ANNUAL REPORT – 2018

PINES MAILING ADDRESS:

401 W. Michigan St,

Indianapolis, IN, 46202

PINES WEBSITE:

http://www.pinesnutrition.org
PINES BOARD OF DIRECTORS AND OFFICERS:
The 2018 Board of Directors and Officers are listed below:

President: Fiona Pelly, PhD, APD, University of the Sunshine Coast, Queensland, Australia
Vice President: Asker Jeukendrup, PhD, Loughborough University, United Kingdom
Executive Officer: Rachael Thurecht, APD, PhD candidate, University of the Sunshine Coast, Queensland, Australia
Past President: Susie Parker-Simmons, MS, APD, United States Olympic Committee, Colorado Springs, USA
Treasurer: Jacque Scaramella, MS, RD, CSSD, United State Olympic Committee, USA
Secretary: Nancy Clark, MS, RD, CSSD, FACSM, Sports Nutrition Services, Boston, USA
Strategic Planning: Hattie Wright, PhD, APD, University of the Sunshine Coast, Queensland, Australia
Communications: Helen O’ Connor, PhD, APD, University of Sydney, Australia
Education: Louise Burke, PhD, APD, FACSM, Australian Institute of Sport, Canberra, Australia
Education: Petra Lundström, PhD Candidate, IOC Dip Sports Nutrition, dual MS, Swedish Sports Confederation, Sweden
Sponsorships: Aurora León, RD, IOC Dip Sports Nutrition, MS, AsDeporte, Mexico
Sponsorship: Morten Mørland, RD, IOC Dip Sports Nutrition, Norwegian Olympic Training Centre, Norway
Partnerships: Melinda Manore, PhD, RD, CSSD, FACSM, Oregon State University, USA
Partnerships: Sharon Madigan, RD, PhD, Sport Ireland Institute, Ireland

PINES GLOBAL COORDINATORS:
Asia-Pacific: Daphne Wu, RD, IOC Dip Sports Nutrition, PhD, Hong Kong
Africa and Europe: Shelly Meltzer, RD, MS, Sport Science Institute of South Africa, South Africa
America’s: Nuwanee Kirihennedige, RD, University of Nebraska, USA
PINES PRESIDENT REPORT: Fiona Pelly

2018 has been a year of change and development for PINES, with challenges to overcome but resulting in some extremely rewarding outcomes. This is an exciting phase for our organisation.

Firstly, there was change to the membership of the board and I would like to acknowledge Ron Maughan, Liz Broad and Jeni Pearce who have given valuable service to PINES for many years. We welcomed a number of new members including Asker Jeukendrup (UK/Netherlands) as vice president, Jacque Scaramella (USA) as treasurer, Aurora Leon (Mexico) and Morten Morland (Norway) as sponsorship officers, Petra Lundstrom (Sweden) to assist with education and Sharon Madigan (Ireland) to assist with partnership. Nancy Clarke (USA), Louise Burke (AUS), Melinda Manore (USA), Helen O’Connor (AUS), Susie Parker-Simmons (USA), Hattie Wright (AUS) and myself (AUS) all opted to continue for a 2 year term. I’d also like to thank past president Susie Parker-Simmons for her leadership of PINES.

In taking on the role of President, I felt it was important to review the governance of PINES as the organization continues to grow. This firstly meant some minor changes to the ByLaws (voted on and accepted by the board) and structural changes to establish an executive consisting of the president, vice president, treasurer and secretary to allow more regular and efficient communication given our diverse time zones. This has worked exceptionally well over the course of 2018, with regular monthly meetings and considerable efficiencies in place. I would personally like to acknowledge Jacque Scaramella, Nancy Clarke and Asker Jeukendrup for their regular commitment to PINES throughout 2018. We also saw a change in our Executive Officer with Jessica Knurick moving onto new ventures. Thanks to Jessica for her work on PINES. We welcomed Rachael Thurecht who has taken on the role of Executive Officer role with enthusiasm and energy. Rachael’s hard work has helped us to achieve many of our 2018 goals and I’d like to thank her for all her efforts this year.

