



***The Canadian Addison Society
La Société Canadienne d'Addison***

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**Minutes of the Annual General Meeting
Saturday, October 3, 2020
Virtually via Cisco Webex**

The Canadian Addison Society Annual General Meeting was held Saturday, October 3, 2020. Due to the Covid 19 Pandemic, the meeting was held virtually via Cisco Webex. 30 members had pre-registered for the meeting, and 19 actually attended online.

The Annual General Meeting was called to order at 1:00 pm Eastern Daylight Time by Rick Burpee, Secretary-Treasurer.

Adoption of Minutes from the 2019 Annual General Meeting

The Minutes of the 2019 AGM were published in the Fall 2019 Newsletter and are posted on the website.

The motion to accept the minutes was duly nominated, seconded and approved by a show of hands.

Financial Report – Rick Burpee, Secretary-Treasurer

The Financial Reports for the Canadian Addison Society for the fiscal year 2019 were included in the AGM Meeting Package distributed on September 3, 2020.

As mentioned last year, one of the complications of owning shares in Brookfield is the accounting software we use (QuickBooks) does not handle unrealized gains/Losses in trading accounts, so I must be somewhat creative to handle this situation. It results in overstating income by \$2,233.07 in 2019. (An unrealized gain reflects the increase in market value of the security for the year.) Since then, the value of these shares has been impacted by the Covid-19 pandemic's influence over the stock market. The market value of Brookfield shares has decreased by roughly \$1000 but are still well above the value at the time we received them.

On a cash basis, income in 2019 was \$6946.60. \$5089.94 was from donations (at least 75% in memoriam), and \$1085.76 from membership fees (45 new

members for 2019 versus 58 in 2018). We are on track for similar performance this year. Total membership stands at 336.

Expenses in 2019 were \$10807.97. We are trending above that for 2020, mainly due to a one-time contribution to the Canadian Society of Endocrinology and Metabolism of \$5000 to support their online workshops with physicians on the use of virtual consultations with patients. They also hosted a virtual event for Addison Society members earlier in the summer. However, we remain financially very sound with current assets of over \$80,000.

In late 2014, Pfizer donated \$15,000 to support education and awareness of adrenal insufficiency and the Canadian Addison Society. Over the past five years we have spent \$9355.73, of which \$2,527.79 was expensed in 2019. The largest cost was \$2000 for an upgrade of our website.

We have three major expense areas on an ongoing basis:

- Telephone (\$3200 per year, roughly evenly split between Bell Canada and i24, our 24-hour answering service)
- Insurance (\$1700 per year for both D&O Liability and General Liability)
- Newsletters (\$600-700 per issue).

All filings with the CRA are complete, and the bylaw amendments approved last year have also been filed with the Charities Directorate.

PRESIDENT'S MESSAGE

Welcome to all Directors, Representatives and Members. It has certainly been a tumultuous time for the Society since our last Annual Meeting. At that time, we had the election of new Board members, my retirement was also on the agenda, along with the Board's appointment of Carolynn Yeates as the new President of the Society and other important agenda items. All of that would have been enough for us to digest, but it was not to be the end of the changes for the coming year.

As we all know only too well, the pandemic has changed so many aspects of our life, and indeed, the workings of the Society are no exception. This virtual version of the Annual Meeting is of course a perfect example. Secretary-Treasurer Rick advises this may be the best national participation at an Annual Meeting. Maybe it is also showing us a way to realize even more national coverage at these meetings on an ongoing basis.

Regarding a review of the year past, while I cannot speak in specifics for the 10 months Carolynn Yeates was President, I can assure you from experience, that many positive things were happening. More and more good work was done to increase the awareness within the medical community, as to the medical needs of our members. This is a key part of the Society's mission. Carolynn's need to unexpectedly resign her position and leave this important work I know was an exceedingly difficult one for her. It came as a shock to many of us and yet understandable considering the unexpected and unintended personal family health issues as well as the difficult business circumstances caused by Covid-19, in which she found herself.

Another shock to the system came in May when Dr. Donald Killinger, our long-time and widely admired Medical Advisor, advised the Society that due to personal health concerns he would

have to retire from that position. We are most fortunate that Dr. Stan Van Uum graciously agreed to take over this especially important role, and I might add, he did so with a strong vote of approval from Dr. Killinger.

