

**Bylaws of the  
Allegheny Mountain Local Masters Swim Committee  
(AM LMSC)**

**(Updated August 27, 2012)**

**ARTICLE I**

**1.0 MISSION, GOALS, OBJECTIVES, AND VALUES:**

**1.1.1 The Mission Statement:** To promote health, wellness, fitness, and competition for adults through swimming.

**1.1.1 (A) GOALS:**

- 1) To encourage and promote improved physical fitness and health in adults.
- 2) To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- 3) To encourage organizations and communities to establish and sponsor Masters swimming programs.
- 4) To enhance fellowship and camaraderie among Masters swimmers.
- 5) To stimulate research in the sociology, psychology and physiology of Masters swimming.

**1.1.1 (B) CORE OBJECTIVES:**

- 1) Service the membership.
- 2) Educate the membership.
- 3) Build the membership.

**1.1.1 (C) VALUES:**

- 1) We value HEALTH AND FITNESS, constantly challenging ourselves to achieve, in competition and in accomplishing our own goals.

- 2) We value RESPECT for our teammates, competitors, coaches, employees, and volunteers.
- 3) We value FUN, enjoying camaraderie with our fellow swimmers and embracing swimming as a joyful and satisfying avocation.
- 4) We value LEARNING through coaching, programs, and communication.
- 5) We value EXCELLENCE in safety, education, innovation, performance, leadership, and the provision of services and programs.

**1.2** NAME and BOUNDARIES: The name of this committee shall be the Allegheny Mountain Local Masters Swim Committee (AM LMSC). The territory of the AM LMSC shall be as defined in Article 502.6 and Appendix D of the USMS Rule Book.

**1.3** JURISDICTION: The AM LMSC has jurisdiction over the sport of Masters Swimming as has been delegated to it by USMS.

## **ARTICLE II**

### **2.0 MEMBERSHIP**

#### **2.1 CLASSES of MEMBERSHIP**

**2.1.1 (A)** Club: Clubs that register with USMS through an LMSC. An organization or group of permanent character that is a member of USMS, is registered through LMSC, and actively promotes and/or participates in Masters swimming.

**2.1.1 (B)** Individual: Individuals who register with USMS through an LMSC.

#### **2.2 RESPONSIBILITES of MEMBERSHIP**

**2.2.1** INDIVIDUAL MEMBERS: Individual members shall become cognizant of the objectives, and policies of the AM LMSC and USMS and shall abide by these rules, objectives and policies.

**2.2.1(A)** Individual members shall have the privilege:

- 1) To elect Officers and the Board of Directors.

2) To review/recall policy or programs established by the Officers and Board of Directors.

3) To propose amendments to the LMSC bylaws through the proper process.

**2.2.2** SWIM CLUBS: Swim Club members shall become cognizant of the objectives and policies of the AM LMSC and USMS and shall abide by these rules, objectives, and policies.

**2.3** Swim Clubs shall have the powers and duties:

1) To inform their athlete members of the rules, objectives, and policies of the AM LMSC and USMS.

2) To appoint a voting delegate(s) to the AM LMSC Board of Directors as provided in bylaws (Article 3.1).

3) To designate a club representative to receive meet announcements.

### **ARTICLE III**

**3.0 BOARD OF DIRECTORS**

**3.1 NOMINATING COMMITTEE:**

3.1.1 There shall be a nominating committee chair appointed by the Chair of the AM LMSC. The nominating committee shall be selected from among the club representatives. The nominating committee chair shall be an ex-officio member of the Board of Directors.

3.1.2 The nominating committee shall be responsible for nominating a slate of officers for each biennial election. The nominating committee shall present its slate of candidates to the general membership through the club representatives thirty days prior to elections.

**3.2 ELECTIONS**

3.2.1 Nomination of officers shall be by the nominating committee as set forth above. The final slate shall be presented to the club representatives.

