



Canadian Mental  
Health Association  
Saskatoon  
*Mental health for all*

CMHA Saskatoon  
**Annual Report**  
2023 – 2024



**CANADIAN MENTAL HEALTH ASSOCIATION  
SASKATOON BRANCH**

**ANNUAL GENERAL MEETING AGENDA**

**Thursday, June 20 – 4:30-5:30 p.m.  
1301 Avenue P North**

- 1. Welcome, Land Acknowledgement and Call to Order**
- 2. Introduction of Staff & Special Guests**
- 3. Approval of Agenda**
- 4. Approval of the AGM Minutes for June 29, 2023**
- 5. Slate of Directors for 2024/2025**
- 6. Bylaw Changes**
- 7. Auditor's Report**
  - a. Approval of 2023/2024 Audited Financial Statements**
  - b. Appointment of Auditor for 2024/2025**
  - c. Cheque Signing Authority – two signatures required**
  - d. Donation Receipts Signing Authority – one signature required**
- 8. President's Report**
- 9. Executive Director's Report**
- 10. Moment of silence to remember & honour those we lost in 2023/24.**
- 11. Motion to adjourn.**

***Must have a CMHA Membership to be eligible to vote***

*We acknowledge we are located on Treat 6 Territory & the Homeland of the Metis. We pay our respect to all the Indigenous People of this place & reaffirm our relationship with one another.*

**ANNUAL GENERAL MEETING CANADIAN MENTAL HEALTH  
ASSOCIATION - SASKATOON BRANCH**

**June 29, 2023, 2:06 p.m.**

**1. Call the Annual General Meeting of the Canadian Mental Health Association Saskatoon Branch to order - Time 2:06 p.m.**

**2. Land Acknowledgement**

**We acknowledge we are located on Treat 6 Territory & the Homeland of the Metis. We pay our respect to all the Indigenous People of this place & reaffirm our relationship with one another.**

**3. Introduction of Special Guests, Staff & Board Members**

**4. Motion to approve the June 29, 2023 Annual General Meeting Agenda:**

**Moved by Bill Pringle / Seconded by Teri Schroeder. Carried.**

**5. Motion to approve minutes of Annual General Meeting of June 28, 2022. Moved by Kaelen Both / Seconded by Andrea Stranden. Carried.**

**6. Presentation of the Slate of Directors.**

**Motion to accept 2023-2024 Board of Directors as presented.**

**Moved by Jim Austin / Seconded by Bill Pringle. Carried.**

**Board members for 2023-2024. Kelly Howey, Jim Austin, Andrea Stranden, William (Bill) Pringle, Lisa Kozmyk, Alex Brown, Marlene Mirasty, Sharon Acoose, Kaelen Both, Teri Schroeder and David Fittes.**

**At the first Board meeting following the AGM; a President, VP, Secretary and Treasurer will be elected by the Board.**

**7. Changes to the Bylaws**

### **New Bylaw**

**6.1.a. Immediately after serving a term/s as President, the Past President shall sit as a non-voting member of the Board for a period of one year.**

### **New Bylaw**

**6.7. a. A Board member who misses 2 board meetings during a year, may be asked to take a leave of absence from their position.**

**Motion: To approve the addition of New Bylaws 6.1a and 6.7a  
Moved by Jim Austin / Seconded by Bill Pringle. Carried.**

### **8. Auditor's Report**

**A. Motion: To accept the 2022-2023 Auditor's Report as presented by Lingard Dreger. Moved by Andrea Stranden / Seconded by Kalen Both. Carried.**

**B. Motion: To appoint Lingard Dreger as Auditor for 2023-2024. Moved by Jim Austin / Seconded by Teri Schroeder. Carried.**

**C. Motion: To authorize cheque signees (President, Vice-President, Treasurer, Executive Director (ED), and two alternate staff members to sign cheques); two signatures required; one being a Board member/one being ED/staff. Moved by Andrea Stranden / Seconded by Teri Schroeder. Carried.**

**D. Motion: To authorize the Executive Director and/or the President to sign donation receipts; one signature required. Moved by Kaelen Both / Seconded by Bill Pringle. Carried.**

### **9. President's Report - Kelly Howey Executive Director's Report - Faith Bodnar**

**10. Motion: To accept President's report & Executive Director's Report. Moved by Jim Austin / Seconded by Teri Schroeder.**

**Carried.**

**11. Moment of silence to remember and honour all those people we have lost in the past year.**

**12. Motion to adjourn the AGM at 2:42 p.m. by Bill Pringle.**

- Recorded by Carolyn Burnett.

