

**Prostate Cancer Support – Ottawa**

**Minutes**

**Annual General Meeting**

**April 18, 2024**

**DIRECTORS AND MEMBERS ATTENDING:** Al Carl, Dean Avery, Cyndi Beales-Alcock, Jim Davidson, Terry Day, Chuck Graham, Kenneth Alcock. 34 Members (including BOD) were registered, 22 attended - quorum was met.

**PRESENTATION OF AGENDA**

**REVIEW OF MINUTES:** (April 20, 2023) –  
Approved as presented – Moved by Charles Graham, 2<sup>nd</sup> by Dean Avery – Carried.

**REVIEW OF PROGRAM POST APRIL 2023:**

Descriptions of the various presentations and events can be found in the latest edition of the Walnut (2023 Wrap-up & 2024 Forecast) found on our website. Thanks to Charles Graham for creating this document.

**TREASURER’S REPORT – Dean Avery**

- Income for last three years – 2023 - \$53,590; 2022 - \$18,498; 2021 - \$34,245
- Expenses for last three years - 2023 - \$21,513, 2022 - \$30,802, 2021 - \$48,649
- Net Surplus / Deficit - 2023 - \$32,076; 2022 - (\$12,304), 2021 - (\$14,404)
- Two large donations - ELCRO Annual Portuguese Week Charity Golf Tournament \$15,000 and a bequest \$24,000.
- Annual running costs about \$17,000.
- Net Assets at end year - \$85,783
- Total Report - please see attachment.

**PEER SUPPORT – Terry Day**

**Current Team Members**

Terry Day (Lead)	Michel Paré
Doug Nugent	Chuck Graham
Doug Paget	Linda Day
Hayden Brown	Ken Alcock (new member)
Larry Peckford	Bob Dunlop (new member)

**Statistics**

Month	Contacts		Members
	Primary	Referral	
April 2023	4	1	4
May	6	1	6
June	5	1	2
July	6		1
August	1	1	1

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<b>Month</b>	<b>Contacts</b>		<b>Members</b>
	<b>Primary</b>	<b>Referral</b>	
September	2		2
October	3		2
November	3	1	1
December	5		3
January 2024	7		5
February	6		3
March	4	1	1
Totals	52	6	31

Primary contact - direct to PCSO through e-mail, meeting, phone message

Referral contact - through an out-of-area third party e.g. Windsor-Essex

**CHAIR'S REPORT – Al Carl**

It has been an interesting year, with COVID becoming less of a concern for many people, which allowed more of our members to attend in-person events. We did, however continue with Hybrid meetings, giving individuals the option to participate remain at home. We made good use of the Maplesoft Centre for our meetings, and are in the process of upgrading our audio/visual equipment at St. Stephens Anglican Church to provide better remote access from that facility.

The latest Walnut entitled 2023 Wrap-up, edited by Chuck Graham, is now on our website. It contains details on all of our important events and meetings during 2023.

Our fundraising this year has been very successful. Our membership responded well to our Annual Appeal, and we received \$15,000 from the golf tournament sponsored by Luso-Canadian Entrepreneurs of The Ottawa Region (ELCRO), \$15,000. We also received over \$13,000 from the Inaugural Bonspiel For Prostate Cancer Curl For Hope, hosted by the Carleton Height Curling Club under the leadership of Hayden Brown Finally we received a donation from a private estate.

I would like to thank all the Board of Directors members for their support and you our members for continuing supporting our events.

We are presently planning our events for the rest of 2024 - watch for details on our website and in our e-mails as well as our Facebook page.

We had an excellent response from our members as Survivors at the 2023 Ottawa Motorcycle Ride for Dad. Thank you to those who attended this event. Once again Doug Nugent and Chuck Graham manned the PCSO Awareness Booth at the Chesterville arena at the end of the Ride. In 2024 it will start at the Ottawa Hospital and end at the Canadian Tire Centre.

We have started the planning for some of our normal outreach activities, and have been able to place pamphlets designed for us by Prostate Cancer Foundation Canada into some of the regional hospitals. We will continue to try to place these pamphlets in other hospitals, as well as organizations such as the Royal Canadian Legion.

There will also be a Fathers Day Walk/Run, with any donations going to PCFC.

Ron G. asked about new shirts. The BOD members have been provided shirts as they are at public events on a regular basis. Discussed the prospect of getting a sponsor. The BOD will consider and report back to the membership.

Jack F. will be sending some information on his personal experiences oTerry Day.

#### **VOTE ON BYLAW CHANGES –**

- No changes for this year.

#### **BOARD OF DIRECTORS FOR 2024-2025 - Al Carl**

##### **Proposed Directors 2024 -2025**

- The following members of PCS Ottawa were elected for a two-year term in 2023. are proposed for election to the Board of Directors for a two-year term.
  - Current Directors who are up for re-election:
    - ✓ Al Carl – Chair
    - ✓ Doug Nugent – Vice Chair
    - ✓ Cynthia Beales-Alcock – Secretary
    - ✓ Dean Avery – Treasurer
    - ✓ Terry Day – Peer Support Team Lead
    - ✓ Larry Peckford – Past Chair (ex-officio)
    - ✓ David Brittain
    - ✓ Jim Davidson
    - ✓ Charles Graham
    - ✓ Erin McCuaig-Lambrinakos
    - ✓ Harvey Nuelle – Honorary Member
- Prospective directors appointed earlier in 2024 to be approved tonight for a 1-year term to bring them into line with the other BOD members
  - ✓ Hayden Brown, who ran the Curling bonspiel in support of PCS Ottawa,
  - ✓ Ken Alcock, who has served as Ride Captain for Ottawa Ride for Dad

- Cheryl Keyworth, who is developing our Fundraising Plan and Implementation has been working with the Chair.

Motion to elect Hayden Brown and Ken Alcock to the BOD for a 1-year term, Moved by Terry Day; 2<sup>nd</sup> Charles Graham – Motion carried.

**PLANS FOR NEXT YEAR**

We will continue to have a mixture of presentations & sharing meetings.

**Adjournment** – Moved by Jacques Levesque; 2<sup>nd</sup> by Ron Gallivan. Sharing meeting then commenced.