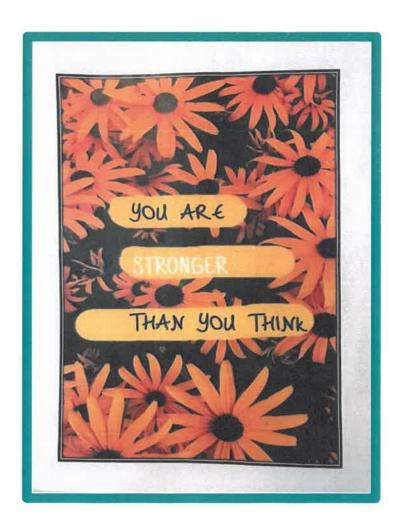
Canadian Mental Health Association Regina Branch

Annual General Meeting 2019-20

November 17th, 2020

Presented by Zoom: 6:00 pm





Agenda

Welcome to the CMHA Regina Branch Annual General Meeting 2019-2020

6:00 p	m Annual General Meeting		
1.0	Introduction & Welcoming Remarks/Call to Order		
2.0	Minutes of Previous Annual General Meeting – June 17 th , 2019		
3.0	Reports:		
	 3.1 Chair's Report 3.2 Executive Director's Report 3.3 Pre-Vocational Report 3.4 Vocational Report 3.5 Community Engagement 3.6 Audit and Finance Report 		
4.0	Nominating Committee Report		
5.0	Closing Remarks		
6.0	Adjournment		



CMHA Regina Branch Annual General Meeting Minutes of June 17th, 2019

Meeting held at Conexus Arts Centre 200A Lakeshore Drive., Regina, Saskatchewan

The r	neeting was called to order at:12:02 PM			
1.0	Introduction & Welcoming Remarks: Presented by: Bill Gray			
2.0	Minutes of the previous meeting, from June 6th, 2018:			
	M/S/C <u>Gary Carlson</u> / <u>Jack Wozniak</u> That the minutes of the previous meeting from June 6 th , 2018 be approved as circulated			
3.0	Chair, Executive Director & Program Reports:			
	3.1 Chair Report, presented by Bill Gray 3.2 Executive Director Report, presented by Leroy Berndt 3.3 Pre-Vocational Report, presented by Leroy Berndt 3.4 Vocational Report, presented by Leroy Berndt 3.5 Community Engagement Report, presented by Shannon Patton Video to Follow, presented by Shannon Patton Floor opened to questions and comments:			
	M/S/C <u>Colleen Molnar / Sandy Devine</u> That the Chair Report be approved as circulated			
	M/S/C <u>Sandy Devine / Jordan Hardy</u> That the Executive Director Report be approved as circulated			
	M/S/C <u>Sandy Devine / Jordan Hardy</u> That the program reports be approved as circulated			

3.5 Audit & Finance Report, presented by <u>Robert Szautner</u> Robert Szautner spoke to the Financial Statements.

M/S/C Jim Konecsni / Kyle Moffat
That the audited financial statements be approved as circulated

M/S/C <u>Jim Konecsni/ Kyle Moffat</u>
That <u>Robert Szautner</u>, C.A., Prof. Corp be appointed as auditor for the 2019-2020 fiscal year.

4.0 Nominating Committee Report:

<u>Colleen Molnar</u> spoke to the Nominating Committee Report.

Current Board Members are: Terms Expire:

Bill Gray (2013)	June 2019
Sandy Devine (2013)	June 2019
Jim Konecsni (2013)	June 2019
Colleen Molnar (2012)	June 2021
Bruce McKee (2015)	June 2021
Jordan Hardy (2015, September)	June 2019
Jack Wozniak 2017, January)	June 2020
Kyle Moffat (2017)	June 2020
Shannon Herschmiller (2017)	June 2020
Cathy Keenan-Arp (2018)	June 2021

The Committee recommends that the following Directors whose term has expired will serve another term:

	Term expires	New Term
Bill Gray (2013)	June 2019 – eligible for re-appointment for 3rd terr	n -June 2022
Sandy Devine (2013)	June 2019 – eligible for re-appointment for 3 rd terr	n -June 2022
Jim Konecsni (2013)	June 2019 – eligible for re-appointment for 3rd terr	n -June 2022
Jordan Hardy (2015, Sept.)	June 2019 – eligible for re-appointment for 2 nd term	m -June 2022

The committee recommends that the following Directors whose term has expired will Serve another term:

M/S/C Kyle Moffatt / Gary Carlson

5.0 Closing Remarks:

Presented by: Bill Gray

6.0 Adjournment

Time: <u>1:17 pm</u>

Motion to adjourn: Colleen Molnar

Chairperson Report 2019-2020

Good afternoon everyone,

On behalf of your Board of Directors it is my pleasure to present my Chairperson's Report for your perusal.

I am personally very proud of the elected people of your Board of Directors for their outlook on the success of our organization so that we can strive to meet all the needs for our members especially with the pandemic effecting every part of our lives. Every Board Member puts their heart and soul into our branch and are always looking for ways to further improve what we have offered in the past and what we can offer in the future.

I am very proud of our Staff and cannot thank them enough for what they do individually and as a team. I think we all know all too well where we would be as a Regina Branch without their tremendous and professional help.

Personally, I am very excited with the dissecting of our Strategic Plan and working with the Board, our Management and Staff to ensure the document fits our needs and expectations. Your Board won't stop there though because times have certainly changed since the document was drafted and it will be tweaked until it answers and addresses all aspects of our organization.

I wish to recognize the efforts of our Building committee and their efforts in finding ways to improve our building, if we only had the money to do everything that needs to be done. Speaking of building, it is pleasing to be able to recognize our community partners in making several improvements to the kitchen and member's room. Those improvements did wonders to our facility and wouldn't have been possible without the contacts made by our Community Engagement portfolio. This outreach program has certainly helped to reduce the stigma around mental health and mental wellness plus bringing our Branch into a position of acknowledgement in the hearts and minds of our community and community partnerships.

In closing, please enjoy the day and every day in the future.

Thank you very much.

Kyle Moffatt

Chairperson, CMHA Regina Branch

Annual General Meeting Executive Director Report 2019-20

As the Executive Director of CMHA Regina Branch, I would like to extend a warm welcome to you and thank you for joining us at the Annual General Meeting for the period 1 April 2019 to 31 March 2020.

CMHA Regina Branch continued to provide Pre-vocational and Vocational programming in Regina last year. The Community Engagement area continued to make a significant impact in the community we serve with numerous presentations that have been done in workplaces, schools, etc.

There have been many highlights in the past year and are touched on elsewhere in the annual report, but I would like to highlight the Punchline Comedy Night and Ride Don't Hide in particular. We have also hosted several special events for our members that were greatly enjoyed.

CMHA-Regina Branch relies on many community partnerships that help to sustain our operations; so, our thanks and appreciation to the following.

To all our funders and supporters, what we achieved is the result of what you gave us in so many ways. We are grateful and appreciative for each of you standing with us in helping our members who live with mental illness to make healthy choices about healthy living.

City of Regina: The Daily Lunch Program offered at CMHA Regina 7 days per week is a unique one, and it is made possible through the funding support of the City of Regina. Their generosity ensures that CMHA Regina can provide our membership, guests, and anyone who walks through our doors in need, a nutritionally balanced meal. This one meal means a lot to many people that we serve and advocate for. Many thanks to the City of Regina for their continued support of a program that addresses a vital need to a special segment of the Regina community.

United Way: The funding CMHA Regina receives from the United Way provides that much needed support with the Pre-Vocational program. The Pre Vocational team works very hard to add variety with creativity to their monthly activities schedule to ensure our members and guests are engaged, active, supported and provided opportunities to be independent, to make healthy choices and to have an improved quality of life. This is what United Way funding helps to support. Thank-you for contributing towards the successes of CMHA Regina.