Attendance:

Kelly Howey  
Andrea Stranden (holds 1 proxy vote)  
Jim Austin (holds 1 proxy vote)  
Bruce Faurit  
Marilyn Elliot  
Bill Pringle (holds 3 proxy votes)  
Teri Schroeder  
Rob Bagley  
Kaelen Both (holds 1 proxy vote)  
Liza Kozmyk  
David Fittes

Guests:

Diana Sereda  
Zoe Teed McKay  
Carrie Klassen  
Jayne Whyte

Staff:

Faith Bodnar  
Carolyn Burnett  
Adelle Ratcliffe-Smith  
Peter Warkentin  
Bart Voswinkel  
David Wake  
Jenna Neufeld  
Margot Weiner  
Morgan Wickett  
Ken Laing  
Chalaine Senger



## CANADIAN MENTAL HEALTH ASSOCIATION – SASKATOON BRANCH

### SLATE OF DIRECTORS 2024-2025

#### 2024-2025 RETURNING BOARD OF DIRECTORS

- **Kelly Howey – President**, HR, Leadership Consultant
- **Lisa Kozmyk – Vice President**, Government of Saskatchewan.
- **Andrea Stranden – Treasurer**, CPA with MNP
- **Bill Pringle – Board Member**, Communications and Marketing, retired.
- **Jim Austin – Board Member**, retired.
- **David Fittes – Board Member**, Lawyer, Leland Kimpinski LLP.

#### NOMINATIONS TO THE BOARD OF DIRECTORS – 2024-2025

- **Ellane Mangaser CPA** - is a Financial Accounting Manager at Star Produce, with 6 years' prior experience in public practice in the non-profit and public sectors. Ellane has a Bachelor of Commerce from the University of Saskatchewan and received her CPA designation in 2020. Originally from the Philippines, Ellane moved to Canada in 2012. Ellane is looking forward to sharing her financial acumen with CMHA Saskatoon.
- **Alexandria Brown** - born and raised in Regina, Saskatchewan, Alex moved with her family to Toronto, Ontario in 2004. She attended Ryerson University for Radio and Television Arts and worked on numerous Toronto-based productions. In 2014, she headed back to Saskatchewan where she worked as an Anchor/Reporter/Producer for CTV Regina. In 2018, she joined CTV Winnipeg and returned to Saskatchewan, as Co-Anchor of CTV Morning Live from 2020 – 2024. Alex is now a journalist and broadcaster for Rawlco Radio in Saskatoon.
- **Kaelen Both** - is a Portfolio Manager, Senior Wealth Advisor with Scotia Wealth Management and passionate about mental health. Kalen knows that systemic and policy change must happen to build more and better access to services and reduce the need for crisis intervention. Kalen is a returning member of the Board and has also supported CMHA Saskatoon in fund raising, as part of the Rockin for the Noggin event

- **Marlene Mirasty** - is an RN, mental health nurse, trainer, and consultant with over 30 years' experience in all aspects of mental health, substance use, and is faculty member with the International Critical Incident Foundation and co-developer of "Healing Ways Crisis Intervention for Indigenous Peoples." Marlene has been a member of the Board since 2022 and has worked with CMHA Saskatoon in the past, supporting us to build our cultural competence.
- **Dr. Sharon Acoose** – holds a PhD in social work and is a professor at the First Nations University of Canada in the School of Indigenous Social Work. Sharon brings diverse experiences and insight to our Board as well as an important link with the BISW program. She has published numerous articles and authored several books, bringing expertise in the areas of addiction research, Indian Women in Conflict with the Law and Medicine Wheel Teaching Ceremony/Culture/Tradition. Sharon is a current Board member and sits on several committees.

## CMHA Board President and Executive Director Report 2023-2024

As we reflect on the past year, we are grateful for the progress made to advance mental health initiatives in our community and the opportunity to remember the people, events and programs that made this year significant.

Working closely with CMHA National, we contributed to building a strong and vibrant federation, uniting efforts nationwide to advocate for mental health awareness, support, and resources.

