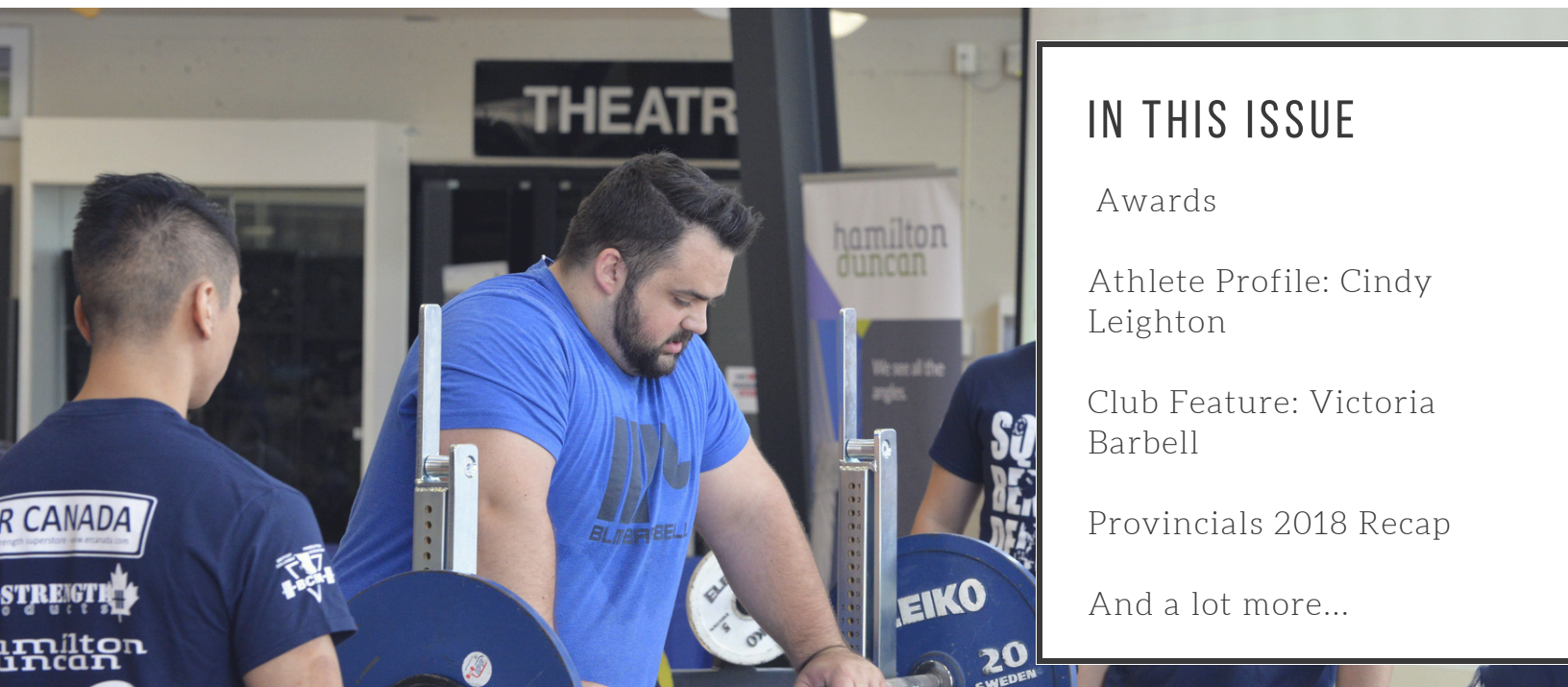


# THE EXPEDITOR

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NEWSLETTER FOR BRITISH COLUMBIA POWERLIFTING  
ASSOCIATION

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## IN THIS ISSUE

Awards

Athlete Profile: Cindy  
Leighton

Club Feature: Victoria  
Barbell

Provincials 2018 Recap

And a lot more...

## HELLO BCPA MEMBERS

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Welcome to the second edition of the BCPA Newsletter of 2018. It is a pleasure to write the Newsletter and provide you with BC's powerlifting news and content. This time, we've added a new section: a featured powerlifting club section. We're also happy to have an article written by Chris Robb, chair of the anti-doping committee on the Canadian Powerlifting Union (CPU).

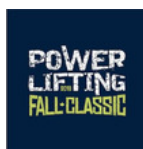
We hosted a contest for the name of the Newsletter, and decided to bring back the original name "The Expeditor". Thanks to everyone that participated and congrats to Nathan who won the BCPA socks.

