

THE EXPEDITOR

Official Triannual Newsletter of the British Columbia Powerlifting Association



Photo courtesy of Andy Liebermann

WELCOME SUMMER, AND GOOD LUCK AT PROVINCIALS!

Hello BCPA members and welcome to your second Newsletter of 2019. If you just subscribed and would like to read previous issues, go to <http://bc-powerlifting.com/category/newsletter/>.

This issue is launched during the 2019 Men's Provincial Powerlifting and Bench Press Only Championships, one of BCPA's biggest and strongest events. This weekend, you will have the chance to witness some of the best lifting within the province. Why is this for men only? Well, because our membership grew so fast that we could not accommodate all lifters into one Provincial Championship event. So, we created two Provincials Championships; one for men, and one for women. The Women's Provincials will be held on October 12, make sure you attend!

This summer, BCPA will be hosting the very first Volunteer BBQ, at Blacksmith Fitness. As we are a volunteer-run organization, powerlifting meets could not happen without its dedicated volunteers. To celebrate and thank them, all volunteers are invited to join (registration on BCPA website, under Calendar, after Provincials).

In this Summer 2019 issue, we are featuring an athlete and club profiles, we have an article written by Chris Robb on the history of BCPA, and we are covering some cool stuff our members are doing. If you would like to submit an article, or if there is a topic you would like us to cover, send us an email at secretary@bc-powerlifting.com. If you have not yet subscribed to our newsletter, make sure to subscribe on the BCPA webpage.

Thank you for reading! As always, best of luck with your training and wishing you many personal bests along the way.

EXPLORE WHAT'S INSIDE THIS ISSUE:

- BCPA History
- Athlete Profile: Brian Rock
- Club Feature: Blacksmith Fitness
- BCPA Volunteer BBQ
- BCPA Member feature:
 - Billy Buhler's Podcast
 - The Nering Family and much more

BCPA CALENDAR



Photo courtesy of Lee Nguyen

COMPETITION

COMPETITION DATE

REGISTRATION DATE



2019 BCPA Men's Provincials Powerlifting and Bench Press Championships (Langley, BC)

June 22-23, 2019

Closed



Rally in the Valley (Kelowna, BC)

July 27, 2019

Closed



BCPA Volunteer BBQ at Blacksmith Fitness (Coquitlam, BC)

August 17, 2019

TBA, July 2019 (see BCPA Calendar page)



Victoria Barbell Open (Victoria, BC)

August 24, 2019

June 16, 2019 at 6pm



2019 Western Canadian Powerlifting Championships (Saskatoon, SK)

September 6-8, 2019

March 10, 2019 at 6pm until August 11, 2019



2019 BCPA Women's Provincials Powerlifting and Bench Press Championships* (Burnaby, BC)

October 12, 2019

TBA



2019 BCPA Fall Classic Powerlifting and Bench Press Championships (Burnaby, BC)

October 13, 2019

TBA



3rd Annual Lift the Rock Powerlifting Championships (Victoria, BC)

November 17, 2019

TBA



2020 CPU Western Championships (Burnaby, BC)

August 28-30, 2020

TBA

*This year, the Men and Women Provincial Championships are divided into two events due to the large number of competitors. In order to be able to compete at CPU Westerns, athletes are required to obtain the qualifying total within the last two years, compete at BCPA Provincials within the last two years, and must also compete or volunteer at BCPA Provincials each year. However, because 2019 is a transitional year, for 2019 CPU Westerns only, women who have not yet competed at Provincials can compete at Westerns as long as they have achieved the qualifying standard and have competed at at least two BCPA sanctioned events.