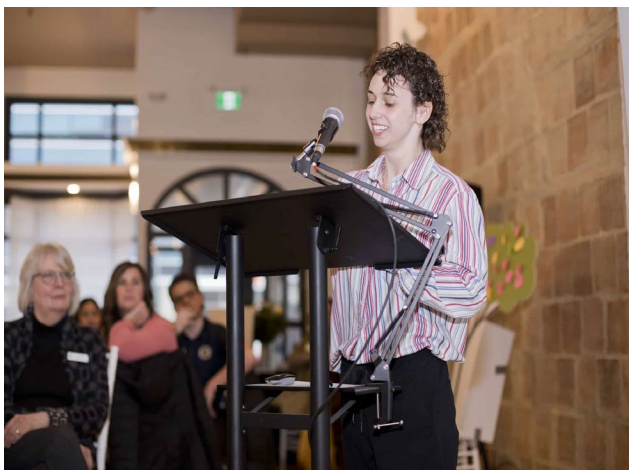
Hosting a province-wide mental health conference was a significant milestone, fostering collaboration and knowledge-sharing among organizations.

The conference highlighted best practices, emerging research, and innovative approaches to mental health care delivery. It also provided a connection to organizations after years of fragmented service delivery throughout the pandemic.



*Staff of Crocus Co-op at the Mental Health for All Conference*

Our annual 'In the Spotlight' event focused on the impact mental health problems have on family. The event brought together community members, professionals, and families, emphasizing the crucial role of familial relationships in mental wellness.



*Jade Dulle speaking at In the Spotlight: Family in Focus*

Collaborating with Inshgtrix and Chess Club, we embarked on a strategic three-year Communications and Marketing Plan. This initiative aims to enhance our outreach efforts, attract more individuals to CMHA Saskatoon, and drive positive change in our community's perception of mental health.

Our partnership with the Shoppers Drug Mart Run for Women continued to grow. The funds raised have allowed us to launch the More than Mamas maternal mental health program.



The Push Up Challenge, introduced by CMHA National, was a resounding success! We were floored by the uptake of the challenge and look forward to incorporating it into our fundraising initiatives next year.

The demand for affordable, safe, and inclusive housing continues to rise, and our Coming Home program has expanded to meet this critical need, providing support to those in need of housing solutions.

Our collaboration with the Saskatoon Tribal Council's Emergency Wellness Centre addresses urgent mental health needs. We embrace diversity and welcome all individuals, ensuring our services are accessible and inclusive to everyone in our community. We are thankful for the opportunity to build this partnership.

While we are inspired to take on new projects, we remain committed to supporting individuals in their journey to meaningful employment, recognizing the significant impact it has on their mental well-being.

We extend our gratitude to our community partners, grantors, donors, supporters, the Saskatchewan Health Authority, and the Government of Saskatchewan, whose contributions enable us to continue our vital work in enabling access to mental health support for all.

Our dedicated and resilient staff are the backbone of our organization. Their commitment and passion continue to drive our mission forward.

We extend our appreciation to our Board of Directors for their guidance, leadership, and stewardship, ensuring the governance and strategic direction of our organization.

Last but not least, we are grateful for the countless volunteers who generously donate their time, skills, and energy to support our programs and initiatives.

As we look ahead, we remain committed to our mission of mental health for all and building a community where everyone has the opportunity to thrive.



*Run for Women 2024 Cheque Presentation*

September 1997  
*Amended June 27, 2002*  
*Amended June 23, 2004*  
*Amended June 21, 2006*  
*Amended September 7, 2010*  
*Amended June 20, 2013*  
*New Bylaws June 20, 2019*

BYLAWS OF

**CANADIAN MENTAL HEALTH ASSOCIATION- SASKATOON BRANCH INC.**

**TABLE OF CONTENTS**

1. Definitions
2. Purpose and Objectives
3. Membership
4. Financial
5. Meetings
6. Directors and officers
7. Committees
8. Borrowing powers
9. Financial Review
10. Symbol
11. Amendments
12. Liquidation and dissolution
13. Relationship with Canadian Mental Health Association in Saskatchewan

## **1. Definitions**

In these bylaws:

- 1.1 “Branch” means the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.2 “Division” means the Canadian Mental Health Association in Saskatchewan Inc.;
- 1.3 “National Association” means the Canadian Mental Health Association national body;
- 1.4 “Association” means the members, volunteers, supporters and persons with lived experience who together constitute the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.5 CMHA Saskatoon Branch means the same as the Canadian Mental Health Association-Saskatoon Branch Inc.
- 1.6 “Board” means the Board of Directors of the Branch.