We barely got over that extremely high hurdle when we received the incredibly sad news of the unexpected passing of Dr. Killinger, on August 14, 2020, just three months after his retirement from the Society. I have been in contact with Mrs. Killinger and on behalf of the Board and members, expressed our profound sadness and how deeply sorry we are for her loss. We all feel that loss. Dr. Killinger's credentials we learned, were incredibly significant and far beyond what we knew of him as a universally recognized Endocrinologist. On behalf of the members of the Society, on August 31, I posted the following condolence on the Funeral Home Condolences on-line page.

Harold Smith
The Canadian Addison Society

It was with a profound sense of loss that we learned just last week of Dr. Killinger's passing. Don was a great friend of the Society and its members, serving as our volunteer Medical Advisor for over 20 years.

It was only a few months ago that he retired from that position.

He had been answering our members medical questions regarding Addison's/Adrenal Insufficiency and providing wise medical guidance to the Society since 1998. I have so often relied on his medical wisdom and advice during my years as President of the Society.

He changed many people's lives for the better, both members and non-members, with his compassionate medical care and advice. His kindness, empathy, along with his ability and willingness to listen, made him a gem. We owe him a great deal and he will be missed by so many.

Our most sincere condolences to the entire family and thank you for sharing a small piece of this special man.

Harold Smith
President
Canadian Addison Society

And then life goes on, doesn't it...?

I am pleased to see some virtual Support Group meetings occurring. They can certainly help to maintain the connection between members and the opportunity for non-members to become acquainted with us. So Regional Representatives, if you have not yet done so, you may wish to investigate the feasibility of this opportunity in your part of the country, until we can meet again.

The Canadian Addison Society, along with The Canadian Society of Endocrinology and Metabolism held a joint virtual session titled "*Adrenal Insufficiency During COVID-19 Stress Times*". It was both interesting and informative. A recording of the session is available and if you are interested in receiving a copy by email please connect with me. Alternatively, a file with the PowerPoint slides used in the recording, is also available by email.

So here we are with a backlog of opportunities and challenges, and as always, short of the human resources needed to be even better. We do understand that the Society's internal daily workings are not a 'top-of-mind' subject for most members, nor is that expected. But please be aware the Society is 100% volunteer, meaning there are no paid staff members. There is therefore a constant call for just a few volunteers.

This is the point at which most of us look for a place to hide as we do not really want to get involved, or do not feel up to it, and so on. Please do not feel that way. We are not soliciting those that are unable to volunteer. Your membership alone is a great support. You can however quietly volunteer to spread the word to anyone that will listen, while you explain what we do and for whom.

However, like a broken record, we are always seeking a few key people who feel they would like to take on a position and if not that, then maybe a project or two. In either case you are not making a lifetime commitment. We do need a new Newsletter Editor as soon as possible. 4 editions per year is not an overwhelming commitment but does take a sense of responsibility to see each issue through to conclusion those 4 times per year. I believe many members look forward to receiving this Newsletter in their inbox on a quarterly basis. We have not been maintaining that schedule during this past year. If you feel this volunteer position may be of interest to you, and as one of the Society's former Editors myself, I will personally help you get started. **(Note – since the AGM, Melanie Westover has volunteered to take on the Newsletter Editor role – thank you Melanie.)**

There may be a few who may wish to get more involved in another way. Possibly you would like to take on a new project not yet even discussed within the Society, except possibly casually. Maybe something like this which is simply used as an example. It is not yet a planned formal initiative:

'the investigation and recommendation of the feasibility to develop and support a Canadian Low Cortisol Service Dog program'.

In the past we have had interest and have supported some discussion on this topic. We have seen it on a few Society meeting agendas across the country and it is certainly a worthy topic that could be a great help to many with Adrenal Insufficiency. These dogs need special training of course and we understand they need to attain Canadian Service Dog certification as do all service Dogs, to be officially recognized here at home. I am not at all certain there is a low cortisol certification in Canada at present, so we would need to start with that most basic search for information. We understand the certification of other countries is not recognized here. So, we have much to learn about this worthy potential initiative. As I stated, I reference this possible initiative simply as an example of one that may be of value to some of the Society's members, and that is what we are all about.

Of course, I have saved the 'big ask' for the end of my annual pitch for volunteers' segment. That 'ask' is for a new President. While my name is on the new Director election slate for a 2 year term, that is in effect a procedural requirement to keep a President in office and the Society functioning while the Board seeks a more permanent volunteer candidate.

