepared by Shirley Bly



*Congratulations to all female lifters who participated at Canadian Masters, Pan American Masters and World Masters Competitions, in 2015. Impressive Lifting Ladies. Some Very dedicated lifters!*

*Now I know that lifters are health conscious RIGHT? My message is to get those checkups and learn about prevention. I would like to share the following article with you.*

### **6 EASY WAYS TO TAKE YOUR HEALTH INTO YOUR OWN HANDS**

Being healthy can be a cryptic concept. Does it mean going to the doctor yearly? Exercising? Eating your apple each day? Going gluten-free? It may be hard to navigate all of the information (and misinformation) out there, but in truth, getting healthy is simpler than you think. Yes, it takes hard work and effort, but here are 6 easy ways to take your health into your own hands.

Food is medicine. Start thinking of your food as medicine — because it is the key to your health. Making healthier choices and finding a diet that works for you is paramount in reducing inflammation and living a healthy life. By making smart food choices for your body, you can override the need for extraneous modern medicines. Many syndromes, like PCOS, can actually be healed by dietary and lifestyle alterations, whereas traditional medicine would just continue to mask the symptoms.

Not sure what to eat? Real foods, for starters. Simply by reducing the amount of processed foods you eat (pretty much anything in the middle aisles of the grocery store) you can help yourself feel significantly better.

Give up sugar. You may not think you are addicted to sugar, but I challenge you to avoid it for 2 weeks. It can be found in most processed foods — including healthier ones — and is getting into our systems in quantities far greater than we realize. Sugar causes inflammation, and many people's health issues actually resolve once they ditch sugar from their diets. It's best to wean yourself off of sweetness, because artificial sugar substitutes aren't much better, either.

Let go of stress. Most diseases result from inflammation, and a major culprit of inflammation is stress. Chill out. Yoga and meditation are great for dealing with stress, but writing in a journal, taking a nature walk, and drawing a hot bath are also excellent substitutions. Find what works for you and let your health-harming stress slip away.

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Support your belly. We are learning more and more about the internal workings of our guts every day. The critters in your micro biome have an incredible impact on your health — from immune system strength to weight maintenance. Give them some support by including a daily probiotic in your regimen and avoiding antibiotics unless absolutely necessary.

Move. You've heard it a million times. A body in motion stays in motion... if you don't use it, you lose it... every little bit counts. Stop being content with the constant comfort and leisure of modern life. Walk up the stairs instead of taking the elevator, do some stretches of ab workouts during TV commercials. Most importantly, try to get at least half an hour of moderate physical activity in on most days. Try pushing yourself to do what you don't want to do, and you may actually surprise yourself. Bonus — regular exercise also helps to lower inflammatory stress levels.

Live passionately. Life is about balance — in your physical body, in your mind, in those closest to you. Without internal and external harmony, you aren't giving your body a real chance at true health. Surround yourself with positive, like-minded friends and spend your free time doing what you love. Be the person you want to be, and your body will follow suite. A positive atmosphere is essential to a healthy mental state.

There may be big lifestyle changes, or they may not. Either way, if you listen and live more harmoniously with your body and mind, you will take charge of your health. (Source: care2.com)

***I wish you all Good Health, Good Luck in your training and Competitions in 2016!***

## 2015 Western Masters Representative Report

Prepared by Ed Fergusson

Like my Eastern Rep. friend, Gary Lewis, I find 2015 has flown by very quickly. In my 2015 Report I noted there were 51 men and 40 women Masters competing in the four Western provinces and asked for input for a possible Western Canada Masters (we could ask Jeanne Lassen from Yukon to join us) but have had no return comments. I know Alberta had an Alberta Masters on February 20, 2016 with 14 Masters competing. The number of Masters competing in B.C. has remained stable from last year. At our B.C. Masters Competition this year, 25 athletes competed compared to 24 last year, with new athletes replacing those who did not compete this year.