## **2. Purpose and Objectives**

Canadian Mental Health Association -Saskatoon Branch Inc. exists so that people in the Saskatoon Community have improved mental health. The majority of resources will be devoted to promoting the mental health of all people.

The objective of the Branch is that:

People with mental health needs will have a personally satisfying quality of life by having:

- meaningful work
- adequate financial resources
- satisfying relationships
- recreation and leisure opportunities through maximum feasible community inclusion.

### **3. Membership**

- 3.1 CMHA Saskatoon Branch membership shall be granted to individuals, societies, partnerships or corporations, who pay the designated membership fee and support the vision and purpose of the organization. When a membership is purchased it is in the Branch, the Division and the Canadian Mental Health Association National.
- 3.2 All membership funds collected by the CMHA Saskatoon stay at the Branch.
- 3.3 Membership is effective from April 1 to March 31 during the year of purchase.

### **4. Financial**

- 4.1 The Branch may enter into contracts with funders and suppliers.
- 4.2 The Branch accepts the principle of providing support to the Canadian Mental Health Association Saskatchewan Division.
- 4.3 The Board makes decisions on capital expenditures.
- 4.4 Any member can view the Financial Statements of the Branch by making an appointment to do so.

### **5. Member Meetings**

- 5.1 The Board of Directors will decide when and where Annual and Special General meetings are held. Notice of all such meetings shall be forwarded to the membership not less than 15 days prior to meetings.
- 5.2 A Special General Meeting of the members may be called at any time by the Board of Directors or upon written request of not less than 5% of the members in good standing. Notice of such meeting of not less than 15 days shall be given to the members.
- 5.3 At any Annual or Special General meetings, quorum is 15 members in good standing.
- 5.4 Each Branch member in good standing is entitled to one vote at Annual

and Special General meetings.

- 5.5 At meetings of the Members, motions shall be decided by a show of hands, except when a ballot is requested by the Chair of the meeting or demanded by a minimum of five Members. Such motions shall be decided by a majority of votes of the Members present, unless otherwise required by the Bylaws of the Branch or by the provisions of The Non-Profit Corporations Act.
- 5.6 The Chairperson will call the vote on a motion and the result shall be deemed the decision of the meeting. If a vote result in a tie, the Chairperson shall cast the deciding vote. At General Meetings the Chair declares the resolution or motion is approved or defeated by the number or proportion of votes.
- 5.7 At Annual or Special general meetings, a member in good standing may hold the proxy vote for up to 3 members if those members provide their written consent prior to the meetings.

## **6. Directors and Officers.**

- 6.1 The affairs of the Branch are governed by a Board of Directors. The Board will consist of a maximum of 11 Directors.
  - a. Immediately after serving a term/s as President, the Past President shall sit as a non voting member of the Board for a period of one year.
- 6.2
  - a. The Directors of the Branch are elected at the Annual General Meeting.
  - b. The Board elects the President, Vice President, Treasurer and Secretary from its members at the first Board Meeting following the Annual General Meeting.
  - c. The President shall act as Chairperson at all Board and General Meetings, and in their absence, the Vice President shall so act.
- 6.3 Members of the Board are elected for a two-year term.
- 6.4 The Board may appoint advisors to the Board to act as consultants or assistants to the Board. These advisors do not vote on any Board business.