After Carolynn's unexpected resignation, and no one stepped forward to volunteer for the President's position, I offered to come back from retirement, but as a temporary measure. The Board of Directors need to identify a longer-term candidate as soon as possible and maybe you are that new volunteer for President or know of a member that would be the perfect candidate. This is a serious matter that requires an early resolution. We need everyone's assistance to find the right person with the right qualifications. Someone capable of leading the Society into the future.

If you are interested, I can and will assist in advising what the President position entails and would assist in the early days. Ultimately the selection is a Board appointment and is typically given to a member of the Board although you do not have to be a current Board member to express your interest.

Moving on, a few words of thanks to retiring Board members Elizabeth Hill and Nancy Bingeman. Your contribution to the Society is most sincerely appreciated. Thank You. Nancy has been on the Board for several years and Elizabeth for an amazing 15 years.

We have two new candidates that have been kind enough to allow their name to stand for election to replace the two retiring Board members. I asked each for a few lines of introduction...

Melanie Westover wrote:

I live in Toronto, Ontario and was diagnosed with Addison's Disease in January 2015 after many months of increasing illness. I have been a member since attending my first support meeting in May 2015 (I think?... my cortisol deprived brain was a bit fuzzy back then). I started volunteering by running the injection clinic for the Ontario south central support group meeting as well as taking charge of the national distribution of the Society's brochure holder program, the distribution of the Solu-Cortef training vials for support group meetings as well as to some Paramedic Services in Canada. I was and continue to be very grateful for the support I receive from the Canadian Addison's Society. I am excited at the opportunity to see behind the scenes and become a part of the board for a cause I have a very personal interest in.

Nicki Barr wrote:

"I live in Regina, SK and work as a Hydrometric Technologist for Environment Climate Change Canada. I was diagnosed in 2013 after years of progressively worsening health and joined the Canadian Addisons Society shortly after. In this role I hope to build on the solidarity and mutual support that Elizabeth has created in the Saskatchewan chapter."

I should add that Nicki has also just taken over as the Saskatchewan Regional Representative, a position also held by Elizabeth for many years.

There are your two Director candidates.

We also need to express our most sincere thanks to Directors Derek Clarke and Holly McLean who have once more agreed to stand for re-election as Directors. Thank you.

This completes my remarks. While I did put a small spotlight on seeking new volunteers, I want to end with a very appreciative thank you to all our members and associates that are *currently* volunteering, whether officially or not. I want you to remember that it is because of your volunteer efforts that this Society even functions. It is all for the benefit of the rest of the membership and others seeking support and advice. What volunteer role you play is almost incidental, it is the fact you are doing it that counts.

Whether you are the behind the scenes unofficial volunteer that spreads the word to anyone that will listen, while you explain what we do and for whom, or maybe you are the volunteer Medical Advisor or the member that arrives early for support group meetings to help set up tables and chairs, the point is it doesn't matter. Every role is important. Thank you so much for contributing your time, talent, and concern for others. We all have family responsibilities, and some are also working. Being able and finding time to volunteer is something special. I am proud of each of you. Please accept my virtual handshake of thanks and appreciation.



Harold Smith – President

Election of Directors and Officers

The Notice of Meeting indicated five Director positions were up for election. The proposed slate consisted of two Directors eligible for term renewal:

Derek Clarke (3 years)
Holly McLean (3 years)

and three new nominees to fill currently vacant positions (vacancies as a result of the retirements of Elizabeth Hill and Nancy Bingemann, and the resignation of Carolyn Yeates.):

Nicki Barr (2 years)
Melanie Westover (3 years)
Harold Smith (2 years)

A motion to approve the slate as proposed by the Board of Directors was duly proposed, seconded, and approved by a show of hands.

Officers: President – Harold Smith (2 years)
 Vice – President – Derek Burpee (2 years)

Directors: Harold Smith (2 years)
 Derek Burpee (2 years)
 Derek Clarke (3 year)
 Gerry Ott (1 years)
 Elizabeth Hill (2 years)
 Shari Thiffault (2 years)
 Roger Steinmann (1 year)
 Holly McLean (3 years)
 Melanie Westover (3 years)

Rick Burpee remains as Secretary-Treasurer to complete the suite of Officers.

New Business

There was no new business to conduct.

Meeting Termination

The meeting was terminated at 1:50 EDT.