Community: CMHA Regina also receives contributions from church groups, local businesses, other community groups and individuals. These gifts come in funds, food, presents, volunteering, etc.; and these gifts help us to put on special lunches, celebrate special days of the

year, host Club dances, and support the organization in supporting our members. All volunteers who arrive to help in all kinds of ways, from helping prepare and serve special lunches to helping with activities and, not the least, to respond to appeals for food for special occasions.

The Saskatchewan Health Authority through whom we receive our major funding from Government, funneled through the Regina Mental Health Clinic.

Service Canada who provided us with funds for one of our staff positions and enabled us to access the Canadian Summer Student Program,

To all these people who are so kind in helping in such a variety of ways---Thank-you.

Thank you to the Board of Directors, each staff member, and our membership who gave so much of their time to the Branch.

Thank you.

Leroy Berndt

Pre-Vocational AGM Report 2019-2020 for the Regina Branch

It is with immense gratitude that we reflect on the vibrancy of the Prevocational Program for 2019, with all its many accomplishments, the small joys, and the challenges. All were really opportunities to expand the many ways we adapt to help others. In 2019, the Pre-Vocational services accommodated the changing needs presented in the drop-in center. Increasingly we have assisted more people living with complex needs and substance use disorder than in previous years, and for many, this may be their first point of contact in seeking mental health supports. For others, the CLUB remained or became a beacon of familiar faces; a caring place where people feel they belong and fill their day with activity and establish a sense of meaning in their lives. We strive to assist all people coming through our doors to building connections for socialization and support. In 2019, 332 people applied for a membership, this is a slight increase from last year. The majority of clients have self referred but increasingly more of the Psychiatrists and GPs, along with the Drug Court, FASD Network, and RGH Day program are informing clients of CMHA membership benefits and the recovery capital we provide.

The demographic of our clientele has changed. According to the annual members survey most clients are between the age of 25-54, while our senior population (55 and up) decreased by 11% from last year, with the age group of 18-24 remained under 5%. Our Indigenous population increased by 18% as self disclosed on the survey with 45% of those participants sharing they are either First Nations or Metis. 21% of Members indicated their housing situation was unstable or homeless, indicating a 7.4 % increase from last year.

Seven days a week our team diligently addressed the urgency of some needs while gracefully facilitating structured programing that promotes inclusion, helps strengthen peoples' capacity, and serves to reduces barriers. During the week, daily attendance in the club is 93 plus guests, so sometimes it is easy to lose sight of our accomplishments. The impact of our program is demonstrated in the annual client survey that sheds light on the value and benefits of our programs and services from those who know us the best. In 2019:

- 95.5% of Members surveyed said that attending the club helps keep them well and
 75.5% specifically indicated that CMHA services/programs helped keep them out of the hospital.
- 82% identified that CMHA helped them gain knowledge and skills on how to make healthy choices.
- 85.5% shared that Club activities gave them a sense of belonging in the community.

This year having access to our meal program was identified as the most important factor affecting people's sense of well-being. While the opportunity to socialization and reduce one's isolation by visiting the "Members Club" with its hub of ongoing peer interaction and engagement and activity, rated second and third in contributing to their wellbeing.

Highlights:

-Mandala project completed by members and staff; our Open Art instructor, Amanda facilitated this arts-based awareness project. The three mandalas now adorn our front entrance hallway.







'Our mandalas are a representation of what happens when we all come together to create community. Just like we all come in with our own identity and experiences to create a group, we will each take a piece of canvas and paint it to represent ourselves, our gifts, and how we connect to our community.

We painted ourselves on our piece of canvas, the mandala was then glued together on a large canvas to represent us all coming together in community. Who we are as individuals and how we bring ourselves to our community define what our community is. We are each important contributors to our community, and the gifts that we carry with us and the ways we connect to our community make our community vibrant and strong!' — Amanda, Open Art Instructor

-New van, purchased by Punchline Comedy Night funds; Members and staff were thrilled to hop on board to ride in prestige.