BCPA EXECUTIVE

President	Gabe Festing: president@bc-powerlifting.com
Vice President/Webmaster/Social Media	Dennis Leong: vicepresident@bc-powerlifting.com
Secretary	Shadie Bourget: secretary@bc-powerlifting.com
Treasurer	Lynne Desautels: treasurer@bc-powerlifting.com
Registrar/Records Chair	Cody Weeks: registrar@bc-powerlifting.com
Awards Director	Will Steep: awards@bc-powerlifting.com
Executive Director	Brian Rock: brian.rock@bc-powerlifting.com



BCPA HISTORY

BY CHRIS ROBB

A LITTLE BIT ABOUT THE HISTORY OF BCPA

Hi everyone,

The BCPA Executive recently asked me to pull some historical BCPA factoids from the old archives, which I'm certainly willing to do, as there is lots of interesting history. You will find attachments numbered from Article 2 to 7.

1. I attempted to copy a couple of photos from 1988 but they didn't turn out. What they show is the old school squat racks which were free standing and were in-fact camper jacks welded to steel base plates! Also, the knee wraps of the day that were nothing like the wraps that evolved. In the 80's, there was platform equipment from a bygone era, green 50kg plates - not a lot of fun if you're a loader, and flat out dangerous if slipping off the bar during loading in squat. Sorry the photos didn't make it.

2. I've included a news clipping from The Sun - May 1989, which talks about a rival organization that started up in the face of the new BCPA Testing Program - which apparently wasn't too well received at the time. There was also the CDFPA Canadian Drug-Free Powerlifting Association out in Chilliwack for a number of years, but never really took off.

2.

Tests for steroid use spawned rival lift group

50K - MAY 1989

"Steroid City."

That's was one reaction when powerlifting came in a recent conversation.

And for much of the sport's 30-year history, that's been the case. As the sport grew, so did the athletes' appetite for performance enhancing substances — particularly anabolic steroids.

"Things were out of control," says B.C. Powerlifting Association president Al Budreau. "It was widely known that the people competing at all the high levels of the sport were very, very likely on steroids. But initially no one questioned it. It was an accepted part of the sport."

But in 1986 the BCPA, with funding from the provincial government, began an attempt to clean up the sport with mandatory drug testing.

Any lifter caught using steroids would be banned from competition

for three years, and in the association's first tested meet, the 1986 B.C. championships, five lifters were caught and suspended.

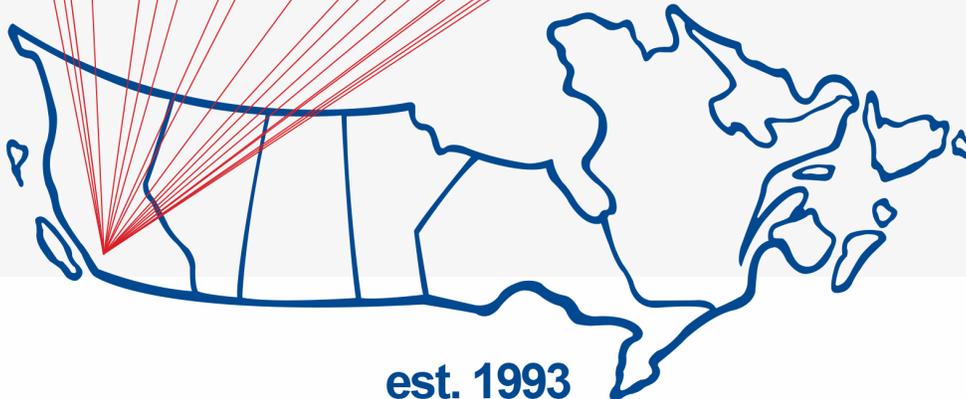
The BCPA testing policy discouraged many lifters, prompted a rift in the powerlifting community and led to the creation of a rival group — the Pacific Coast Powerlifting Association, which does not test lifters in its meets.

Budreau says that in all subsequent meets, only two lifters have tested positive for banned substances.

And meet-winning weights have dropped 200 pounds and more ("It's been a difficult pill for some lifters to swallow," he says) as a result. But he adds that new lifters now feel they can achieve top-level lifts without resorting to steroids.

—BACCHUS

BRITISH COLUMBIA POWERLIFTING ASSOCIATION



The BCPA was once called the Westcoast Powerlifting Association. This logo is a re-make of an old Westcoast Powerlifting Association t-shirt logo, that was provided by Chris Robb.