We are welcoming submissions and articles from members. If you would like to submit an article, or to be our next featured club or athlete, send us an email.

Thank you for reading! Wishing you all the best with your training and wishing you lots of PRs!

P.S. Read to the end for an exclusive BCPA promo!

# CALENDAR



2018 Fall Classic Powerlifting and Bench Press Championships (Abbotsford, BC)

DATE

Sept 15-16, 2018

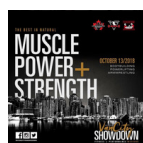
REGISTRATION DATE

Closed

Special General Meeting \*  
(Abbotsford, BC)

Sept 15, 2018 (4pm)

N/A



2018 Vancity Showdown Powerlifting Championships (Vancouver, BC)

Oct 13, 2018

Closed



2nd Annual Lift the Rock Powerlifting Championships (Victoria, BC)

Nov 18, 2018

Sept 16, 2018



Rumble in the Jungle  
(Richmond, BC)

Dec 8, 2018

Oct 1, 2018

2019 Annual General Meeting (Burnaby, BC) TBA

N/A

UBC Meet (Vancouver, BC)

TBA

TBA

2019 Winter Open (Burnaby, BC)

TBA

TBA

2019 BCPA Provincials Powerlifting and Bench Press Championships (Surrey, BC)

TBA

TBA

\*There is a New Societies Act that came into effect in November 2016, which governs how not-for-profit organizations are run in BC. The BCPA is a not-for-profit organization and must comply with the new Act by November 2018. The goal of the Special General Meeting (SGM) is to pass a vote on the Constitution, in order to conform to the new Act. All members are encouraged to be present. The Constitution changes were made possible with the help of Hamilton Duncan Law Firm.



## BCPA EXECUTIVE

|   |  |
|---|--|
| <b>President</b>                                | Gabe Festing: <a href="mailto:president@bc-powerlifting.com">president@bc-powerlifting.com</a>           |
| <b>Vice President/Club Development Director</b> | Tanner Braaten: <a href="mailto:vicepresident@bc-powerlifting.com">vicepresident@bc-powerlifting.com</a> |
| <b>Secretary</b>                                | Shadie Bourget: <a href="mailto:secretary@bc-powerlifting.com">secretary@bc-powerlifting.com</a>         |
| <b>Treasurer</b>                                | Lynne Desautels: <a href="mailto:treasurer@bc-powerlifting.com">treasurer@bc-powerlifting.com</a>        |
| <b>Registrar</b>                                | Cody Weeks: <a href="mailto:registrar@bc-powerlifting.com">registrar@bc-powerlifting.com</a>             |
| <b>Awards Director/Social Media Co-Director</b> | Will Steep: <a href="mailto:awards@bc-powerlifting.com">awards@bc-powerlifting.com</a>                   |
| <b>Webmaster/Social Media Co-Director</b>       | Dennis Leong: <a href="mailto:socialmedia@bc-powerlifting.com">socialmedia@bc-powerlifting.com</a>       |
| <b>Executive Director</b>                       | Brian Rock: <a href="mailto:brian.rock@bc-powerlifting.com">brian.rock@bc-powerlifting.com</a>           |



# VOLUNTEER OF THE YEAR AWARD

## MARY ANN MIDDLETON

Mary Ann is one of the most dedicated volunteers the BCPA could ask for. She is always ready to help and was present to a majority of meets in 2017. Here are a few words she wanted to share:

"Like many powerlifters I've met, I'm relatively new to the sport, and in fact before 2014 I had never even lifted any kind of weight. While struggling to finish my PhD, I was fortunate to find a coach who introduced me to the barbell and encouraged me to join the BCPA and get out to volunteer. I've enjoyed volunteering as a way to learn more about the sport, meet new people, and help to give back to a community that has been so supportive of my journey. For me, powerlifting is an outlet that has allowed me to tap into mental and physical strength that helped me finish grad school, and has gotten me through some of the most difficult challenges I've faced in life, and I continue to grow through the sport. I look forward to helping the sport continue to grow through more meets, and meeting new volunteers along the way."