I will be in Calgary for the 2016 Western Canadian Championships on April 2nd and will try to discover if Saskatchewan and Manitoba are planning for a “Masters” competition in the future. Last year I found that Saskatchewan had 15 men and 15 women Masters in their competitions and Manitoba had 7 men and 6 women competing.

I have spoken to a few people here about hosting a Canadian Masters competition on Vancouver Island and it seems that 2016 and 2017 are busy years so I am looking at the possibility of 2018. A family holiday to Vancouver Island with all the attractions and the Competition a focal point might be enticing.

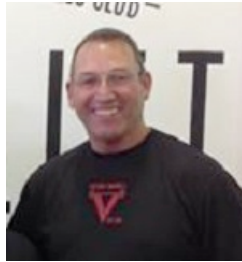
On a personal note, I was not able to compete this year as I had surgery in February. I talked my wife, Brenda, into competing again by telling her she could increase both the BC and the Canadian records, which she did with an increase of 5kg in the total. She qualified to attend the World Masters in Germany. I will compete to qualify at the OPF (my old club) Open in Edmonton on June 11th.

We are continuing to lead the way both by example and by encouraging older athletes to train and compete. Today I had a 51 year old athlete show interest in competing at the Seafest Open at the end of June. I am pleased to hear the Executive is considering several competitions for athletes to be recognized for their efforts; the World Masters, The World Masters Games, the PanAms, the Canadian Masters and the Provincial Masters. I hope, in the future, to have the Western Masters added to the list. People are encouraged when they are recognized for their efforts.

I would like to thank the entire Executive and other Representatives who have done, and are doing, such quality work on our behalf - it is appreciated. Hopefully, I will see you in Heinsheim in October. Brenda and I look forward to see you at the Canadian Masters soon; I am not getting any younger, ya know.

## Eastern Representative Report

Prepared by Gary Lewis



Another year of Master's lifting has gone by fast. As you read this keep in mind that I only get to write down my crazed thoughts and ideas once a year. Then the President tells the Vice President to tell the Western Rep to tell me to keep quiet....I only listen to Ed. So here we go,

In March 2015 Daniel Pare and the St. Thomas crew put on the 2<sup>nd</sup> Ontario Masters. After that contest people were asking if there would be another contest like that in 2016. I'm happy to report there was and it was better than the year before. Put this contest on your calendar for next year.

In April 2015 The Canadian Nationals were held in Rouyn-Noranda. To date this has been my favorite National Master's contest to attend. 2016 Master's will be in the Belleville, Ontario. We have a great team putting this contest together; it should be one to remember.

One of the benefits of going to competitions is reconnecting with lifters and their families. Meeting "new" Masters, young and old has been a pleasure. We have men and women coming and I'm going to tell you get ready because they are good, they are hungry, and they are there to compete. My favorite part is hearing about their training. Let's face it, when it comes to Master's we all have different training ideas and needs.

Injuries come with age? You remember getting hurt when you were younger but back then you healed up and started training immediately acted like nothing was wrong...but not now...now you count every minute, every hour, every day it takes to get back to normal. Fight the urge to not go to the gym. An injury can stop your lifting but don't let it stop you from going to the gym. Surround yourself with the best people you can find. Just because you are injured doesn't mean you can't coach. Don't let your injury disrupt their training.

And lastly, contest venues are always a topic. Where will it be and who will host the next one? That's the question every lifter asks. We all want to go to a contest but we cringe at the thought of being the host club. That fear of being the club that gets that daunting responsibility of putting on a contest. Do not let this hold you or your Club from stepping up and hosting a contest. There is a wealth of knowledgeable people in our weightlifting Federation who are more than willing to help make a contest come together, no matter where it is.

Yes, the majority of National Masters contests have been in Quebec and Ontario but it doesn't always have to be. It's an awesome thought, each Province and Territory host a Canadian Master's Weightlifting Championship and it is possible.