BCPA History Cont'd

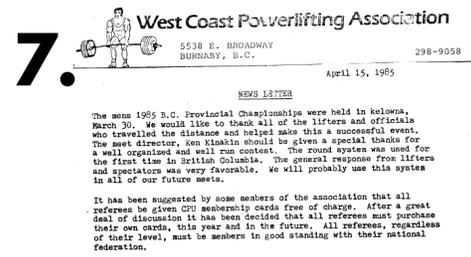
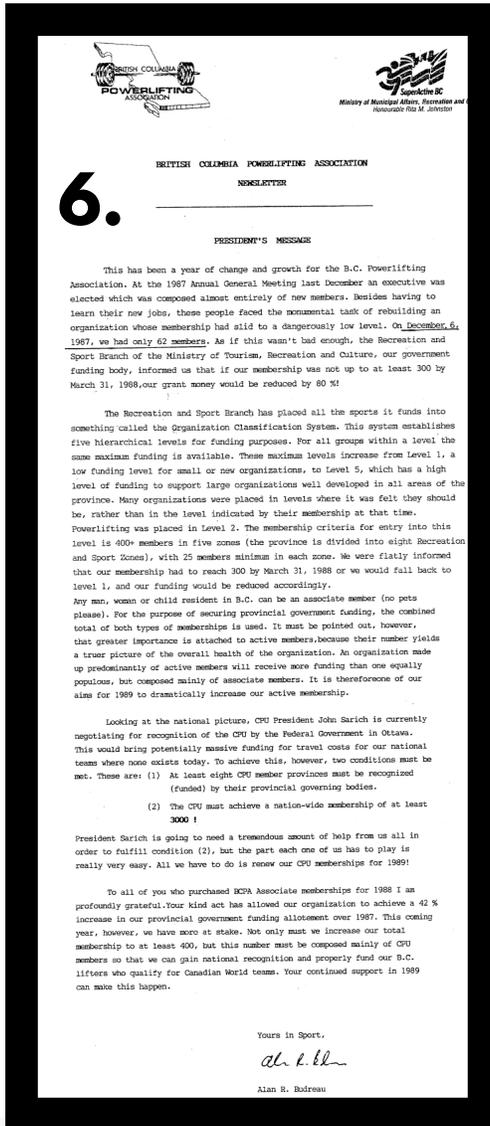
By Chris Robb

3. Then, you'll see another news article from the Sun a year later in 1989 to do with the BCPA testing Program. I know...a theme. But that's how it was then in the early days of testing. It was certainly new, and was a big deal, so much time and energy was put towards it.

4. Here, you'll see an entry form for the 1990 Matsqui Invitational. Not many people have heard that the BCPA actually held a contest inside the Matsqui Medium Security Institution! For real. It was not the usual event. The crowds were definitely wanting the inmate competitors to be victorious. No pressure, referees! To my knowledge, it was the first time this had ever been done in Canada. The Institute did have some financial issues with the Institute organizer, so this will never happen again - but did the one time.

5. Going back further, to 1986, some of the BCPA members had dual memberships (myself included) with the American Drug Free Powerlifting Association (ADFPA) in the U.S. This was done in a search to find tested events to compete at. Once the BCPA began testing, the dual membership became unnecessary. You'll see the front cover of the ADFPA Newsletter from 1986.

6. I've also included a 1988 BCPA Newsletter (the paper kind) from the President, talking about where the organization was at that time. You'll read that the BCPA had only 62 members in 1987! As we know, it did survive to become the BCPA we now know...but at struggles along the way. There's a number of interesting points to note in this Newsletter.



7. You'll next see one of the earliest Newsletters from the organization - 1985. Before it was the BCPA, it was called the Westcoast Powerlifting Association. You may have seen a photo of the original T-shirt posted up on the BCPA website recently. (Look for the re-launch of the old style shirt with BCPA logo). The Newsletter has many interesting things in it. But one of the most significant is that at the 1985 Provincial Championship, the 'round system' was first used. This system revolutionized Powerlifting competitions by having the attempts go from lightest to heaviest, and was much, much faster. The earlier method of organizing the lifting was agonizingly long...some contests going well into the morning of the next day!