As a volunteer organization, PINES relies on the work of the membership so that it can continue to grow and thrive. In 2018, we also established a number of subcommittees with a portfolio relevant to their area. These included membership, communication, partnership, sponsorship, education and awards committees all led by members of the board. A primary task was to reconsider the strategic direction PINES was taking into the future. After considerable work by the strategic sub-committee, a new vision and mission that is focused on a global community of sports nutrition professionals has emerged. One of the goals was to focus on improved communication strategies with the membership, with an emphasis
on our global connections. Subsequently, this led to the development of a new look website and newsletter (e-news) that was launched at the start of 2019. This project wouldn’t have been possible without the drive of Asker Jeukendrup who had significant input into the look and feel of the new website, Jacque Scaramella who managed all the financial aspects of this project and Rachael Thurecht who helped compile all the content. I would equally like to thank Helen O’Connor who has driven the development of the new e-news in her role as communications officer, which has had a fantastic outcome of some exciting new content from experts across the world. While we did not see growth in the membership in 2018, we are now starting to reap the benefits of better member communication with a 30% increase over the past 3 months. We now have 39 countries represented in our membership. The majority of members are located in the United States, Australia, Netherlands, Canada, Great Britain and Japan, so there is potential for growth in many countries particularly those with less sports nutrition expertise and professional networks.

To expand our global connections, we called for those interested in the roles of global coordinator and global representative. A number of individuals were successfully recruited and they are now busy creating interest in PINES in many new countries that we have not represented in the past. Shelley Meltzer, Daphne Wu and Nuwanee Kirihennedige are a great asset to our professional body and, along with the global representatives, are promoting PINES in their regions. I encourage those who may be interested in becoming more involved to nominate for these roles as we expand our global footprint. PINES continued our successful 10 question session at the American College of Sports Medicine (ACSM) annual meeting in May 2018. The session was well received and attended. I’d like to thank Melinda Manore and Louise Burke for their organization of this session, as well as all the excellent and entertaining speakers. The pre and post social events were a great success and supported by both Clif and Unit Nutrition. We certainly wouldn’t be able to hold these events without their support. For the first time we held our AGM on the evening of the nutrition interest group meeting at the ACSM meeting and this was successful. We are continuing to build our relationship with the nutrition interest group and will look towards future collaboration.

In 2018, we continued valuable partnerships with professional organisations including ACSM, and Sports, Cardiovascular and Wellness Nutrition (SCAN). We have also continued our connection with the Japan Sports Nutrition Group and offered scholarships in collaboration with the IOC Diploma in Sports Nutrition. PINES also connected with Team Netherlands for their sports nutrition conference. We hope
to continue ongoing partnerships with Unit Nutrition in 2019 through support of our conference social event. A new focus moving forward into 2019 and beyond is expanding our collaboration with various professional organisations around the world that support our mission and vision. To do so PINES will rely on our entire membership to assist with spreading the word about our organization in the hope that together we can become a global leader of sports and exercise nutrition professionals.

I look forward working with our membership on the continued growth and development of PINES.

Thank you to everyone for their input.

Fiona Pelly
President - PINES

MEMBERSHIP UPDATE:
Membership as of December 2018 was 181, comprised of 13 Student and 168 Professional members. At the time of writing the membership totals 249, comprised of 27 Student and 222 Professional members.

Currently there are members from 39 different countries:

- Australia
- Austria
- Belgium
- Brazil
- Canada
- Chile
- Colombia
- Costa Rica
- Croatia
- Cyprus
- Ecuador
- Finland
- Germany
- Great Britain
- Hong Kong
- Iceland
- India
- Ireland
- Israel
- Italy
- Japan
- Malaysia
- Mexico
- Malta
- Malaysia
- Netherlands
- New Zealand
- Norway
- Qatar
- Singapore
- South Africa
- Spain
- Sweden
- Switzerland
- Taiwan
- Turkey
- United Arab Emirates
- United Kingdom
- United States of America
STRATEGIC PLAN: Hattie Wright

In 2018 the PINES strategic plan was reviewed and updated to improve alignment with the Organisation’s core business and improve the strategic direction of PINES under the leadership of the Strategic and operational development subcommittee. The Vision, Mission and goals were revised.

Research subcommittee:

A research subcommittee was formed and developed criteria to assess grant application to Unit Nutrition. One grant application was reviewed and feedback was provided to Unit Nutrition.