## ARTHUR FIELD

'Arthur is always eager to help. He is one of the male volunteer who clocked in the most volunteer hours last year. Here are a few words he would like to share:

"I got started in powerlifting October 2015, I started training with Christopher Reed at Sailor Jacks Barbell Garage after being introduced by my wife Renee. I never thought it would lead me into finding so much passion for strength, but it has. The community is so awesome and friendly. I did my first competition in 2016, and then I realized I wanted to do more, so I started making changes to my priorities so I could volunteer and learn more about this awesome sport. I choose to volunteer, because I get to help new friends, and soon to be friends compete, and chase their dreams and goals. I've been so inspired by my journey, that I've started training as a certified personal trainer, so I can help more people fall in love with strength, and enjoy all it brings to their lives."

Thank you both for your dedication to the BCPA, and congratulations on your award!

# ATHLETE OF THE YEAR AWARD\*

## ADAM RAMZY

Adam Ramzy competed at the 2017 IWGA World Games in Poland and achieved his personal best IPF single ply performance. He compete in the middle-weight category (81.2kg) and totalled 917.5kg, comprised of a 352.5kg squat, 255kg bench press, and 310kg deadlift.

He expresses his sincere gratitude to Team Canada, including coaches Jeff Butt, Ryan Stinn, and Matthew Parry, as well as his wife Jessie Pow. His thanks to the BCPA for their recognition of his achievements with this award and ongoing support of powerlifting in British Columbia.



\*BCPA annually awards a female and a male Athlete of the Year Award. Recipients should have competed nationally and/or internationally in the past year to be considered. Records, totals, Wilks' scores and personal improvement are taken into account when selecting the recipients.

## ALISON KAM

Alison Kam is a junior lifter who competed at her first IPF World Classic Powerlifting Championships in 2017, in Belarus, where she ranked second. She competed in the 63kg weight class (60.6kg) and achieved the following results: 157.5kg squat, 80kg bench, 170kg deadlift for a 407.5kg total and 450.72 Wilks score.

She would like to thank her fiancé, Riley, for the unconditional support and her coach, Joe Stanek, from The Strength Athlete (TSA), for being understanding, patient, and for his top notch programming.



# BCPA STUDENT BURSARY

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2018 BCPA \$500 Bursary : TO BE  
AWARDED!!!

The BCPA awards up to two \$500 bursaries each year, to help support an active member attending post-secondary and in need of financial assistance. The application deadline was September 1st, 2018. and the recipients will soon be announced.

If you missed your chance to apply this year, be sure to be on the lookout for the information in early to mid-2019 and apply for the 2019 bursary.

# 2018-2019 CPU SCHOLARSHIP

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The Canadian Powerlifting Union (CPU) awards up to seven (7) annual student scholarships of \$250 each. The 2018-2019 applications are now open. Submit your application via email with your supporting documents before October 20, 2018 to [sandro@powerlifting.ca](mailto:sandro@powerlifting.ca).

The application procedure requires an official transcript, a statement about your involvement in powerlifting, and a statement about why you should receive the scholarship. You may also submit letters of reference.

Click here for more info

<http://www.powerlifting.ca/scholarship.html>



# ATHLETE PROFILE:

## Cindy Leighton

PART I

Cindy Leighton has won the best Open lifter award at the BCPA Provincial Championships in June 2018 and achieved the second highest female Wilks score within the BCPA in 2017. She is a working mother who has a passion for powerlifting. We met with Cindy and asked her a few questions about herself and her powerlifting journey. Thank you Cindy for taking time to answer our questions!

**Age:** I'm old but still compete in Open class... I'm almost 38 so only a few more years until I'm an M1

**Weight class:** 57kg.....although I walk around heavier in the off season

**Height:** I'm 5 ft 3 inches

**Best competition lifts and Wilks:** 2018 Provincials – Squat 127.5 kg, Bench 81kg, Deadlift 157.5kg, Wilks 431

**Favourite lift:** either Bench or Deadlift. I hate Squats...I'm just not built for squatting. It's the lift I work at the most lately which makes me hate them more LOL!

**Coach:** Alfred Jong with The Strength Guys, he's been coaching me for nearly 2 years now. He's pretty awesome except he makes me squat all the time

**When is your next competition:** Western Canadians in ONE WEEK!!! Almost go time. This will be the first competition that Alfred will be coaching me on the platform. Usually it's my awesome husband, Lance. This is also the first competition that my kids will attend and I'm super excited to have them there.

