



Creating Community Wellness Society

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Minutes of 2021 Annual General Meeting

3:00pm Saturday, January 30th, 2021

via Zoom video conference

Welcome given by Selina Piezonka.

Vanessa was appointed minuter, supported by Abi and Selina. Seconded... Trudy. Accepted by Vanessa. All in favour.

Registration/Member Roll Call

Participation protocol discussed for Virtual Meeting - all voting hands up of members/board only "Raise your hand in front of your camera, or enter a hand or comment on the screen. We will mute all except the speaker to avoid feed-back. When you are asked to speak, we will unmute you and ask that you raise no more than two issues at a time, with the opportunity to come back later for more. And please speak directly to the camera so that all can see you, and you have eye contact with all."

Call to Order & Board introductions

Roll Call - Board Members

Vanessa Hammond - Chair

Selina - Vice-Chair-Secretary

Lyn Stewart - Treasurer

Trudy Berg - Director, Membership Secretary

*3 board directors were in attendance. Selina called quorum for this meeting. All in favour. **Accepted.***

Members in Attendance

Kevin Campbell, Howard Dieno, Joyce Rankin, Abi Michele, Graham Smith

Guests

Karen Ledger, Courtney Wiens, Cheryl Hann, Joyanna Wilkinson, Anne Maffey, Vinny Awasth, Joey Lin

Selina declared that the 2021 Annual General Meeting of the Creating Community Wellness Society is in session.

Selina stated the purpose of The Creating Community Wellness Society: to support the charitable (no cost to the recipient) services of the Victoria Health Co-operative and other community-focused organizations. This includes services and education to enhance wellness and promote health.

Territorial Acknowledgement: As we immediately followed the Victoria Health Co-op AGM, we again acknowledge and thank the Lekwungen People, also known as the Songhees and Esquimalt First Nations communities, for allowing us to live, work and play on their beautiful lands.

Agenda of 2021 01 30 - Selina moved to adopt the agenda accepted by the Board. No additions or corrections. Seconded...Vanessa. All in favour. **Approved.**

Minutes of 2020 AGM - 2020 04 23 Selina moved to adopt the minutes of the previous AGM which were circulated in April and again in January, and have been posted on the website. No additions or corrections. Seconded... Lyn. All in favour. **Approved.**

Membership: Discussion about reason to increase the Membership. Board welcomes as much support and guidance as possible. Some potential funders also require us to demonstrate this.

Members Rights and Responsibilities. Documents for review were emailed to members before the meeting and remain posted on the website. Vanessa moved to accept the statement of Members Rights and Responsibilities. Seconded...Lyn. All in favour. **Accepted unanimously as were all motions except as noted.**

New member applications with Self-introductions or Trudy as proxy. There were no new Member-At-Large applications to review at the time of the Annual General Meeting.

Total number of members in attendance, including proxies... 12

2020 Members-At-Large (18):

Kevin Campbell, Dylan Bos, Howard Dieno, Joyce Rankin, Raj Dalwadi (sp?), Pam FitzGerald, Katharina Schmidt, Loti Jackson, Mollie Jespersen, Margot Mccarty, Abi Michel, Kate Rosetto, Glenda Pryce, Graham Smith, Joan Trumble, Andrea Rodgers

Francis Rules: Review of Francis Rules - a focus on co-operation, are straight-forward and are recommended by the BC Registrar of Citizen Services.

Minutes of 2020 Annual General Meeting: Selina moved to submit and approve minutes from 2020 AGM. Seconded... Joyce. All in favour. **Accepted.**

Financial Report: Lyn presented the Annual Financial Report for 2020, forwarded to the members by email on January 25, 2021 and posted on the website. She summarized and answered questions.

Lyn moved acceptance of the Financial Report. Seconded... Selina. All in favour. **Accepted**

Lyn requested a motion to waive auditor's report as there were no anomalies in the Financial Report. Seconded, Selina. All in favour. **Accepted**

Amendment: Lyn had to leave the meeting shortly after and stated she would like to continue on the Board of Directors as Treasurer. Nomination was accepted by Vanessa.

Annual Report/Chair Report: Vanessa presented the 2020 Annual Report with discussion.