COMMUNICATIONS: Helen O’Connor

The communications committee consists of Helen O’Connor (Chair, Australia), Nancy Clark (US), Jessica Knurick (US), Rachael Thurecht (Australia) and more recently, Tess Keightley (Australia) who has taken over the social media coordination after Jessica Knurick stepped down due to heavy work commitments. We have also had Michelle Lau (Hong Kong), Kerry Blewit (UK) and Kerry Leech (Australia) assisting with social media. Fiona Pelly (PINES President) has attended a number of meetings, particularly in the lead up to the website launch as there were clearly common goals in producing material for e-NEWS which is housed on the website. It has been a busy period with the communications committee meeting monthly by zoom conference call (From Sept 2018-current). The committee has set up e-NEWS to inform members of new feature articles, research and resources which are posted on the PINES website. The first e-NEWS was released in February 2019 after the website launch. The communications committee has also assisted in curating material for the website. On the e-NEWS there are several categories of article/communications including: Feature Articles, International Factsheets, App Road Tests, Case Studies, Conference Previews, Conference Reports. There are also synopsis published of new research papers or position stands from time to time. We also have links for new conferences, courses, workshops and job opportunities as well as upcoming international sporting events. We feature a president’s report from time to time. There has been significant interest in the range of article types posted with evidence of member ‘clicks’ into each of these areas. We will continue with monthly e-NEWS but we may move to fortnightly if we are able to obtain enough support with new articles. A number of board members have assisted us by writing articles or factsheets. We are currently disseminating Twitter and Facebook messages 2-3 times a week and we are working to set up Instagram.
EDUCATION: Louise Burke and Petra Lundström

The main education activities undertaken by our small team (Louise, Petra and Melinda Manore) are summarized below

1. 10Q10E PINES session at ACSM 2019. Melinda and Louise submitted a conference symposium session via the ACSM conference program site. This continues to be an unwieldy exercise, because although ACSM supports the session in concept, we have now lost our status as a preconference activity (Tuesday slot) and the format of the session does not fit the various templates of the conference submission protocols. Nevertheless, the session (2019 theme = Myth Busting in Sports Nutrition) has been accepted for Wednesday May 29 and 5-7 pm, and will be co-hosted by Nancy Clark and Louise Burke.

2. Sports Nutrition Course summary template. A standardized template for summarizing courses in sports nutrition has been developed to allow PINES to assess such courses for recognition as a service to members. The template has been “road tested” with successful summarization of three courses and subsequent promotion on the PINES website.
   a. IOC Diploma in Sports Nutrition,
   b. Sports Dietitians Australia Sports Nutrition Course
   c. ANTHROPOMETRICA Diploma in Sports Nutrition (Diplomado en Nutrición Deportiva)

Petra has also contributed to communication activities with a report from ISENC 2018 and from ESNS Rome Conference 2018.

SPONSORSHIP: Morten Mørland and Aurora León

The sponsorship program for PINES this past year 2018 has unfortunately not been very positive. Since the new website has only been lounged, PINES did not have many things to offer to potential clients. Hopefully, this 2019, with new users and more content, we will be able to offer much more exposure to clients.

PARTNERSHIP: Melinda Manore and Sharon Madigan

In 2017, The Academy of Nutrition and Dietetics subgroup titled Sports, Cardiovascular and Wellness Nutrition (SCAN) signed a PINES Partnership Memorandum of Understanding (MOU). Melinda then worked with SCAN representative, Dr. Elizabeth Abbey, to brainstorm ways PINES and SCAN could work together on collaborative efforts. Our accomplishments over the last two years are bulleted below:
• PINES had a booth at the 2018 SCAN Symposium in Colorado Springs, Colorado.

• Each organization has shared web links on their web sites.

• Each organization shared newsletter articles that were posted on the web sites. SCAN sent newsletter items for PINES and vice versa.

• PINES and SCAN have shared their mutual symposium announcements via email blasts and posts on the websites. PINES 2019 Symposium was held at ACSM Annual meeting in Orlando, May 2019; the SCAN Symposium was held in Phoenix, Arizona, April, 2019. PINES information will be shared at the SCAN Symposium by PINES members.

• A SCAN member (Nancy Clark) is co-hosting the PINES symposium at ACSM. Thus, members are sharing expertise. Nancy is also a PINES Board member. Nancy is donating her time on behalf of SCAN and PINES.