3.2.2 The AM LMSC Board of Directors shall accept nominations from the floor at the biennial election meeting.

- 3.2.3 No person shall be considered as a candidate for office unless he or she is a member of the AM LMSC in good standing and unless he or she consents to stand for election.
- 3.2.4 The elections shall be held biennially at the annual membership meeting.
- 3.2.5 In the case of an election conducted to fill a vacancy, nominations and elections shall be held by the Board of Directors. The person selected to fill the vacancy shall hold office until the next scheduled election.
- 3.3 MEMBERSHIP** - The membership of the board of directors of AM - LMSC shall consist of the Officers, the Board of Directors, and of Club Delegates.
- 3.3.1 OFFICERS (Executive Committee)** - The officers (Executive Committee) of the AM LMSC consist of the chair, secretary, and treasurer. Each officer serves a term of two years or until a successor is selected. Officers are elected at a general meeting of the AM LMSC held no later than November 15<sup>th</sup> of even-numbered years.
- 3.3.1(A) Duties of the Chair:** The chair shall be responsible for the day-to-day management of the business affairs of the AM LMSC, shall call regular meetings when and where deemed necessary, shall preside at all meetings, shall appoint committee chairmen for standing and ad hoc committees as necessary, and shall appoint members to the USMS House of Delegates with the advice and consent of the Board of Directors. In addition, the chair shall be familiar with the LMSC Minimum Standards and ensure that required standards are being met by the appropriate LMSC officers. Further, the chair shall receive communications from USMS and relay relevant information to the appropriate LMSC officers and/or LMSC membership.
- 3.3.1(B) Duties of the Secretary:** The secretary is responsible for keeping a record of all meetings, conducting official correspondence, issuing meeting notices and copies of the minutes to the Board of Directors, and making such reports to the national office as required by USMS rules.
- 3.3.1(C) Duties of Treasurer:** The treasurer receives all the monies and bills approved by the Finance Committee of Board of Directors. The treasurer is responsible for maintaining all financial records, including bank and checking records, and for making timely reports to the Board of Directors and USMS National Office. In addition, the treasurer shall file the appropriate tax forms with the IRS, and insure that the financial records are periodically inspected by a third party.

**3.3.2 AM-LMSC Board of Directors Members:** The Officers (Executive Committee) and the following positions make up the Board of Directors. Each Board Member has one vote at AM-LMSC meetings. Attending and reporting at AM-LMSC Board of Directors meetings are required. The Board of Directors Members are elected at a general meeting of the AM LMSC held no later than November 15<sup>th</sup> of odd-numbered years.

**3.3.2(A) VICE CHAIR**

The Vice Chair shall act and preside as chair in the absence of the Chair and perform other duties as assigned by the chair and/or agreed upon by the Board of Directors

**3.3.2(B) REGISTRAR**

1. Process LMSC Club registrations and USMS swimmer registrations for each calendar year. All Clubs and swimmers MUST register each year.
  - a. Register new swimmers as well as re-registering existing swimmers as the registrations come in.
  - b. Keep track of online registrations and sending information to Clubs.
  - c. Send list of monthly online and regular registrations to the Treasurer.
  - d. Register new Clubs as well as existing Clubs as the registrations come in.
  - e. Process transfers and “one event” registrations.
  - f. Print and mail USMS cards to all swimmers who request them.
2. Forward checks from individual and Club registrations to the LMSC Treasurer for deposit into the LMSC bank account. (If this is not possible, the Registrar may deposit checks and provide a detailed deposit summary to the LMSC Treasurer.)
3. Send monthly registration summaries (accounting reports) to the LMSC Treasurer.
4. Constant communication via phone and/or email with swimmers, Club reps, LMSC Board members and USMS National Office.
5. Provide prompt responses to email and phone requests.
6. Communicate with the LMSC webmaster to keep Club registration forms and contact information up to date.

7. Track down address changes that come in from USMS National Office. Requires emails to swimmer and Club registrar to get correct address for USMS National Office for USMS Swimmer Magazine delivery.
8. Take care of any other demographic discrepancies that may arise with the USMS National Office.
9. Work with a new Clubs wanting to register and getting approval for Club abbreviations from the USMS National Office.
10. Provide reports to LMSC officers and to clubs on new members, renewals, and statistics related to LMSC membership.

### **3.3.2(C) TOP TEN RECORDER**

1. Forward and/or upload meet results to the Meet Results database throughout the year for the LMSC's Sanctioned meets and received recognized meets.
2. Compile and report individual Top Ten times for each course (SCY, LCM, SCM) from all sanctioned LMSC meets and all received recognized meets, by the deadlines, in the proper format, as described in the USMS Guide to Operations (GTO).
3. Report all valid relay times along with the above Top Ten times, per the GTO.
4. Work with LMSC Meet Directors to ensure that appropriate Record Applications are submitted in a timely manner to the appropriate person.
5. Track LMSC pool measurement forms and submit new forms for inclusion in the national database.