- -Camp trips to Kenossee and Yorkton, thanks to the RMHC; 24 members enjoyed these overnight adventures.
- -Volunteer Appreciation tea; certificates for 142 members and community individuals.





-Special meals at Easter, Thanksgiving, and a fabulous party for Christmas at Wesley's United church, the monthly infamous St. Georges meals, special thank you events for funders and volunteers, Inner Wheel St. Patrick's tea, monthly Birthday celebrations.







- Our programs were enhanced by the contribution of : -a Summer Student, Regan, who helped our members participate in more community outings and to volunteer at the Regina Folk Fest, -6 Nursing students who keep the health checkup groups, positive pal, and educational health sessions going over 3 semesters, - and Justin our Social Work practicum. We were pleased to support Tanya Condo in acquiring her Peer Support Certificate and she provided a structure peer support group.

I would like to give a resounding thank you to the Pre-Vocational Team of Melissa and Suzanne, and of course to the rest of our CMHA Staff and Casuals for their ongoing support in managing the Club. We are pleased to have both Linda and Dillon assigned one day a week to the Pre Voc team. Thank you to all the Members, their families and caregivers, our volunteers, our Board of Directors, our community partners, and our local community for their support over this year.

On behalf of the Pre-Vocational Team, we are thankful for this year's successes which included enhancing our community partnerships, offering more educational and skill building activities.

As we move forward in 2020, we are dedicated to re-designing our programming in keeping with in CMHA national mandate to "provide advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive."

Submitted by

Susan Beug Pre-Vocational Team Leader

Annual General Meeting Vocational Report: 2019-2020

At the Branch, we offer in-house vocational training and employment opportunities in the following areas

Attendance desk:

There are nine members presently employed in the attendance desk program.

This year we trained five new members for attendance desk duties.

Canteen:

We currently have five members employed in the Canteen program. Two of those members are new to the canteen, having been hired into the program in 2019.

Food Services Program: Another year of testing new recipes and refining our tried-and-true recipes. The number of members we are feeding at lunch and snack time has been gradually but steadily increasing, and we have risen to the occasion by adapting our menus and adjusting quantities to accommodate the increased demand. A total of just over 18,000 meals was served this past year.

We currently have ten kitchen trainees with regular scheduled shifts each week. CMHA Regina arranged and paid for them to complete the requisite formal food-safe training course. Five of these are members new to the program in this past year (or had previously been involved with the kitchen program, but only just returned to the program within the last year).

There are two additional kitchen trainees who have obtained their food safe certificates, without regular shifts who fill in on a casual basis and/or have been assigned cleaning shifts.

Thanks to additional Vocational Funding through CMHA Saskatchewan Division office, we had the resources over the last several months to pay members to complete more thorough kitchen cleaning assignments. Previously, kitchen trainees performed cleaning tasks amid their prep and cooking duties, which limited the time available to do so. With new funding, we were able to set aside shifts dedicated to deep cleaning. With these additional cleaning assignments, members have gained additional skills that can be transferred to community employment. With the extra funding we were also able to create weekend shifts for helping staff in the kitchen. This extra help has been a boon to the weekend staff who had been complaining that kitchen duties took up too large a portion of their workday on the weekend.

We had planned to begin a community baking program as a peer led group, starting in March, using the additional Vocational Funding. Like community kitchen, community baking would involve members working together to create a different dish each week, learning baking skills in the process. This was to be free of charge, available to up to eight of our members each week who could then sample the dish, divide it up equally among themselves, and take their portion of it home.

This plan did unfortunately not go ahead because COVID-19 and the Branch being required to adapt to the requirements placed on us in terms of the Open Saskatchewan Plan.