I hope you find some of the colourful history interesting.

Take care,
Chris Robb

3.



4.

1990 MATSQUI INVITATIONAL

Date: Saturday, September 16, 1990
 Place: Matsqui Institutional Gym
 3334 King Road
 P.O. Box 2500
 Abbotsford, B.C. V2S 4P3
 Time Schedule: 9:30 AM: Equipment Check & Rack Height Selection
 10:00-11:30 AM: Weigh-In
 11:30-NOON: Lifter & Coaches Meeting. Lifting Rules & Drug Testing Discussed.
 12:30 PM: Lifting Starts
 Sanctioned By: Canadian Powerlifting Union & British Columbia Powerlifting Association
 Rules: I.P.F. Rules & Drug Testing to IPF Specifications
 Eligibility: Open to all C.P.U. and USPF members in good standing
 Entry Fee: \$20.00 - Make "Certified Check" or "Money Order" payable to:
 Matsqui Weightlifting Club
 c/o Matsqui Institution Recreation Department
 33344 King Road
 P.O. Box 2500
 Abbotsford, B.C. V2S 4P3
 Awards: Trophies & Plaques
 Closing Date: Saturday, August 18, 1990. NO LATE ENTRIES

5.



BRIAN ROCK

ATHLETE PROFILE



Brian Rock has been a pillar of the BCPA for many years. He is a National level referee, and has been on the Executive Board of Directors for 8 years, and 6 of them as the treasurer. Brian's support to BCPA competitions is unprecedented; he is always there to help, and you will often see him either haul the BCPA equipment trailer or sitting in the referee chair. We are lucky to have him in the BCPA, and make sure to say hello next time you see him!

Most recently, Brian competed as a Masters 3 120kg at the IPF World Bench Press Championships in Japan, in the raw division, where he won the silver medal with a 180kg bench press - his best raw bench press yet. We were interested in finding out more about him, and asked him a few questions about his experience with powerlifting over the last few years. Thank you Brian for your time and for sharing this with us. Here is his mini biography.

Age Category: M3

Weight Class: 120kg

Best Bench Only: Classic 180kg (Tokyo) / Equipped 228kg

Canadian Records: Bench Only Classic 178kg (M3-120kg)

Powerlifting-Bench & Bench Only (Equipped) 220kg (M3-120kg)

Coached by: Joel Klassen for many years and more recently Cole Thevenot

Training Facility: Blacksmith Fitness

First Competition: My first BCPA competition was in 2008. It was a Bench Only competition and I "bombed".

How many times a week do you train? 3 days a week

How many times have you competed? I have competed approximately 30 times during my 11 years of lifting.

What was your best competition? Silver Medal (M3-120kg-Classic) World Bench Press Championships in 2019

What is your goal in powerlifting? Classic Bench Only (M3-120kg) World Record

Do you have any tips for new or seasoned lifters? Train with passion and a goal in mind. Shut it down "immediately" if you feel a minor "tweak" has occurred. Protect your body for the longevity in the sport.

And a few questions on a personal note:

What are you doing for work? I am a real estate agent.

What is your favourite food? Stir Fry

Do you have any other hobbies/passions you would like to share?

I garden in spare time. It allows me to relax and focus. I am also a huge Canucks fan and season ticket holder. I love live rock n' roll and have probably attended at least 10 concerts this past year.

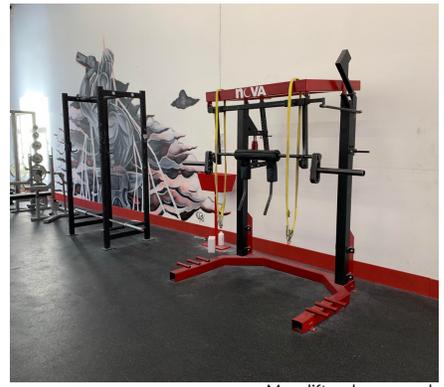
Thank you, Brian, for letting us interview you!