### **3.3.2(D) SANCTIONS**

1. Develop and/or maintain a Sanctions/Recognitions packet to supply to meet directors, etc. who request a sanction or recognition for an event. The packet may include:
  - a. The application for sanction or recognition (pool and open water).
  - b. A Pool Length Certification Form.
  - c. Suggestions for warm-up and warm-down and safety requirements.

- d. Guidelines for preparing the entry form and meet results.
  - e. "Report of Occurrence" form (used to report ALL incidents, no matter how minor).
  - f. A timeline from application to submission of results.
  - g. Application for National and World records.
  - h. Official relay cards.
  - i. Certificates of insurance
2. Issue Sanctions and Recognitions for events held within the LMSC boundaries or in the case of open water sanctions if the event originates in the LMSC.
  3. Ensure that all sanctioned events are listed in the USMS Calendar of Events.
  4. Send sanctions fee checks (and indicate which meet it is for) to the LMSC Treasurer.
  5. Follow up with the LMSC Top Ten Recorder to ensure meet results are submitted in a timely manner.
  6. The Sanctions Chair should be aware of the past performance of meet hosts and call particular attention to any prior deficiencies. A performance bond may be required and further sanctions may be denied to an organization failing to live up to its obligation to conduct such events in accordance with applicable USMS swimming rules and administrative regulations or as stated on the entry form.

### **3.3.2(E) OFFICIALS**

The LMSC Officials Chair is responsible for implementing policies and procedures to ensure that USMS sanctioned and recognized meets with their LMSC boundaries are conducted uniformly and in accordance with USMS rules and regulation. Depending on the size of the LMSC, number of competitions, and other LMSC policies, these duties may include any or all of the following:

1. Maintain a list of certified officials willing to work USMS sanctioned and recognized meets within the LMSC.
2. Provide regular updates on USMS rule changes, current interpretations, lessons learned, and best practices to Meet Directors, Referees and other officials within the LMSC.

3. Advise Meet Directors on the appropriate number of officials for specific meets, based on the number of swimmers, venue, and type of meet.
4. Assign Meet Referees or other key officials at LMSC sanctioned competitions.
5. Assist Meet Directors in obtaining a sufficient number of qualified officials for scheduled meets.
6. Coordinate training and certification programs for new officials according to USMS guidelines. (*Approval of the USMS Officials Committee is required for the LMSC to conduct its own training and certification program.*)
7. Receive meet evaluation reports from the Meet Referee.
8. Provide USMS rule books for officials prior to meets and ensuring that officials are aware of pertinent rules differences between USMS and other governing bodies.

### **3.3.2(F) WEBMASTER/COMMUNICATIONS**

1. Design, create, improve and/or maintain the AM LMSC website. It is helpful to have expertise with internet application with HTML.
2. Communicate, accept and post appropriate material from the AM-LMSC BOD.
3. If requests to post items are received from people other than the BOD, the Webmaster will consult the BOD before posting.
4. Keep all aspects of the posted information up to date to include:
  - a. Updating registration forms and instructions before the next years registration period (by end of October of each year).
  - b. Posting newsletters sent to the membership by the Chair. Maintain and archive of past newsletters.
  - c. Posting appropriate sections of the newsletter.
  - d. Posting meeting minutes and treasurers reports. Maintain an archive of past reports.
  - e. Keeping the contact list of Officers, Clubs and Club representatives up to date.
  - f. Posting upcoming events such as BOD meetings, awards banquet, clinics, meets, etc.



5. Website links shall be checked regularly to make sure that they are still working and that the information they provide is still current.

### **3.3.2(G) COACHES**

1. Receive communications from the USMS Coaches Committee and distribute that information to coaches within the LMSC.
2. Work with the LMSC Registrar to maintain a list of coaches within the LMSC.
3. Facilitate communication among the coaches within the LMSC.
4. Act as a resource in providing information to the LMSC regarding swimming and training techniques.
5. Provide support at meets, clinics and swim events in AM-LMSC.
6. Act as the “go-to” contact for getting questions answered with regard to starting a team, locating a coach, and other related questions.

