

Agenda – Special Meeting of the Kootenay Mountaineering Club



6:30 PM, Saturday, May 9, 2015 at Resker Hall
2963 Waldie Ave, Robson, BC

6:30 – 7:15PM – Special Meeting – To discuss and vote on KMC funding of Friends of the Rossland Range (FORR) hut in the Rossland Range Recreation Site.

- 1) Approve Agenda
- 2) Presentation – Proposed Lepsoe Cabin in the Rossland Range Recreation Site (Dave Watson, Bob McQueen)
- 3) Discussion and vote on the Special Resolution -

At the last KMC executive meeting, FORR asked KMC to contribute \$10,700 to complete a new hut in the Rossland Range Recreation Site in 2015. The KMC executive supports FORR's funding request. As it is an unbudgeted item exceeding \$1,000, it requires KMC membership approval of the following Special Resolution:

Be it moved that "...KMC funds construction of a new day use cabin in the Rossland Range Recreation Site, to be owned by FORR, by providing \$6,000 from the Bonnington Hut fund and \$4,700 from the KMC regular fund..."

The resolution requires approval of 3/4 of those voting to pass.

7:30 PM - Social

Immediately following the Special Meeting, the Social will start and will feature Delia Robert's presentation **Fit for Snow**. This is an injury prevention and performance enhancement program developed in the Kootenays that is helping to prevent ski patrollers, instructors and guides throughout western Canada and the United States from getting hurt. Implementing Delia's recommendations will help you enjoy the great outdoors for years to come - whether you ski, board, snowshoe, hike, climb, paddle or bike. Learn about the link between blood sugar, reaction time and decision making, as well as movement strategies that reduce injuries and help improve function in previously injured joints. Simple exercises that can be incorporated into normal daily activities to increase core strength and relieve back, knee, shoulder, or neck pain will be demonstrated.