Community Kitchen continues to elicit an enthusiastic response from our members, who are often eager to get started on whatever recipe we are preparing that day. Many look forward to it each week, asking about community kitchen several days ahead of time. Most weeks there are so many members interested in participating in community kitchen that we have had to turn people away and ask them to come back to participate the following week instead. (We need to limit the number of people in the kitchen to a maximum of eight people at a time, for safety reasons.)

Most importantly, (regarding community kitchen) members continue to be grateful that, thanks to Punchline Comedy Night, the fee to participate in community kitchen has been waved. The feedback from members about having that financial barrier lifted is overwhelmingly positive. But additionally, it is nice to have access to the additional funding from Punchline Comedy Night to purchase fresh, quality ingredients, rather than skimping and cutting corners and really struggling to stretch the budget. This allows us to create larger and more elaborate meals. For example, we were able to spend a little extra money to buy butter instead of using margarine, using freshly grated parmesan, using real freshly cooked bacon instead of using simulated bacon bits, and splurging on sour cream to add to tacos. These were luxuries we previously could not afford on a limited budget. While they may seem like small changes, they are certainly noticed and appreciated by our members, who have commented on the improvement in the quality and quantity of ingredients now available for community kitchen thanks to additional funding.

Certain participants in the community kitchen program take a more motivated initiative in helping to clean up and do dishes than others. These observations can function as a recruitment tool, for finding new trainees for the kitchen program. Those who show a keen interest, and demonstrate an aptitude for prepping, cleaning, and cooking might be asked by staff if they are interested in getting involved in the paid formal kitchen training program.

Submitted by,

Leroy Berndt Executive Director

Community Engagement Report: 2019-2020

During the past fiscal year, the Community Engagement area has been extremely busy providing an abundance of presentations, training sessions and general education to various elementary & high schools, post secondary institutions, workplaces, as well as community agencies and organizations. One of our highlights this year was being asked to present at the CMHA National Conference in Sept. The presentation was on Connecting the Circle - outlining the importance of community connection and how we really are all connected. When we are connected, we are better able to meet the needs of our community through understanding and awareness. What was more significant, was that one of our members made a drum from scratch. We then took it to the conference and presented it to one lucky participant. Truly extending our circle!

Various community-based fundraising initiatives were also carried out this past year resulting in much needed funding for our branch and our programming areas. A very special thank you to all our sponsors, donors and supporters, in particular, Punchline Comedy Night, Regina Auto Body, Avanti Office Products, TD Asset Management, Strasbourg Mental Health Gala, Sheldon Williams Collegiate Student Awake- A-Thon, Hope, Honour, Heroes, Scotiabank Annual Charity Golf Classic, SaskEnergy and Eastview Rotary Club Regina to name just a few.

While the community engagement area continues to be our only non-funded programming area, because of the phenomenal support to our branch and specifically the community engagement area, we have been able to continue to grow and expand our support, education and awareness ensuring that those who are in need of our services continue to receive them.

We are excited for what lies ahead in the community engagement area, but we know that;

"Alone, we can do so little; together we can do so much." – Helen Keller

We are truly appreciative and greatly humbled.

Respectfully submitted

Shannon Patton
Director of Community Engagement





Recipient of Connecting the Circle Drum at CMHA
National Conference



Sheldon Williams Awareness Bench



FW Johnson



Leboldus Collegiate -Soothing Kits Sheldon Williams Anxiety Kits Room

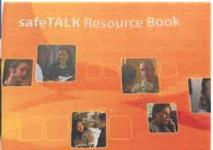




Young Leaders Workshop



Hope, Honour Heroes



SafeTALK

Nomination Committee Report 2019–20

To vote at the annual general meeting or sit on the board of directors, you must be a member in good standing.

- By-Laws state that the Board of Directors will consist of no less than 6 members and no more than 15.
- Quorum must meet 50% of elected Board members.