**3.3.3 AM-LMSC Appointed Positions:** Appointed positions have a voice but no vote at AMLMSC meetings. Appointed positions are appointed by the Chair. They are expected to attend and report at all AM-LMSC BOD meetings. Some appointed positions are: Open Water/Long Distance, Fitness, Senior/PA State Games Liaison, Safety, Awards Banquet, and LMSC Club Development.

**3.3.4 CLUB REPRESENTATIVES** - Each registered Swim Club member is entitled to one voting delegate to the AM LMSC Board of Directors. If the Swim Club member has over 50 registered masters swimmers, it is entitled to a second voting delegate, and if over 100 registered masters swimmers, it is entitled to a third voting delegate.

#### **3.3.4(A) Duties of the Club Representative:**

1. Represent his/her club and acting as liaison between the club and the AM-LMSC BOD.
2. Attend and vote at AM-LMSC meetings as a representative for his/her club.
3. Insure all their club members are informed of AM-LMSC news, etc.

4. Encourage participation in AM-LMSC events.

**3.4 ELIGIBILITY** – Only members in good standing of the AM LMSC are eligible to be on the Board of Directors.

**3.5 RESPONSIBILITIES of the BOARD OF DIRECTORS:** The AM LMSC Board of Directors shall have the duty and powers to act for the AM LMSC and its members during the interval between membership meetings. All such actions shall be subject to review/recall at the annual membership meeting. The Board of Directors shall have the duty:

1. To establish programs and policy consistent with the USMS and AM-LMSC Mission, Goals, Objectives, and Values.
2. To review and adopt the annual budget of the AM LMSC.
3. To call regular and special meetings of the AM LMSC Board of Directors.
4. To call the annual membership meeting before November 15<sup>TH</sup> of each year.
5. To oversee all USMS Recognized/Sanctioned swimming events within the AM LMSC.
6. A vacancy in the position of a voting officer, may be filled for the remainder of the unexpired term by the Board of Directors. An appointed officer shall have full rights and responsibilities of the position/office.
7. To amend the bylaws of the AM LMSC as necessary for conformity with the USMS national initiatives and policies.
8. No contract, debt, or obligation shall be binding unless contracted with the authority of the Board of Directors, except for actions by the Executive Committee in amounts authorized herein or by the Board of Directors.
9. Each member of the Board of Directors shall have the responsibility and the duty to attend 75% of all meetings. Quarterly meetings will be held in February, May, August, and November. The annual membership meeting will be in February which shall include elections.

## ARTICLE IV

### **4.0 MEETINGS**

**4.1 ANNUAL:** The annual meeting of the general membership shall be held no later than February 28<sup>th</sup> of each year for the purpose of elections, with new officers' terms beginning March 1<sup>st</sup> of that year.

**4.2 QUARTLY:** The AM LMSC Board of Directors will meet on a quarterly basis. These meetings are open to the general membership. They shall occur in February, May, August, and November.

**4.3 SPECIAL:** Special meetings of the Board may be called upon the discretion of the Chair; the request of any three Board of Directors members; or 50% of the Club Representatives should special meetings be required.

**4.4 NOTICES:** Notices of meetings shall contain the time, date and site. Notices shall be provided not less than thirty days prior to the date of the meeting and shall be transmitted to the address last given to the secretary by each member of the Board of Directors and Team Representatives. Notice of special meetings shall be given at least fifteen days prior to the date of such meeting, and the notice of the special meeting shall include a statement of the specific purpose or purposes for which the meeting is called. Notice of special meetings shall be sent out in written form to the Board and club representatives. All meetings are open to membership and shall be published on the LMSC website, newsletters, and other forms of announcement(s).

**4.5 ORDER OF BUSINESS:** At all meetings of the Board of Directors the order of business shall be:

1. Roll Call.
2. Reading, correction and adoption of minutes.
3. Reports of officers.
4. Reports of committees.
5. Unfinished business.
6. Elections when appropriate.
7. New business.
8. Resolutions and orders.

9. Adjournment.

**4.6 QUORUM:** A quorum at all meetings Board of Directors shall consist of 50% of the total voting membership of the AM LMSC Board of Directors and team representatives.

**4.7 PROXY VOTING:** Any member of the AM LMSC Board of Directors may request representation by proxy at any legal meeting.

1. Such requests must be made in writing to the Secretary, and must be presented at the time of roll call.

2. Proxies must be registered AM LMSC members.

**4.8 RULES OF ORDER:** Unless otherwise specified, and subject to all standing rules, the current Robert's Rules of Order shall govern all USMS meetings and proceedings.