**How long have you been training for?** Powerlifting training for 4 years. But I went to the gym with my dad for first time when I was 14 and fell in love with it. I tagged along with him to the gym at the pool in our hometown and then when I was 16 I got a job at a gym. In my early 20's I competed in Figure, and although I didn't like the sport (it just wasn't for me), I loved the training and focus that it required. After I had my babies, I wanted to work towards something, so I decided to do a local push-pull meet for fun.

**When was your first competition?** My first BCPA sanctioned meet was the fall Classic in 2014! This was right after the local push-pull meet that I did. My best lifts that day were: Squat 100kg, Bench 65kg, Deadlift 125kg in 57kg class.

**How many times have you competed? What was your best competition?** Western Canadian's will be my 7th competition and I really hope it's my best meet to date! So far, my numbers at 2018 Provincials have been my best.

**Where do you train:** Genetics Fitness in Prince Rupert BC. It's a locally owned-operated gym and the owner, Yvonne, is super supportive of all her local athletes, young and old (yay for me!).

**What are your goals for powerlifting (short or long term)?** To keep getting better, whatever that looks like. I don't put numbers down...I've made changes over the years, switched from conventional to sumo, widened my bench grip and recently switched to flats for squatting. It's always interesting to see how these changes affect your numbers.

**What are your main motivations for powerlifting?** I would love to compete on a world stage one day (who wouldn't??), but I don't know if that will ever happen. I try to be realistic....maybe as a Master I could. I just love lifting and that's what keeps me going. After Nationals next year I would love to try Super total training and do a meet. Still need to converse with my coach about this though....haha

**Do you have any records?** BC 57kg record for Bench and Total.



# Gindy Leighton

## PART II

**What is your proudest achievement?** How about what makes me proud? The support that I get from my family and friends in my sport. For the 2017 Vancity showdown, my friend Raina invited my kids stay with her for 4 days so my husband could coach me. I won best overall lifter at that meet, and she cried after because she was so proud of me. My team mate Sarah attended the meet and helped Alfred crunch numbers so I could secure best lifter. Sarah pulled through for me again at Provincials. After she was done competing, she stuck around and helped coach me and cheer me on. Not many competitors would do that, it's pretty amazing. My husband tirelessly supports me in the sport, always encourages me and never lets me wimp out on a heavy lift. I have some really amazing friends and family.

**Who is your biggest opponent?** Myself. If I compared myself to others, I would have quit by now. Instead, I find inspiration in those who are better than me (and there is a lot!)

**Any highlights in powerlifting you would like to share?** Pulling more than 142.5kg in a meet was huge for me. I was stuck at that weight for so long, and even then I couldn't consistently pull it.

**How many times a week do you train?** 4 - 5 times a week depending on the program.

**Do you have any role models?** Maria Htee. Jen Thomson. Suzanne Hartwig-Gary. Marisa Inda. Strong ladies putting in the work for YEARS, setting records, and never quitting. Did you know that Suzanne Hartwig-Gary is a M2 (50 this year) and competed at her 24th IPF worlds this year? She is a huge inspiration to me.

**Do you have any tips for new lifters?** If you love lifting, KEEP LIFTING! Don't worry about other people's numbers. Everyone is a beginner at some point.

**On a personal note, what do you do for work?** I work for Fisheries and Oceans Canada. I'm the Finance and Administration team leader for the North Coast Area.

**Any other hobbies/passions you would like to share:** I love hiking and boating. I love living in the Pacific Northwest and getting out in nature.

**And lastly, a few random questions...**

**What is your favourite food:** after a meet I always hit up cactus club for their lettuce wraps.

**Who would win a fight between Spiderman and Batman?** Batman because he has a 9-pack.

**Who was your favourite Backstreet Boys?** I'm old, remember? How about "who is my favorite New Kid on the Block?"

# POWERLIFTING CLUB FEATURE

## VICTORIA BARBELL

Victoria Barbell Club was started out of a desire to create a welcoming space for powerlifting and other strength sports. Frustrated with the lack of powerlifting friendly gyms in Victoria, Jason and Jeremy Klaus opened a space that offers the best strength equipment, including kilogram Titex calibrated plates, a combo rack, Matt Wenning's belt squat, specialty barbells, lifting platforms, and dumbbells up to 180 pounds. They also offer personal training, workshops, coaching, technique analysis and programming for those who are new to lifting or looking to take their training to the next level. Victoria Barbell invites people of all ages and experience to join their positive strength community. Check them out at #105- 2675 Wilfert Road in Victoria or online at [www.victoriabarbell.com](http://www.victoriabarbell.com).