- 6.5 Board members can sit for a maximum of four, 2-year consecutive terms. A Board member who has completed their 8 years on the Board, may be elected back to the Board after a 1-year absence.
- 6.6 Any person who is employed by the Branch or is otherwise receiving compensation or remuneration directly or indirectly is not eligible to be a member of the Board.
- 6.7 The Board shall meet at least six times each year.  
a. A Board member who misses 2 board meetings during a year, may be asked to take a leave of absence from their position.
- 6.8 Nominating Committee
- a. Every year the Board appoints a Nominating Committee that prepares a slate of nominees for election as directors. The Board of Directors approves the slate of nominees.
- b. Additional nominations for election as directors may be made by the Membership, provided that the nomination:
- i. is in writing and signed by the nominating Member;
  - ii. contains the written consent of the nominee; and
  - iii. it is received at the office of the CMHA Saskatoon Branch at least 3 weeks prior to the Annual General Meeting.
- c. Additional nominations from the Members may be included in the slate of nominees prepared by the Nominating Committee.
- d. The slate of nominees shall be sent to all Members, with the notice calling for the Annual General Meeting at least 15 days prior to the Annual General Meeting;
- e. If there are more nominees than vacancies, then an election will take place at the Annual General Meeting.
- f. The Chairperson will prepare ballots for the election. The Chairperson will appoint scrutineers.
- g. Every Member present is entitled to one vote at election.
- h. CMHA Saskatoon Branch does not accept nominations to the Board of Directors from the floor at Annual or Special General meetings.
- 6.9 The Board may fill any office or Director positions on the Board, that become

vacated between Annual Meetings of the Branch.

- 6.10 The Standing Committees of CMHA Saskatoon Branch are the Executive Committee, and the Finance Committee. The Executive Committee shall be chaired by the President and the Finance Committee shall be chaired by the Treasurer. Both the Executive and Finance Committees shall be established at the first Board meeting following the Annual general Meeting.

The Board may also establish Special Committees as necessary.

- 6.11 Board Directors may only be removed by an Ordinary Resolution at a meeting of the members.
- 6.12 If a question or motion arises that requires a vote by the Board of Directors, a Director may send out the motion by email to all Directors. For the vote to be valid, an email moving and seconding the motion and a quorum of votes must be received by the President by email.

## **7. Borrowing Powers**

7.1 The Branch can decide to borrow money. Borrowing funds requires the approval of the Board of Directors.

## **8. Financial Review**

- 8.1 The Board of Directors shall ensure that a financial review is completed annually.
- 8.2 April 1- March 31 is the fiscal year of the Branch.
- 8.3 The Auditor shall submit the Financial Review at the Annual General Meeting.
- 8.4 The Branch submits a copy of the Financial Review to Division.

## **9. Symbol**

The CMHA Saskatoon Branch uses the same symbol or logo as the National Association.

## **10. Amendments**

Bylaw amendments are proposed in an extraordinary resolution and must be sent out to members at least 15 days prior to a general meeting.

Bylaw amendments require a simple majority of members present to be approved or defeated.

## **11. Liquidation of dissolution**

- 11.1 The liability of Branch Board members is limited.
- 11.2 The payment of a dividend or any other distribution of the Branch assets (either during the Branch's existence or upon its dissolution), to its members or other persons who exercise control over it is forbidden.
- 11.3 In the event of the winding up of the Branch, all its assets shall be transferred to the Division.

## **12. Relationship with Canadian Mental Health Association in Saskatchewan**

- 12.1 All bylaws and operations of CMHA Saskatoon Branch accurately reflect the **Memorandum of Agreement** between the Canadian Mental Health Association in Saskatchewan Inc. (Division) and The Canadian Mental Health Association - Saskatoon Branch Inc.

If the Memorandum of Agreement changes prior to an update of these bylaws, the Memorandum of Agreement will take precedence until bylaws are updated.





## NOTICE OF PROPOSED BYLAW AMMENDMENT

*Please be advised that the Board of Directors of the Canadian Mental Health Association Saskatoon Branch has approved the proposed the following Bylaw Amendment for the Membership to vote on at the AGM June 20, 2024:*

### Current Bylaw

6.9 The Board may fill any office or Director position on the Board that becomes vacated between Annual Meetings of the Branch.

### Proposed Bylaw Amendment

6.9 The Board may fill any office or Director position on the Board that becomes vacant between Annual General Meetings of the Branch **by appointment for the remainder of the vacated term.**

**Rationale** – By appointing a person to a vacated position for the remainder of the term, the Board maintains that a set number of positions are up for election at one time. This ensures continuity on the Board. This change clarifies the original intent of this bylaw.

*We acknowledge we are located on Treat 6 Territory & the Homeland of the Metis. We pay our respect to all the Indigenous People of this place & reaffirm our relationship with one another.*

# thank you to our supporters



Saskatoon

