



Wednesday, September 9, 2020
Annual General Meeting Minutes

The time has come, to talk of many things. Of shoes and ships and sealing wax, of cabbages and kings, and why the sea is boiling hot, and whether pigs have wings. And don't worry, unlike white rabbit, you are not late for this very important date.

Now it may have flashed across your mind that you have never before seen a rabbit with either a waistcoat-pocket, or a watch to take out of it, but then again we have never before seen a pandemic, a time perhaps wrought with stress, burnout, social isolation, changes to daily routines, new hats being worn, and uncertainty. For you see, so many out of the way things have happened lately, that you may think that few things indeed are impossible.

So, would you like an adventure now, or shall we have our tea first? Because there is a place, like no place on earth. A land full of wonder, mystery, and danger. Some say, to survive it, you need to be as mad as a hatter, which luckily I am!

So, with your burning curiosity, run across the field after it and pop down the large rabbit-hole under the hedge. It is straight like a tunnel for some way, and then dips suddenly down, so suddenly that you do not have a moment to think about stopping yourself. You are now falling down through a corridor with black and white squares, past cupboards and bookshelves filled with maps and pictures and an empty jar of orange marmalade. You may think, 'Have I gone mad?'. I'm afraid so, you're completely bonkers. But let me tell you something, all the best people are. That falling sensation, a sense of being out of control and seeing so many options available or maybe only a few, can be a scary feeling, but wherever you are in your own version of the rabbit-hole scenario, now is the time to get excited, our journey has begun, we are here, now, in this moment, together, and remember, it is always tea time.

Members in Attendance:

With time to say hello and like Caterpillar, I need to ask, 'Who are you?' While this is not an encouraging opening for a conversation, you cannot like Alice say you hardly know or that you knew this morning but have changed several times since then. It may be a great puzzle, but we do need to record your names.

Lisa, Patricia, Tara, Denise P, Denise D, Diane, Miranda, Carol, Carrie, Melissa, Brittany, Amanda, Amber, Barb, Raelee, Roxanna, Lynn, Alishah, Bernie, Deepani, Debbie

Call to Order:

Every adventure requires a first step, so with that we will call the meeting to order.

The Chair of the Board of Directors of the Edmonton and area Fetal Alcohol Network Society calls the 2020 Annual General Meeting to order at 9:00 am on September 9th, 2019 in Edmonton, AB.

Minutes of the 2019 Annual General Meeting:

It is a poor sort of memory that only works backwards, and it is no use going back to yesterday, because we were different people then.

The Coordinator notes that the minutes of the 2019 Annual General Meeting, held in Edmonton, AB on September 9, 2019 have been posted on the EFAN website.

Motion to approve the 2019 Annual General Meeting minutes.

Moved by: Amanda

Seconded by: Patricia

None opposed, MOTION PASSED.

Year in Review Highlights:

This past year, whether you have provided FASD specific services or other community programs, you have all helped individuals, groups, and communities enhance their individual and collective well-being, promoting equity and opportunity. Normally, it might feel that if you want to get somewhere in the work that you do you have to run very fast for a long time. This past year it has probably felt that you ran at least twice as fast as that! Proving, that the impossible is possible. Why, I've believed in as many as six impossible things before breakfast.

Highlights from April 1, 2019 – March 31, 2020 include:

- 746 unique clients were served, this includes 445 females and 301 males through programs with the Bissell Centre, CASA, Catholic Social Services, Elizabeth Fry Society, Leduc County, Metis Nation of Alberta, and Unlimited Potential.
- Pillar breakdown: 568 supports for individuals and caregivers, 155 assessment/diagnosis, 60 PCAP.
- 4,233 referral/information support requests were received via email, blog, and telephone.
- 47,839 unique visitors to the EFAN blog, 255 posts.
- 49,307 unique visitors to the Prevention Conversation blog, 271 blogs.
- The Prevention Conversation Project hosted 36 community development initiatives, reaching 1,652 individuals and 52 formal training sessions, educating 1,130 professionals, students, and general public members.

Alice in Wonderland: Who Are You?

Are you more Mad Hatter or White Rabbit? Let's take a trip to Wonderland and find out! You can now open the sheet of paper that was in your tea cup. On it are ten horizontal lines with four words on each line, one in each column. In each line, put the number "4" next to the word that best describes you in that line; a "3" next to the word that describes you next best; a "2" to the next best word, and a "1" by the word that least describes you. On each horizontal line of words, you will then have one "4", one "3", one "2", and one "1".