Dumbbell and cable area



Jason Klaus and Jeremy Klaus, founders of Victoria Barbell



Main training area of Victoria Barbell, including four deadlift platforms, two combo racks, and a lot more

# NEW CLUBS ON THE BLOCK

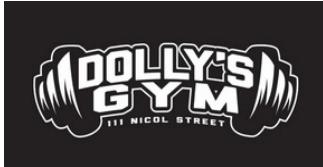
We are happy to see growth in the powerlifting community, and it translates into new club formations. In 2018, several clubs have emerged and are now registered club. Here are some of the new ones from this year:



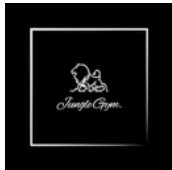
Anytime Fitness Clayton Heights  
101-18655 Fraser Hwy, Surrey, V3S 7Y3  
Contact: Matt Dimma (mattdimma@gmail.com)  
Website: [www.anytimefitness.com/gyms/2025/surrey-bc-v3s-7y3/](http://www.anytimefitness.com/gyms/2025/surrey-bc-v3s-7y3/)



Blacksmith Fitness  
1485 Coast Meridian Road, Port Coquitlam, V3C 5Y1  
Contact: Joel McCain (blacksmithfitness@gmail.com)  
Website: [www.blacksmithfit.com](http://www.blacksmithfit.com)



Dolly's Gym  
111 Nicol St, Nanaimo, BC V9R 4T1  
Contact: Dolly or Patrick Skailes (patanddolly@shaw.ca)



Jungle Gym  
11111 Horseshoe Way, Richmond, V7A 4Y1  
Contact: Romus Izquierdo (junglegymvta@hotmail.com)  
Website: [www.junglegymlifthouse.com](http://www.junglegymlifthouse.com)



Victoria Barbell Club  
Unit 105-2675 Wilfert Rd, Victoria, V9B 6M3  
Contact: Jeremy Klaus / Jason Klaus (victoriabarbell@gmail.com)  
Website: [victoriabarbell.com](http://victoriabarbell.com)

Check out all the other registered clubs and powerlifting friendly gyms in BC on our website or by clicking here.

We strongly encourage you to become a registered club and to host an Open House. BCPA will assist in promoting your event and your club. For any questions on registering clubs or hosting a open house, contact Vice-President and Club Development Director Tanner Braaten.

Here are the requirements for a registering your club:

- A registration form for the Club. must be completed in full and submitted to the BCPA prior to a competition;
- The Club must have a minimum of four (4) members and be in good standing with the BCPA/CPU;
- All members of the Club must train at the same facility;
- Any members of the Club must volunteer for at least one (1) session at a BCPA competition per year.

(Note that members cannot belong to two clubs at the same time.)

# 2018 BCPA PROVINCIALS RECAP

MEET DIRECTORS: GABE AND BETTE FESTING  
JUNE 23-24, 2018

This year again, we had a ton of amazing lifters at the 2018 BCPA Provincials, and a ton of dedicated volunteers that helped us run the event as efficiently as possible. Special shout out to all of them, and to Gabe and Bette who really elevated the quality of the BCPA Powerlifting Provincial Championships this year.

## Here are some highlights of the competition...

Special Olympics athletes (2):  
Joshua Low and Lee McCook

Equipped Bench only (4):  
Sylvia Stockall-Douglas (F-M3 63kg) 70kg  
Andrew Lang (M-O 66kg) 162.5kg  
Cole Thevenot (M-O 105kg) 212.5kg  
Brian Rock (M-M2 120kg) 225kg

Equipped Female (1):  
Sylvia Stockall-Douglas (F-M3 63kg) 60/60/107.5/227.5kg total and 253.32 Wilks

Equipped Men (3):  
John Wesley Cummings (M-O 105kg) 300/237.5/275/812.5kg total and 488.39 Wilks  
Zackery Currie (M-O 105kg) 272.5/195/270/737.5kg total and 449.21 Wilks  
Donald Lovell (M-M3 66kg) 144.5/70/189/403.5kg total and 321.71 Wilks

## Best lifters:

Junior Female: Emily Wiggins 72kg 377.5kg total 382.45 Wilks  
Open Female: Cynthia Leighton 57kg 366kg total 431.55 Wilks  
M1 Female: Jennifer Hotner 72kg 355kg total 350.42 Wilks  
M2 Female: Katherine Lawrence 84kg 376kg total 337.42 Wilks  
M3 Female: Monica Ma 47kg 165kg total 235.16 Wilks