#### **ARTICLE V**

#### **5.0 COMPETITION AND CHAMPIONSHIPS**

**5.1 CONDITION OF COMPETITION:** The conditions of competition in any swimming event, and the rules governing it, shall be those established by USMS.

**5.2 CHAMPIONSHIPS:** Swimming championships, when conducted, will be held in accordance with the rules of USMS.

#### **ARTICLE VI**

#### **6.0 DUES AND FEES**

**6.1 REGISTRATION:** Each member, and each registered Swim Club, joining the AM LMSC, shall submit a completed and signed paper membership application and the appropriate fee to the registrar (or online). The annual fee established by the AM LMSC Board of Directors shall include the national USMS fee.

#### **ARTICLE VII**

**7.0 HEARING, APPEALS, AND ATHLETE'S RIGHTS:** WHEREAS the AM-LMSC (the LMSC) has determined that a written grievance procedure is needed to implement the policies of United States Masters Swimming (USMS) as expressed in the Rules of USMS concerning member rights and standards of conduct under Article 402 thereof (hereinafter "Article 4"),

The following grievance procedure is adopted by the AM- LMSC:

**7.1 GROUNDS FOR GRIEVANCES:** Any individual member of the LMSC and/or any Club member of the LMSC may bring a complaint on any matter for which grievances may be heard under Article 4. Specifically, complaints may be brought alleging unsporting conduct, defined in Article 4 as:

1. Violation of the opportunity to participate, as set forth in Article 4.
2. Discrimination in violation of Article 5 of the Rules of USMS.
3. Any act of fraud, deception or dishonesty in connection with any USMS related activity.
4. Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward meet personnel, in connection with a USMS event.
5. Any act, conduct or omission that is detrimental to the image or reputation of USMS, an LMSC, or the sport of swimming.

## **7.2 COMPLAINT PROCEDURE**

1. A complaint shall consist of a concise statement of the behavior or circumstance involved, shall be in writing, and signed by the person responsible for making the complaint. The complaint shall clearly identify the person or entity making the complaint and the person or entity against whom the complaint is made. The complaint shall be directed only to the Grievance Chair<sup>1</sup>.

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<sup>1</sup>*Depending on the size of the LMSC and the number of complaints it expects to handle, the role of Grievance Chair or Grievance Committee may be filled by the LMSC chair, a designee, or an ad hoc committee. When the LMSC or its Chair, or Grievance Chair is a party, a neutral person should be appointed to chair the grievance.*

2. Upon receipt of a complaint, the Grievance Chair shall first make a determination whether the subject matter involves an issue for which a grievance may be brought under Article 4 and involves a person or entity which is part of the LMSC. If the Grievance Chair determines that the complaint does not meet such criteria, the Grievance Chair shall dismiss the complaint and notice of same shall be transmitted to the party bringing the complaint and to the Chair of the LMSC.
3. If the Grievance Chair does not dismiss the complaint, the Grievance Chair shall transmit a copy of the complaint to all other

parties involved. The parties to any controversy shall be the USMS member or entity that makes the complaint, the USMS member or entity that is the subject of a complaint, and, if appropriate, the LMSC. In the event there are multiple parties or varying interests, any interested person may ask the Grievance Chair to (or the Chair may of its own volition) realign the parties according to their interest in the matter.

4. The parties other than the complaining party shall have the right to make a written reply, which shall consist of a concise statement of any matter of defense to the complaint, and which shall be made within twenty days from the date the copy of the complaint is transmitted by the Grievance Chair. Replies shall be in writing and signed by the person responsible for making the reply. The Grievance Chair shall advise all parties in writing of their hearing rights under these guidelines, as well as their appeal rights under Article 4. The Grievance Chair, for reasonable grounds, including excusable neglect, may extend any time limit.