Results:

If you had the highest number under the 'Q', you are the Queen of Hearts! With rather perfectionist tendencies you like to have things your own way. If other, lesser mortals happen to feel anxious around you, frankly that's their problem and heaven help anyone who stands in your way! Queen of Hearts are leaders. They are decisive, bottom line folks who are doers, not watchers or listeners. They love to solve problems. They are usually individualists who love to seek new adventures and opportunities. Queen of Hearts are very confident and self-reliant. In a group setting, if no one else instantly takes charge, they will. Unfortunately, if they don't learn how to tone down their aggressiveness, their natural dominating traits can cause problems with others. What do the Queen of Hearts desire? Freedom, authority, variety, difficult assignments, opportunity for advancement.

If you had the highest number under 'M' you are the Mad Hatter! There's a fine line genius and lunacy and you're not afraid to cross it! You look exceptionally good in hats and have been known to drink tea by the gallon. Your mind buzzes at a million miles per hour and sometimes this gets on your friends' nerves as you never finish your sentences. Mad Hatters are excitable, fun seeking, cheerleader types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. They can be very loving and encouraging unless under pressure, when they tend to use their verbal skills to attack. Sometimes unrealistic, disorganized and impulsive, Mad Hatters desire prestige, friendly relationships, opportunity to help and motivate others, and opportunities to verbally share their ideas.

If you had the highest number under 'A' you are Alice! You are wildly curious about the world around you and although you might feel fear when confronting new challenges in life, your curiosity gets the better of you as you step outside your comfort zone. You are both kind and naively trusting, and you wear your heart of your sleeve,

even though this sometimes gets you in trouble. Alices are very loyal, they are great listeners, incredibly empathetic and warm encouragers. However, they tend to be such pleasers that they can have great difficulty being assertive in a situation or relationship when it's needed. Sometimes indecisive, over-accommodating, and avoids confrontation. Alices desire quality relationships, security, a relaxed and friendly environment and freedom to work at their own pace.

If you had the highest number under 'W' you are the White Rabbit! Anxious, high strung, no matter how fast you go you always feel like you are running late. You are attentive and thoughtful, but no one's perfect, and you've got the weight of the world, or at least the Queen's orders, on your shoulders. White Rabbits have a strong need to do things right and *by the book*. In fact, they are the kind of people who actually read instruction manuals. They are great at providing quality control because rules, consistency and high standards are so important to rabbits, they are often frustrated with others who do not share these same characteristics. Their strong need for maintaining high (and oftentimes unrealistic) standards can short-circuit their ability to express warmth in a relationship. What does the White Rabbit desire? Clearly defined tasks, stability, security, low risk, and tasks that require precision and planning.

Treasurer's Report:

I typically prefer that everyone minds their own business, but his is everyone's business.

The Coordinator presents the financial report of the organization. The audited financial statement has been finalized and the revenue and a summary of expenses for the organization have been presented. During the past fiscal year, EFAN's total income was \$3,235,698 against total expenses of \$3,235,544. These numbers represent the twelve months ended March 31, 2019.

Motion to approve the Audited Financial Report.

Moved by: Denise P

Seconded by: Carol

None opposed, MOTION PASSED.

Appointment of 2020 – 2021 Auditors:

Motion to appoint Bergeron & Co. as the Auditors of Record for the fiscal year April 1, 2020 – March 31, 2021 or the auditor used by the Bissell Centre.

Moved by: Denise P

Seconded by: Carrie

None opposed, MOTION PASSED.

Election of Officers to the Executive Board:

Coordinator states that, as per the EFAN by-laws, the Executive Board (Officers) is made up of two to four individuals, to a maximum of 5. Officers shall serve a term of two (2) years and may be re-elected to the same position for a second term.

Amanda Lawlor, Carrie Avveduti, Miranda Zetsen, and Diane Plouffe have confirmed their continued participation as Officers on the Executive Board. We would like to thank Leia Bullick, who has resigned her position.

Next Meeting:

Everyone, it is now time to wake up! You may think this has been a curious dream, but now run to your tea, it's getting late. Open your eyes not to a dull reality but rather a place where we don't have to do what we have always been done, but can create something new. And if you listen, or seem to listen maybe next year at our AGM in August or September the place will come alive with strange creatures.

The next Annual General meeting will be held August/September 2021 at a time and place to be decided by the Board and announced to members as per the by-laws.

Adjournment:

With no further business, the 2020 Annual General Meeting is adjourned at 9:45 am.