Below are bulleted some future ideas for collaboration with SCAN:
• PINES submit a program proposal to the SCAN 2020 Symposium. Melinda is checking on the date, location, and theme of this meeting.

• PINES continues to use a SCAN member in the 2020 ACSM PINES 10 question/10 expert symposium. Manore will be at the ACSM meeting in 2020 (San Francisco) and can do this with Louise Burke. Manore is a SCAN and PINES member.

• Advertise the PINES Symposium at the 2020 ACSM meeting in San Francisco to the California SCAN RDNs and Sport Nutrition CSSD RDNs.

• Continue to cross advertise research and educational events, web links and educational materials between the two organizations.

• Continue to share PINES materials on the SCAN list serve and vice versa.

Summary, the SCAN partnership has been successful due to the diligence of a few people, including Nancy Clark and Elizabeth Abbey. I would like to thank them for their hard work. Continuing to engage active SCAN members with PINES can help continue this partnership.

It might be time to consider another Partnership with PINES, such as the European College of Sports Science (ECSS). The future congresses of ECSS are in Seville, 2020 and Glasgow, 2021. Submitting a PINES symposium to these meetings with PINES members who typically attend might be possible.
GLOBAL COMMUNITY

ASIA-PACIFIC REGION: DAPHNE WU

There are one global coordinator and four global representatives in the Asia-Pacific region, covering mainland China and Hong Kong, Singapore, Malaysia, India and Taiwan. The global coordinator had contacted the global representatives for the promotion of new PINES websites. The promotion channels included approaching academia to promote the PINES to students; professional organizations / groups to professional members; and social media for parties interested in sport nutrition:

ACADEMIA

Taiwan: The articles on PINES website was delivered to the students and encouraged them to join PINES member.

India: The PINES e-mail was forwarded to student database

Mainland China and Hong Kong: The persons in-charge of sport science and nutrition related programmes in two main universities in Hong Kong were contacted and spread the information of PINES to their students.

SOCIAL MEDIA

Taiwan: Posted the website information on Facebook and others.

India: Posted on all social media mediums- Facebook, Instagram, Twitter & Linkedin

Mainland China and Hong Kong: Shared the post at Facebook as well as posted the PINES’s link and membership issue at food nutrition students and alumni group of nutrition programme.

PROFESSIONAL ORGANISATION

Singapore: The members of the Sports Nutrition Interest Group within the Singapore Nutrition and Dietetics Association were contacted for PINES membership. The Sports Nutrition departments of the Singapore Sport Institute, the Football Association of Singapore, and the Defense Science Organization were also reached out.

Taiwan: The Taiwan Society for Sports Nutrition and Taiwan Society of Exercise Physiology and Fitness were contacted to share the PINES’s link.

India: The Exercise Science Academy [approved by ACSM] was contacted to share the Post. Social Media Videos were made to encourage membership
Mainland China and Hong Kong: The sport dietitians in the Hong Kong Sports Institute were contacted. The sport dietitian would like to achieve invitation from PINES for organization membership issue. The chair of Hong Kong Nutrition Association was contacted. The chair would seek for the committee’s approval to promote the PINES website to corresponding stakeholder.

AFRICA AND EUROPEAN REGIONS: Shelly Meltzer

The 4 main areas focused on since assuming the role of Global Coordinator for the Africa and European Regions have been to:

- **Recruit** a Global Representative for Europe. I am so happy to have Sarah Chantler, a Registered Dietitian, who hails from Cape Town and now at Leeds-Beckett University in the UK completing her PhD, joined me in helping spread the PINES network in the region.

- **Share/introduce** information on PINES to our networks and organizations. This has included personal phone calls to Presidents of Associations (e.g. SASMA; ADSA in South Africa); emails to contacts in Ireland; Germany; France; and the UK, and mention and sharing of the PINES link in meetings and lectures. Information has also been sent on to contacts involved with the African National Leadership Program. Opportunities to consider marketing PINES include the upcoming SASMA Bricsess Congress in October 2019 and the ICD 2020 Conference, both in Cape Town.

- **Motivate for reduced membership rates for developing countries**. Cost comparisons of membership fees of some Professional Associations in the region have been submitted and options are currently being discussed and explored with the PINES executive.

- **Contributing to PINES material**. The content for Dining Out in South Africa has been submitted and Sarah Chantler has kindly offered to help translate material into French.