"Looking ahead from the middle of 2020:

- *Pre-COVID, the CCWSS administered the Health Access Fund. This has been put on hold for now.*
- *The CCWS has been able to support the work of the Victoria Health Co-op in transitioning from services that were primarily hands-on, in-person to either well-spaced group presentations at the Cook Street Activity Centre and currently almost entirely on Zoom. These No-Touch-Wellbeing sessions have been both challenging and satisfying and have covered a very wide range of topics.*
- *The CCWS has also supported the VHC to continue to advocate for City of Victoria approval of the development that will give us space in the Cook Street Activity Centre and for additional funding so that we can bring in primary care services.*
- *The CCWS submitted proposals to several funding organizations in 2020. We applied to the BC Community Gaming Grant to deliver a COVID-19 adapted Hans Kai program in 2021, as well as the Hamber Foundation for funding to create a digital platform to connect social service co-ops in BC. Sadly, both proposals were rejected.*
- *In 2020, the CCWS also ran the Creating HEART program. Joyce Rankin has also completed applications for new projects through Human Resources, Skills Development Canada, New Horizons for Seniors program.”*

*Vanessa moved acceptance of the Annual Report. Seconded... Joyce. All in favour. **Accepted***

Finance and Fundraising Committees: *Lyn provided a short statement of grant applications and other funding raising efforts in 2019, including the Victoria Foundation grant received in December 2019.*

Governance - Board Election: *Vanessa spoke: “If you wish to stay on the Board, or join the Board, please have a statement of not more than 30 words on why you are interested, what you can contribute 50 words. Decide whether you would be most interested in the position of Chair, Vice-Chair-Secretary, Treasurer, Technical Leader, Membership Chair, up to 4 others.*

If Board work is not your preference would you contribute to the work of a project, a program or a committee? Please choose from the following: The NP Advisory Group along with Doreen, Garth, Kayla, Kevin and Vanessa; With Abi on the No-touch Wellbeing Sundays. Fundraising and finance with Lyn; The Choices and Hans Kai education programs. We are looking at additional ways to serve our community, probably with CCWS focusing on Wellness and Health Education, research etc, and the VHC on services that would be or could be delivered in person.

We would also ask you to think of who else might be interested in contributing to the work of our Society. Talk with them or ask them to call me or Vanessa or Selina.”

*Selina put her name forward for the Chair role. Vanessa Hammond, Lyn Stewart and Trudy Berg accepted their board roles for another year. No new applications were submitted during the Annual General Meeting. **Vanessa announced the 2021 Board includes: Selina Pieczonka, Vanessa Hammond, Lyn Stewart and Trudy Berg.** Other applications at a later time would be welcomed for it and for other volunteer tasks. Seconded...Trudy. All in favour. **Accepted.***

Guidelines for Board Director Roles (adopted at the 2020 AGM and posted on our website): *Guidelines for the Board were submitted prior to the meeting by email to all members. All Directors are reminded to ensure that the implications are well understood and to keep these in mind at all times.*

Selina presented the 2021 Work Plan:

"In 2021, the CCWS will continue to work in three main areas:

- *Carrying out its own work, primarily in the area of researching the work of community-based services that focus on optimizing health and wellness as described by the World Health Organization.*
- *Supporting the work of the VHC, especially as it continues to provide services while under COVID restrictions, and continues to work towards acquiring permanent space at the Cook Street Village Activity Centre (CSVAC), and establishing permanent services there.*
- *Supporting organizations with compatible objectives, partnering with them to implement programming and providing funding guidance where needed. In late 2020, we coordinated a new "Choices for a Healthy Lifestyle" program for the Over 50s group of participants at Our Place. We have completed four sessions, will do several more in this series and are planning a second series. The presentations and discussions are always lively and the snacks greatly appreciated. We thank Heritage Linens for their contribution to the costs of snacks and paper hand-outs.*
- *Joyce has submitted a new proposal to the Human Resources, Skills Development Canada, New Horizons for Seniors program: to support Intergenerational Mentoring; the objective is to pair youth and seniors to learn using technology, avoiding financial scams and to share stories.*
- *Harbourside Rotary grant application for "Building Back Better" post-Covid has been submitted and is awaiting reply."*

*Selina moved acceptance of the Work Plan Report. Seconded... Joyce. All in favour. **Accepted.***

Further Discussion: *To carry out this work we need resources. We need a Board, Committees, Teams, and people willing to carry out short or long-term Tasks. Volunteer roles were described by Selina and Vanessa.*

Other business: *Howard Dieno commented that as there have been no treatments by VHC practitioners with the new "No Touch" Wellbeing sessions, that the Health Access Fund should support the NTW costs.*

*The Chair moved to adjourn the meeting at 3:45pm. Seconded... Graham. All in favour. **Accepted.***

We thank everyone who has contributed their time, energy, and expertise over the past year and already in 2021. We are looking forward to what we can accomplish this year, with more support and new ideas from our community. Thanks to all of our funders in 2020 and thank you to all CCWS and VHC members and guests, for attending and for your input about how our organizations can continue to serve this community.

Next Board Meeting (via Zoom): *To be determined by new board, before the end of February 2021.*