



Manitoba Powerlifting Association

Annual General Meeting 2026

November 7th, 2026 1:00PM-4:30PM

One Family Fitness, 2 Britannica Rd, Winnipeg, MB R2N 1J4

Or, via Teams (see website or social media for link closer to event)

Agenda Summary

1. Call to Order
2. Determination of quorum
3. Appointment of scrutineers
4. Approval of the last agenda
5. Declaration of conflicts of interest
6. Adoption of minutes of the previous AGM
7. Board and committee reports
8. Business as specified in the meeting notice
9. Elections
10. Nominations
11. Discussion items
12. Adjournment

WHERE THE STRONG COME TO PLAY



Manitoba Powerlifting Association Annual General Meeting 2026

Detailed Agenda

1. **Call to Order**
2. **Determination of quorum**
3. **Appointment of scrutineers**
4. **Approval of the last agenda**
5. **Declaration of conflicts of interest**
6. **Adoption of minutes of the previous AGM**
7. **Board and committee reports**
 - a) Appendix I – Presidents Report by Amanda Burg - to be added prior to meeting
 - b) Appendix II – Vice Presidents Report by Dino Camiré- to be added prior to meeting
 - c) Appendix III – Treasurers Report - to be added prior to meeting
 - d) Appendix IV – Officiating Chairpersons Report of Referees by Janet Loesel Sitar - to be added prior to meeting
 - e) Appendix V – Registrations Chairpersons Report by Susan Haywood - to be added prior to meeting
8. **Business as specified in the meeting notice**
 - a) New bylaw proposal by David Gurvey:
 - i. If a member's membership lapses, then getting qualifications requiring support of the MPA to enter a Regional or National event starts again from 0 when the membership is renewed. (Such as volunteer hours or any other item requiring the support of the MPA). This incentivizes members to keep memberships current allowing a more robust membership headcount and thus, more consistent revenue to the MPA
 - b) New bylaw proposal by Amanda Burg
 - i. Rename the MPA Volunteer award to the "David Hrynkow MPA Volunteer of the Year Award"
 - c) Bylaw amendment proposal by Amanda Burg
 - i. MPA Board of Directors will no longer receive stipends. Directors on the MPA Board will have their yearly MPA and CANPL membership fees reimbursed.

WHERE THE STRONG COME TO PLAY



9. Elections

a) MPA President

- i. Dino Camiré - nominated Amanda Burg

b) Officiating Chairperson

- i. Janet Loesel Sitar - Incumbent

c) Registration Chair Person

- i. Susan Haywood - Incumbent

d) Treasurer

- i. Derek Mathez
 - i. Nominated by Meg Araya, Leah Shore, Stefan Sdrolas, Devin Lam
 - ii. Nominated by Woojun Lim with the following rational:
 - Derek has been in the powerlifting community since 2024 ; also, he is a professional accountant. I believe he will perfectly fit this position.
 - iii. Nominated by Jun Taborlupa with the following rational:
 - I believe Derek would be an excellent candidate for the role. He is responsible, reliable, and organized, and I'm confident that he has the qualities and work ethic needed to fulfill the responsibilities of the position effectively.

e) Outreach Coordinator

- i. Tristan Navarro
 - i. Nominated by Nathaniel Laurea
 - ii. Nominated by Jonathan Miranda with the following rational:
 - Tristan genuinely cares about the sport of powerlifting in Manitoba and building a welcoming community for lifters of all experience levels. I believe his enthusiasm, approachability, and communication skills would allow him to connect with current lifters while encouraging new athletes to get involved with the MPA. Most importantly, Tristan wants to contribute to the sport and help make Manitoba's powerlifting community stronger. I believe he would take the responsibilities of Outreach Coordinator seriously and work to create more opportunities for athletes, clubs, and the broader lifting community to connect with the MPA



- f) MPA Interim Vice-President - This position will be selected by the MPA Board of Directors after a future call for nominations is circulated.

10. Nominations

a) Male Athlete of the Year

- i. Daniel Hrichishen
 - i. Nominated by Tiffany Lepla with the following rational:
 - o Highest male GL points in MPA, attended bench worlds
- ii. David Hrynkow
 - i. Nominated by Stan Siemens and Peri Jorek
- iii. Jared McIntyre
 - i. Nominated by Dean Smith
- iv. Call for other nominations from the floor

b) Female Athlete of the Year

- i. Monica Gayot
 - i. Nominated by Tiffany Lepla with the following rational:
 - o Highest female GL points in MPA, placed 2nd at 2026 CANPL Nationals.
- ii. Call for other nominations from the floor

c) MPA Hall of Fame

- i. Male
 - i. David Hrynkow - Nominated by Tiffany Lepla, Stan Siemens, Perri Jorek and Dean Smith
- ii. Female
 - i. Janet Loesel Sitar - Nominated by Mathew Bowen

d) Volunteer of the Year

- i. No nominations received.
- ii. Nominations from the floor.

e) MPA Manny Martins-Karman Student Scholarship

- i. Recipient - Leah Shore

11. Discussion items – items from the floor

12. Adjournment