

metamorePHIT

— Fitness Society —

Monthly Meeting
Thursday, January 4, 2024 - 7:00 p.m. to 8:30 p.m.
Coquitlam Public Library, 575 Poirier Street

AGENDA

Attendees:

Records: Linda M./JP

Chair: Josh F.

Kyle S.

Paarth

Kelsey M.

Marnie

Tony L.

Amit D.

Emily P.

Erin F.

JP

Valerie P.

1. **Call to Order** - 7:02pm
2. **Land Acknowledgement**
3. **Acceptance of Previous Minutes**
 - 3.1. Linda put forth the motion to accept the previous monthly minutes as circulated.
 - 3.1.1. Erin seconded.
 - 3.1.1.1. Motion passed.
4. **Financial Report**
 - 4.1. Beginning bank balance November 1st, 2023: \$4,607.74
 - 4.2. Deposits: \$630.00
 - 4.2.1. Membership fee: \$30.00
 - 4.2.2. Sweater order payments: \$600.00
 - 4.3. Withdrawals: \$502.94
 - 4.3.1. E-transfer to Linda M. for meeting food: \$80.85
 - 4.3.2. E-transfer to Amit D. for pub night supplies: \$22.40
 - 4.3.3. E-transfer to Tony L. for Remembrance Day wreath/pub night licence: \$110.00
 - 4.3.4. E-transfer to Josh F. for meetup fees/challenge gift cards: \$287.69
 - 4.3.5. Transaction fee: \$2.00
 - 4.4. Ending Bank Balance January 4th, 2024: \$4,734.80
 - 4.4.1. Cash on hand: \$200.00
 - 4.4.1.1. Pub night chiropractor donation: \$200.00
 - 4.4.2. Paypal account: \$105.00
 - 4.4.2.1. Membership payments: \$105.00
 - 4.4.3. Outstanding cheques: \$0.00
 - 4.5. Adjusted Bank Balance: \$5,039.80
 - 4.6. Kyle put forth the motion to accept the financial report as read.

4.6.1. Erin seconded.

4.6.1.1. Motion passed.

5. Membership Report and Attendance/Sign In

5.1. 45 members in total

5.2. Emily still missing liability and membership forms

5.2.1. Could be due to website issues

6. Announcements and Reminders

6.1. Calendar

6.1.1. Appreciation night in February

6.1.1.1. To be discussed between board members

6.1.2. AGM in March

7. Order of Business

7.1. Budget recap

7.1.1. Amit recapped the budget that was approved at the previous meeting.

7.2. Appoint nomination committee for AGM

7.2.1. Kelsey M. appointed to run AGM

7.2.1.1. Kelsey will connect with Lori and Connor for support

7.3. Website

7.3.1. Marnie provided a description of the website ideas

7.3.2. Marnie will provide a demi-draft and have it done within a month

7.3.3. Goal is to have website completed in two months

7.4. Rowing opportunity

7.4.1. Linda brought forward the opportunity to try rowing through BC Rowing

7.4.1.1. Several members interested and would like further information (cost/dates)

7.4.1.2. Linda will follow up with Carla S. for more details.

7.5. Food pickup for February meeting

7.5.1. Linda volunteered to pickup food for the next monthly meeting

8. Open Discussion

8.1. Emily read the membership survey, which she will email out to all members.

8.2. Events calendar on the website (Events are hyperlinked)

9. Committee Assignments

9.1. Emily will email out the membership survey to all active members.

9.2. Kelsey will connect with Lori and Connor to plan for the AGM.

9.3. Erin will provide a draft of the website at the next monthly meeting.

9.4. Linda will follow-up with Carla S. for more details on the rowing opportunity.

10. Next Meeting

Date: Thursday, February 1st, 2024

Time: 7:00 p.m. to 8:30 p.m.

Location: Coquitlam Public Library

11. Adjournment - 8:00pm