AMERICA'S REGIONS: NUWANEE K

The region of America is historically known to have less diversity and representation. The countries that we have known representative and have had country represented are the followings:

<table>
<thead>
<tr>
<th>Country</th>
<th>Representative</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>The United States</td>
<td>Nuwanee Kirihennedige</td>
<td>Active rep</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>Catalina Fernandez</td>
<td>Active rep</td>
</tr>
<tr>
<td>Mexico</td>
<td>--</td>
<td>Contacted organization member for appointment</td>
</tr>
<tr>
<td>Country</td>
<td>Contact</td>
<td>Notes</td>
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</tr>
<tr>
<td>Canada</td>
<td>--</td>
<td>Contacted Canadian contact for an appointment</td>
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<tr>
<td>Argentina</td>
<td>--</td>
<td>Contacted Argentinian contact for an appointment</td>
</tr>
<tr>
<td>Brazil</td>
<td>--</td>
<td>Contacted Argentinian contact for serving or an appointment</td>
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</tbody>
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**Strategic Plans:**

- Will connect with other sports dietitian or nutritionist at the ACSM annual meeting to recruit anyone credible in the America’s region who are in the field of sports nutrition
- Working on a PINES International food factsheet for the United States as well as Costa Rica
TREASURER REPORT: Jacque Scaramella

PINES saw a small loss in finances over 2018 ($3675), however, our total expenses were about $2500 less than last year. Our small loss in income was due to our website redesign / enhancements, and unexpected charges in bandwidth overages from our website hosting company ($1051.66). We have since discontinued hosting with this company and have switched to a more economical company beginning January 2019, which will save us over $2300 annually. The cost of the website redesign is considered a capital cost for PINES and will be depreciated over the next three years, per our accountant’s advice. The improvements to the website were a necessary step towards helping promote membership and attract new sponsorship.

We did receive $1500 in sponsorship from Clif in 2018, which went towards hosting a networking event before the PINES 10 Questions, 10 Answers during the ACSM Annual Meeting. Furthermore, PINES spent significantly less than last year hosting the PINES Annual Reception through our sponsorship agreement with Unit Nutrition, which is planned to continue in 2019.

For 2019 and given the essential financial commitments of PINES, the expectation is that we will continue to operate at a small loss unless we can produce a deeper sponsorship portfolio and / or increase our membership base to help cover our operating costs and our executive officer position. The 2019 board as a whole, are encouraged to work collaboratively towards finding new opportunities for growth, both in terms of its financial status but also its ability to serve its members. Thanks again to Tim Calvert for preparing the financial statements for PINES and ensuring our ongoing compliance with accurately recording of our financial activities.
| Ordinary Income/Expense | | |
|-------------------------|-----------------|
| **Income**              | **Expense**     |
| Sponsorship $1,500      | Bank Fees $90   |
| Membership Dues $7,308  | Credit Processing Fees $381 |
| **Total Income** $8,808 | Copying Charges $457 |
| **Net Ordinary Income** | Professional Fees $4,750 |
| ($2,134)                | Reception       |
|                         | Reception - Other $1,503 |
|                         | **Total Reception** $1,503 |
|                         | Website Hosting $3,761 |
| **Total Expense** $10,942 | **Total Other Expense** $1,541 |
| **Net Ordinary Income** | **Net Other Income** ($1,541) |
| ($2,134)                | **Net Income** ($3,675) |
## PINES

**Balance Sheet**

**As of December 31, 2018**

### ASSETS

#### Current Assets
- **Checking/Savings**
  - Chase Bank 3369: $21,497
  - Total Checking/Savings: $21,497
- **Accounts Receivable**
  - Accounts Receivable: $0
  - Total Accounts Receivable: $0
- **Other Current Assets**
  - Petty cash: $21
  - Total Other Current Assets: $21

**Total Current Assets**: $21,519

#### Fixed Assets
- **Website**: $4,623
- **Accumulated Depreciation-Website**: $(2,274)

**Total Fixed Assets**: $2,349

**TOTAL ASSETS**: $23,867

### LIABILITIES & EQUITY

#### Equity
- **Unrestricted Net Assets**: $27,543
- **Net Income**: $(3,675)

**Total Equity**: $23,867

**TOTAL LIABILITIES & EQUITY**: $23,867