Marina and Joel McCain, coaches and owners of Blacksmith Fitness



Some of the specialty bars at Blacksmith Fitness



Monolift and power rack



POWERLIFTING CLUB FEATURE

Blacksmith Fitness

By Joel McCain

Blacksmith Fitness is a 3000 sq. ft powerlifting and strength gym based out of Port Coquitlam, BC. We started as a few lifters who came together to transform a 264 sq. ft shed into a powerlifting and athletic preparation gym at a time when true strength gyms didn't really exist in BC and only a few companies in the southern states were making the type of equipment we needed. Blacksmith really started to grow via word of mouth as the athletes we were training started making collegiate and professional leagues.

Today, Blacksmith's team has grown to five coaches, containing world record holding powerlifters, kinesiologists, in house chiropractors and massage therapists. We span all equipment classes from raw to

wrapped, to single and multiply. We've been able to cultivate lasting relationships with some of the biggest names in powerlifting and strength training and host seminars 3-4 times a year. All our coaching services are first month risk-free, meaning that if the coaching doesn't meet or exceed your expectations, we'll give you your money back, no questions asked.

The gym itself is 24/7 access and home to two full sets of Rogue and Eleiko calibrated plates. It also has Eleiko, Kabuki, and Rogue power bars, and over 20 specialty bars and counting. We have a competition combo rack, dedicated bench press, a monolift, and we are always investing into improving the gym.

Our mission then is the same it is today, to provide both the equipment and knowledge to help you move forward through any situation, whether it be training around injuries or breaking your next record. If you'd like to come check out the gym, we'd love to have you out, just send us a message to set up a free drop in!

**Contact Blacksmith Fitness
on Instagram
@blacksmithfitnessgym**

**And find them at 1485 Coast
Meridian Road, Unit 408
Port Coquitlam, BC**

TURN UP THE HEAT IT'S BCPA'S VOLUNTEER BBQ

FIRST ANNUAL BCPA VOLUNTEER BBQ*

AT BLACKSMITH FITNESS IN PORT COQUITLAM

BCPA would like to thank all of its volunteers for being a part of the organization and celebrate with a BBQ on Saturday, August 17, 2019. Whether you have volunteered at the admission table for one session this year or are a seasoned referee, we would like to welcome you to the first annual BCPA volunteer BBQ. There will be food, drinks, and prizes.

*vegetarian options will be available.

Check out the BCPA Calendar page after Provincials to sign up for the event.



BCPA STUDENT BURSARY AWARD

The BCPA will award a bursary to help support an active member attending post-secondary education.

Requirements for eligibility:

- Current BCPA member in good standing
- Competed in at least 2 BCPA competitions
- Achieved excellence in previous education
- High school average of 79% or higher (if entering first year of post-secondary)
- Post-secondary GPA of 3.30 or higher (if already completed some post-secondary)
- Enrolled full-time in an accredited post-secondary institution
- Have a need for financial assistance

Submission deadline date: Sept. 1, 2019

The chosen applicant will be notified of the result on or around Oct 1, 2019.

Please submit all the required items in a Word document or PDF to BCPA.Awards@gmail.com.

BCPA MEMBER SPOTLIGHT

FIND OUT WHAT SOME OF OUR BCPA ATHLETES ARE UP TO



This segment on BCPA members includes articles written by:

BILLY BUHLER

THE NERING FAMILY

LEE NGUYEN

**ALBERT
YAMAGUCHI**

BILLY BUHLER

THE POWER CHAT

I started the podcast for one simple reason, to learn. I thought how could I get these people with all this knowledge to talk to me and share what they know and the answer was a podcast. It's a bit selfish but I made it public so that counter acts that part of it, haha! Through the podcast I've been able to interview some people that I know, such as Avi Silverberg, Mehar Bhogal, Matt Vena, and others! I was also able to interview people that I don't know such as Matt Wenning. I wouldn't really have a reason to talk to a lot of these people if it wasn't for the podcast. I want to learn from this and I also want other powerlifters to learn. If you have any other questions about the podcast or questions for the guests DM me @bigchunkey42 on Instagram. Tune in every Sunday for a new episode of Power Chat.