Sub-Junior Male: James Gleave 74kg 530kg total 387.7 Wilks  
Junior Male: Matthew Lewis Vena 93kg 694.5kg total 443.85 Wilks  
Open Male: Bryce Thomson 74kg 662kg total 476.64 Wilks  
M1 Male: Scott Robertson 120kg 717.5kg total 418.16 Wilks  
M2 Male: Steven Reade 93kg 587.5kg total 378.35 Wilks  
M3 Male: Ronald Heron 93kg 420kg total 264.94 Wilks  
M4 Male: Tom Cragg 74kg 257.5kg total 194.57 Wilks

# KELOWNA HARD KNOX RECAP

MEET DIRECTORS: CHANDLER MCCUTCHAN AND ANDREW STEWART  
AUGUST 11, 2018

This year was the first edition of the Kelowna Hard Knox in... you guessed it: Kelowna! The meet directors did an amazing job putting together this meet, and they plan on organizing another one next year.. in July 2019 with a new name: Rally in the Valley.. stay tuned for more info!

## Best lifters:

Junior Female: Catherine Nguyen 52kg 252.5kg total 318.33 Wilks  
Open Female: Cassaundra Dimarzo 57kg 317.5kg total 373.57 Wilks  
Junior Male: Joel Perras 93kg 667.5kg total 421.59 Wilks  
Open Male: David Han Lee 74kg 510kg total 378.93 Wilks



# BCPA AT WESTERNS

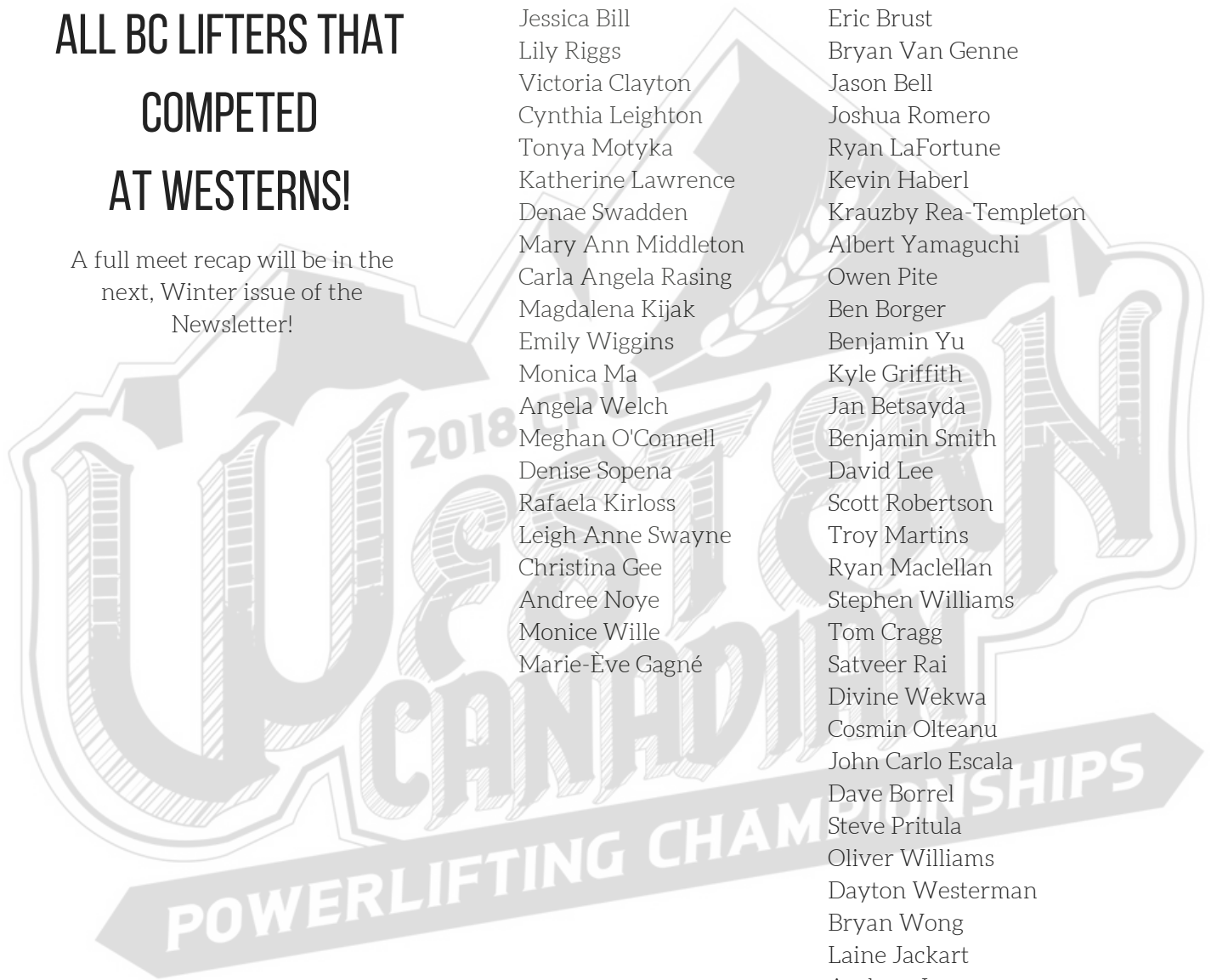
EDMONTON, ALBERTA (SEPT 7-9, 2018)

