

# **COMMUNITY FIRST HEALTH CO-OP (CFHC)**

[www.healthco-op.ca](http://www.healthco-op.ca)

## **MINUTES OF THE 16TH ANNUAL GENERAL MEETING HELD IN THE CFHC LOBBY ON JUNE 19, 2018, 7:00 PM**

**Registration** - Commenced at 6:30 pm. Sixteen members registered to constitute a quorum.

**Presenters** – Marj Haire of the Nelson Community Complex led the members in an energizing and relaxing program of chair yoga. The members seemed to enjoy this new experience and it fit in with CFHC's vision of health and wellness. Later, Tanya Momtazian, midwife from Apple Tree Maternity, a partner in the CFHC Wellness Centre, outlined the duties of the new registered nurse for which CFHC has received funding.

**Intermission** – At 8:00 pm the members were invited to enjoy refreshments before the start of the Annual General Meeting.

**Commencement of Annual General Meeting** - A quorum was confirmed of more than 15 members.

**Adoption of Agenda** - The June 19, 2018, AGM agenda was accepted as circulated.

**Approval of Minutes of last AGM** - The minutes of the June 13, 2017, AGM were approved.

**Board Members** – Pegasis McGauley introduced Deb Zeeben, Doug Stoddart, Sarah Popoff, and Sharon Browning, who were present, and Mia Gardiner, who was out of town, as continuing volunteer Board members.

**Nominees for Directors** – Madeline Collins, Pegasis McGauley, and Eric Ramsden were accepted by acclamation as new Board members by the CFHC members in attendance.

**New CFHC Partners** – Deb Zeeben reported Dynamic Hearing Solutions will be opening a new office in the Wellness Centre. Also, Maggie Haley and Alan Friend will be sharing an office for counselling practices. All these new partners will be opening on July 1, 2018. Deb distributed a Partner List to the members outlining all the practices in the CFHC Wellness Centre and asked everybody to spread the word regarding the services available.

**Health Fair** – This was held in April with a large host of others joining across the City. The City of Nelson participated especially in the 10,000-step portion and is helping us put up signs to designate step areas. Next year we will be concentrating on the 10,000 steps, together with other opportunities for health and wellness throughout the City.

**TEETH** - Barry Nelson reported on the great successes of the West Kootenay Community TEETH Clinic Society and their future plans. CFHC is a founding member and facilitates this venture through our own volunteer Board members.

**Financial Report** – The financial report to March 31, 2018, was accepted. We are continuing to pay down our mortgage and showing a small profit each year. These profits are targeted towards replacing our aging air handler which currently needs major repairs.

**Community Service Cooperative** – Resolved as a Special Resolution by members of the Community First Health Co-op at the Annual General Meeting held June 19, 2018, that the addition of “2] The association is a community service cooperative” be added to our Memorandum of Association and the renumbering of items 2 to 6 as 3 to 7.

**Auditor** - Resolved as a Special Resolution by members of the Community First Health Co-op at the Annual General Meeting held June 19, 2018, that pursuant to section 109 of the Cooperative Association Act, the Co-op hereby waives the appointment of an auditor.

The meeting was adjourned with the statutory meeting of the Board members immediately following.