### **7.3 MEDIATION or RESOLUTION BY THE GRIEVANCE CHAIR**

1. After all parties have transmitted written statements to the Grievance Chair (or if the time for same has passed without a statement being transmitted), the Chair shall attempt to resolve the controversy by mediation. The method of mediation shall be at the discretion of the Chair. Methods of mediation may include (without limitation) in-person contact, telephone contact, or communication by writing or e-mail. If mediation is successful, the agreement shall be reduced to writing, signed by the parties, and transmitted to the LMSC Chair.
2. If a party who is the subject of a complaint fails to make a reply, but other parties have replied, then the Grievance Chair may proceed to mediation under this section, or to a hearing under the following section.
3. If no party who is the subject of a complaint makes a reply, then the Grievance Chair may act on the complaint as filed, or may take evidence or information from any source. The Grievance Chair shall make such findings as appear to be justified and reasonable to resolve the controversy. Findings shall be reduced to writing and transmitted to the parties and to the LMSC Chair.

## **7.4 HEARING PROCEDURE**

1. If no agreement can be reached, the Grievance Chair shall convene a hearing panel to resolve the controversy. The Grievance Chair shall designate three members of the LMSC to act as a panel to resolve the grievance and all matters related thereto. The Chair shall preside over the hearing and give counsel to the panel concerning procedural matters and USMS rules, but shall have no vote.
2. The hearing panel shall take such statements and evidence as it deems necessary to resolve the controversy, and shall, wherever possible, take evidence from all persons identified by a party as having material information. A party to the controversy shall be responsible for making any such witness or evidence available. If the panel deems it Necessary to hear testimony, then the Chair may appoint one member to take such Evidence and report to the panel. Any cost of production of evidence shall be advanced by the party on whose behalf such evidence is taken.
3. Upon completion of presentation of evidence, the hearing panel shall, by majority vote, resolve the controversy in the form of a written decision. The decision, including any dissent, shall be reduced to writing and transmitted to all parties and the LMSC Chair. If the hearing panel does not dismiss the complaint, it may deny membership in the LMSC, censure, place on probation, suspend, fine or expel from LMSC membership any member or any person participating in the affairs of USMS who has engaged in any unsporting conduct set forth in Article 4. If a person is expelled from the LMSC, such action shall be transmitted by the Grievance Chair to the National Board of Review for further action, if any, it deems necessary.
4. Upon rendering of a final decision, the Grievance Chair shall notify all parties in writing of their right to appeal to the National Board of Review under Article 4. The LMSC may stay the imposition of any penalty pending appeal to the National Board of Review.

## **ARTICLE VIII**

### **8.0 MISCELLANEOUS**

- 8.1 FISCAL YEAR:** The fiscal year of the AM LMSC shall correspond to the USMS registration year.

- 8.2 MAILING ADDRESS:** The AM LMSC (Chairman, Treasurer, or Secretary) must submit a permanent mailing address for use by the national headquarters.
- 8.3 DISSOLUTION:** In the unlikely event of dissolution, assets will be turned over to the USMS, Inc.
- 8.4 INDEMNIFICATION:** Each person who is or was a director, officer or employee of the AM LMSC (including the heirs, executors, administrators or estate of such person) shall be indemnified by the AM LMSC as a division of USMS to the full extent permitted by the Nonprofit Corporation Law of the State of Pennsylvania against any liability, cost or expense incurred in the capacity as director, officer or employee, or arising out of the status as a director, trustee, officer, employee (including serving at the request of the AM LMSC as a director, trustee, officer, or agent of another not-for-profit organization).
- 8.5 EXEMPTION:** Group Exemption from Federal Income Tax: the following paragraphs are included in the AM LMSC bylaws so as to be consistent with Section 501(c)(3) of the Internal Revenue Code.
1. AM LMSC agrees to operate exclusively for public health, safety, and charitable purposes, including for such purposes, the making of distributions to corporations, trusts, community chests, funds, or foundations that qualify as exempt organizations under Section 501(c)(3) of the Internal Revenue code of 1986, as amended.
  2. No part of the net earning of AM LMSC shall inure to the benefit of or be distributable to its members, directors, officers, or other private persons, except that the LMSC for AMA shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth in Article III hereof. No substantial part of the activities of AM LMSC shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the AM LMSC shall not participate in or intervene in (including the publishing or distribution or statements) any political campaign on behalf of any candidate for public office. Notwithstanding any other provision of these articles of incorporation, the AM LMSC shall not carry on any other activities not permitted to be carried on:
    - a) By a corporation exempt from the Federal Income Tax under Section 501(c)(3) of the Internal Revenue Code of 1986, as amended, or



- b) By a corporation, contribution to which are deductible under section 170 of the Internal Revenue Code of 1986, as amended.