## CONGRATULATIONS TO ALL BC LIFTERS THAT COMPETED AT WESTERNS!

A full meet recap will be in the  
next, Winter issue of the  
Newsletter!

Letitia Marien  
Jenna Lee  
Carmela Smythe  
Ekaterina Slivko  
Jessica Bill  
Lily Riggs  
Victoria Clayton  
Cynthia Leighton  
Tonya Motyka  
Katherine Lawrence  
Denae Swadden  
Mary Ann Middleton  
Carla Angela Rasing  
Magdalena Kijak  
Emily Wiggins  
Monica Ma  
Angela Welch  
Meghan O'Connell  
Denise Sopena  
Rafaela Kirloss  
Leigh Anne Swayne  
Christina Gee  
Andree Noye  
Monice Wille  
Marie-Ève Gagné

Tanner Braaten  
Judah Michael  
Vasyl Frenchko  
Steven Reade  
Eric Brust  
Bryan Van Genne  
Jason Bell  
Joshua Romero  
Ryan LaFortune  
Kevin Haberl  
Krauzby Rea-Templeton  
Albert Yamaguchi  
Owen Pite  
Ben Borger  
Benjamin Yu  
Kyle Griffith  
Jan Betsayda  
Benjamin Smith  
David Lee  
Scott Robertson  
Troy Martins  
Ryan Maclellan  
Stephen Williams  
Tom Cragg  
Satveer Rai  
Divine Wekwa  
Cosmin Olteanu  
John Carlo Escala  
Dave Borrel  
Steve Pritula  
Oliver Williams  
Dayton Westerman  
Bryan Wong  
Laine Jackart  
Andrew Lang  
Sumeet Sharma  
Sameet Dewett  
Jason Cho  
Jason Klaus  
Angus Lennox  
Matthew Rud  
Brent Shantz  
Liam Wharton  
George Shami



# HISTORY OF ANTI-DOPING IN BC

BY CHRIS ROBB

Hello Everyone,

Since this is the first anti-doping article for the BCPA Newsletter, I thought it might be worth explaining the path that has led the BCPA/CPU to the Anti-Doping Program in place today, as well as explain some testing statistics.

Originally, BCPA urine testing began in the mid 1980's. Some of our referees were trained to do the sample collections (with our own forms & equipment) and then send samples to a lab in Calgary, with some also going to the INRS Quebec lab currently being used. In the late '80's BCPA was one of the first Canadian Sport Organizations to do out-of-competition testing. This arrangement continued for many years.

The next step forward was in 2009, the formation of the current CPU Anti-Doping Committee and the move to third-party sample collection in place of using our referees. The CCES was hired to do the sample collections and send them to the now WADA-accredited INRS lab in Quebec. At this point the CPU was still doing Results Management of any test failures.

The most recent advancement is a big one. June 7, 2016 the CPU and Provinces fully adopted the Canadian Anti-Doping Program (CADP) which brought all WADA Code rules into effect for all BCPA/CPU members. CCES now conducts all test planning, sample collections (urine & blood) and Results Management of test failures on behalf of the BCPA/CPU. We have now joined all of the major Sport Organizations in Canada in having the most comprehensive, effective and credible Anti-Doping Program globally available.