THE NERING FAMILY



From left to right: Lukas, Emma, Matthew, Betty, Ava and Marc in the Nering Farm Gym

THE NERING FARM GYM:

"It will always be a part of their lives whether they compete or just do it for fun and exercise."

THE FAMILY THAT TRAINS TOGETHER

Since 1987

The Nering Powerlifting Family story began in 1987 when Marc and Betty first met in Calgary, AB. Interested in getting back into shape following a 6 year hiatus from any sporting activities since high school football, Marc purchased a second-hand weight set from the local newspaper. Betty was beginning her Nursing career, with heavy lifting of patients being a job requirement. Motivated by safety reasons and witnessing fellow injuries, she wanted to become stronger physically in order to pull her own weight on the job.

A builder at heart with education in Millwrighting while also holding a Welding certificate, Marc built a squat rack in the mid 1990's at work which is still used today. Additional plates and an Olympic bar were then purchased, which facilitated heavier squats and bench presses. Training was not serious and somewhat sporadic, but had become a fun thing to do.

THE NERING FAMILY CONT'D

Training as a Family

Marc and Betty moved to Squamish, BC in 2004 with new job opportunities for Marc and favoring the weather and environment over AB. A house on a plot of farmland was purchased on the outskirts of town. The weights were put away in storage for many years as family life began. One day, when their oldest boy Lukas turned 14 years of age, he saw the weights and asked his dad about using them. Marc had just finished building a garage, so this allowed the space to set up the weights in one of the bays.

Marc and Lukas began working out together for a couple of years from routines found on the Internet. They would critique and coach one another.

One day Lukas was surfing the Internet and found the BCPA site and the provincial records. He exclaimed, "Dad, I think we can beat these records." In 2015 they joined the BCPA and signed up for the BLM meet. Candito's free online powerlifting program was found and followed by both. Although Marc and Lukas were very nervous, both had a successful and fun meet.

Betty and Emma (Lukas' girlfriend) began training seriously around that time too, fueled by Marc and Lukas' enthusiasm, success, and the very professionally run, classy, and legitimate BCPA. Marc and Lukas became their coaches. Betty reached her goal of deadlifting double her body weight later that year, for not 1, but 3 repetitions.

Over the next few years the Nering family became stronger, more experienced, and enjoyed their family time together competing in numerous contests. More equipment was acquired in the Nering farm gym and the quality of training progressed.

The year of 2017 became the Year of the Nering Family Meet culmination as Marc, Betty, Lukas, and Emma entered the BC Powerlifting Provincial Championships together. All won in their respective classes. Lukas set a provincial record in the bench press. Marc added to his existing records.

Marc and Lukas went on to CPU Westerns Championships in Winnipeg and won/placed second in their classes respectively. Lukas set a provincial record in the squat. He later went on to set a deadlift and total provincial record at the 2017 Gord Pronick memorial meet. They both later went on to the 2018 Calgary Nationals with Marc placing 2nd and Lukas finishing mid-pack in his first year as a Junior.

Marc was accepted for the Canadian team for 2018 Worlds Championships. Unfortunately, he tore his hamstring doing squats 3 weeks out from the meet. Team coach Avi Silverberg encouraged him to still compete, and Marc managed to win silver in the bench press portion.

Lukas went on to become certified as a Personal Trainer over the summer. His sister Ava just turned 14 and became eligible to compete. She had already become quite strong and fit from years of gymnastics. Lukas put together a training program for her and she competed for the first time at the UBC January 2019 meet, setting provincial records in both the sub-junior and junior classes. (continued in the red box)

Lukas recently got hired as a personal trainer at UBC's Gold's gym to help pay the costs of attending university, and is an executive for the UBC Weightlifting and Powerlifting Club.

Weight training/powerlifting is something that the Nering family all enjoy doing together. They share its language and it keeps them in shape, making them stronger physically and mentally. It will always be a part of their lives whether they compete or just do it for fun and exercise. Keeping logs of their training and having their gym in such close proximity has been key to their success.