Members should be very proud of this, and the fact that the CPU & Provinces are conducting the largest self-funded Anti-Doping Program in Canada.

In the area of statistics, recently there have been a number of inquiries about failures vs tests done. Each year the CPU must report number of tests and sanctions to the IPF. This can be found at [www.powerlifting-ipf.com/anti-doping/statistics.html](http://www.powerlifting-ipf.com/anti-doping/statistics.html).

You'll see that from 2014 to 2017 there were 22 sanctions from 228 tests resulting in 9.6% sanction rate. Testing is continuing this year as always, and stats will be submitted to the IPF in early 2019 but safe to say that the pressure to protect the rights of clean athletes will continue.

If anyone ever has questions or concerns about our Anti-Doping Program, please email me at [crobb@powerlifting.ca](mailto:crobb@powerlifting.ca) - Take care everyone.

Chris Robb  
Chair CPU Anti-Doping Committee



# CANADIAN ANTI-DOPING PROGRAM

Canadian Centre for Ethics in Sport (CCES) is Canada's national anti-doping organization. It implements the Canadian Anti-Doping Program (CADP).

The CADP provides the rules and responsibilities of anti-doping in Canada. It conforms to the international standards, adheres to the True Sport values and principles (Go For It, Play Fair, Respect Others, Keep it Fun, Stay Healthy, Include Everyone, Give Back), and is administered by the Canadian Center for Ethics in Sports

The main goal of this program is to prevent, deter and detect anti-doping, and to educate. The CADP is compliant with the World Anti-Doping Code (WADA) code and is designed to protect the integrity of sport and the rights of clean athletes.



## IS YOUR MEDICATION SAFE TO TAKE?

Make sure to check the medication you take on the Global DRO website: <https://www.globaldro.com/CA/search?changelang=en-ca>

If the medication you take is on the WADA Prohibited List, you may be able to apply for an exemption. There are two types of medical exemption : Therapeutic Use Exemption (TUE) and the Medical Review.

Athletes are not automatically granted medical exemptions and must ensure they follow the appropriate application process for their sport, competition level, and medical treatment.





## LVD FITNESS

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LVD is a Canadian company created for strength athletes, by strength athletes. The team gives back to the community and the Water Aid foundation through each purchased item and has already provided more than 500,000 days of clean water to developing countries.

LVD is more than an apparel company; it is also a Media company that creates video and photo packages.

In support of  
**WaterAid**

In 2015, the creators of LVD, Mallory and Josh, created a brand that represents them, their sense of style and attitude towards lifting, and many are now proud to wear.

LVD enables athletes to have a global and social impact and they grow their impact as a collective group.

LVD team has generously given the BCPA Newsletter readers a unique promo code for your purchase between September 14-22! Click here and visit their website at <https://www.lvdfitness.com/>

**USE CODE BCPA10 TO SAVE 10% OFF YOUR  
PURCHASE BETWEEN SEPT 14-22, 2018**

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## WOMEN IN STRENGTH

Come join the group of strength-training women of all ages and levels from those just starting their fitness journeys to seasoned strength competitors. The Women in Strength group get together to socialize, share knowledge and support each other's strength goals. The upcoming dates are Oct 19 & Dec 15.

Please contact Angela for more information:  
FB @Vancouverwomeninstrength  
IG @yvr\_womeninstrength



# NEWS AND INFO



## ADVERTISE WITH BCPA

You are a business or an individual and you would like to advertise in the next issue of the Newsletter (Winter 2019)? Contact the BCPA Board for more information about this opportunity.



## COFFEE TALK

by Shadie Bourget

A well known fact is that morning without coffee would be terrible... at least mine would! I recently discovered one of the most delicious coffees. And to my pleasant surprise, it is made locally in BC. Its name? Kicking Horse Coffee. It is organic, fair trade, and roasted in the Rocky Mountains. I personally love the Hola® Ground blend.

This blend is a light roast, with aroma of brown sugar, rich nougat, and cocoa powder.

Did you know that light roasted coffee has more caffeine than dark roast coffee, if the coffee is measured by scoop? This is because the light roasted beans are denser than the dark ones. However, there is only a minimal variance in caffeine, and we might not notice the difference!

## 2019 AGM

Mark your calendars to attend BCPA Annual General Meeting in January 2019!



## NEWSLETTER COPY

To receive a hard copy of the Newsletter, please email [secretary@bc-powerlifting.com](mailto:secretary@bc-powerlifting.com)