Matthew, their youngest at 11 years is now expressing interest in weight training after enjoying soccer for many years.

"Marc and Lukas began working out together for a couple of years from routines found on the Internet. They would critique and coach one another."



LEE NGUYEN

Collaborating with
powerlifting athletes and
clubs through photography

I fell in love with photography at an early age, but I didn't have the courage to pursue that as a career. It wasn't until my mid 20's that I decided to make it as a hobby, and it just happens to align well with my love for powerlifting. I find it poetic to see strength athletes exert raw emotions in training and in competition. I'm grateful that I have been given the opportunity to work with BCPA to support and assist their goals for the powerlifting community.

I want to give a special thanks to my friends and partner, Alexandra Harborne, for their support.



Photography by Lee Nguyen

LEE PRODUCTIONS

Lee is offering media packages at the 2019 BCPA Provincials Championships and will offer other packages in future BCPA events.

Follow him on Instagram @reikla

ALBERT YAMAGUCHI

IPF Bench Worlds in Japan

Originally, I had the privilege to go to IPF Worlds to handle/coach one of team Canada's M1 athlete, Scott Robertson. Romus and I landed in Japan on May 15, 2019, and we had a few days to explore until Scott competed on the 19th. There, we waited to be contacted from team Canada or IPF Worlds. However, we received no contact two days before Scott's competition day, and we decided to trek out to the venue in Narita.

Arrived at the venue, we stumbled upon a chaotic hotel situation. The hotel was mandatory for all athletes and coaches, but was very disorganized. Athletes who were lifting the next morning were not booked into their room, or were suddenly being moved to a different nearby hotel, due to the amount of participants and the lack of fluent Japanese/English speaking individuals (both from the Japanese Powerlifting Association and the hotel staff). The amount of participant exceeded their expectations; they expected 300-400 classic and 300-400 equipped lifters, but the count ended up being over 1300 individuals. After some time, we got our rooms and I stayed about an hour to help with translation.

On meet day, after Scott and other Masters team Canada athletes competed, I was approached by the same JPA staff that I helped two days ago, and was offered a paid position, with hotel accommodations, for 5 days, from 10am to about 6pm. I helped with the administration, room bookings, translation, lifter accreditation and more, at the registration booth.

I made some great connections and I was able to network with JPA representatives, and with the Bukiya/ONI company as their product booth was right next to ours. I was also tentatively asked to come to Asia Powerlifting Federation's Classic 3-lift Championship in Japan in December 2020. I now also have few powerlifting gyms I can potentially drop by if I'm in Japan again!



Albert Yamaguchi (right) with Ryuki Fujimoto

NEWS AND INFO



ADVERTISE IN THE BCPA NEWSLETTER

Are you a business or an individual and you would like to advertise or write an article in the next issue of the Newsletter (October 2019)? Contact BCPA secretary@bc-powerlifting.com for more information or to be featured.



BCPA 2019 STUDENT BURSARY AWARD

If you missed your chance to apply in 2018, be sure to apply for the BCPA bursary by September 1, 2019 (info on page 7). Two \$500 bursaries will be awarded!

BCPA APPAREL

There will be a pre-order for BCPA apparel this year, in time for Westerns 2019. Tentative pre-order date for Team BC apparel will be set for June/July 2019.

We are also launching a limited edition t-shirt at Provincials! Come see us for details.

FIRST TIME LIFTER AND WANTING TO COMPETE?

Check out Blacksmith Fitness' guide on EVERYTHING you need to know to compete in your first BCPA meet at:

<https://blacksmithfitness.wordpress.com/>



NEW POWERLIFTING GYM: IRON THRONE

Surrey's newest powerlifting gym just opened its doors. The facility includes three combo racks, a variety of barbells, kilogram plates, the loudest sound system, and an environment like no other.

Visit Iron Throne Strength & Conditioning at 7823 132 St #4, Surrey, BC V3W 4M8 or on Instagram @ironthrones.