Members of the Nominating Committee:

Colleen Molnar (Chair), Cathy Keenan-Arp, Sandy Devine

Current Board Of Directors	Term Expires
Bill Gray (2013)	June 2022
Sandy Devine (2013)	June 2022
Jim Konecsni (2013)	June 2022
Jordan Hardy (2015, September)	June 2022
Jack Wozniak 2017, January)	June 2020 – Seeking re-election for 2 nd Term.
Kyle Moffat (2017)	June 2020 – Seeking re-election for 2 nd Term.
Shannon Herschmiller (2017)	June 2020 – Not seeking re-election.
Colleen Molnar (2012)	June 2021
Bruce McKee (2015)	June 2021
Cathy Keenan-Arp (2018)	June 2021

There are three Board Members whose current terms have expired.

Jack Wozniak Kyle Moffat Shannon Herschmiller

All are eligible for reappointment to the Board for their second consecutive three-year term. Jack and Kyle have agreed to let their names stand for reelection.

Resignations

Shannon Herschmiller (2017-2020)

Shannon joined the CMHA Regina Branch Board in June 2017. She has served on the Executive Committee as Secretary since that time. We will miss Shannon's quiet, thoughtful presence, her sense of humor; and her reliable contribution of time, effort and enthusiasm when called upon for Regina Branch fundraising and Member's Club events. Thank you for your contribution of time and talent Shannon. We hope you will stay in touch and continue to shine a light on mental health awareness within the community. We wish you all the best in all that you do.

Continuing Board Members - Nominating Committee Recommendation:

The Nominating Committee is pleased to introduce and recommend the following Directors whose terms have expired and who are seeking reelection to the Regina Branch Board of Directors:

Kyle Moffatt

- Kyle joined the Regina Branch Board in 2017. His commitment to Mental Health is very
 deeply rooted in his personal experiences and his hope for creating a better network of
 support and service around mental health treatment. Aside from his work on behalf of
 mental health, he and his wife have recently embarked on a joint business venture and
 are super busy raising three young children.
- Since August of 2015, Kyle has been advocating for services and funding to increase mental health and addictions awareness, decrease stigma and improve access to effective treatment. He has put significant time and energy behind a number of fundraising initiatives, volunteer activities, and Board involvements and has received recognition for his contributions including being named as recipient of the CBC Future 40 and the Red Cross Young Humanitarian Award.
- Kyle has served on the Executive of the Regina Branch Board (Vice Chair 2018-2019) and as Chair (2019-2020). Kyle wishes to continue his work on the Regina Branch Board with a focus on mental health awareness and increasing access to service.

Jack Wozniak

- Jack also joined the Regina Branch Board in 2017 and has completed his first term. His
 career as a Certified Financial Planner and Division Manager for IG Wealth Management,
 has provided him with many opportunities and incentives for continuous professional
 development and a base of knowledge that benefits the organization.
- Jack enjoys networking and has been an active member of the Rotary Club of Regina for a number of years. Outside of his work-life he is kept busy with volunteer commitments and family responsibilities. He and his wife draw much enjoyment parenting their two high-school aged children.
- Jack is interested in continuing to serve on the Regina Branch Mental Health Association Board for another three years in the hopes that his involvement will help strengthen the organization's financial and asset management position.

New Board Members – Nominating Committee Recommendation:

The Nominating Committee is pleased to introduce the following individuals who have agreed to allow their names to stand for election to the Regina Branch Board of Directors:

Barb Church, BSW, MSW

- Barb has an extensive history with mental health services, both in a professional role and
 "up close and personal" as a family support-person/advocate/service coordinator. She
 has worked in various Program Management, Director and Consultant positions within
 the Departments of Social Services and Health/Community Care Branch. She is familiar
 with the complexity and spectrum of mental health and addictions conditions and the
 impact they have on the lives of individuals, families and communities.
- Since retiring in 2011, she has participated on the Boards of the Regina Work Preparation Centre, been an active participant with the Partnership Program with the Saskatchewan Schizophrenia Society, and acted as a family consultant on program development at the Inpatient Ward at the Regina General Hospital. She is knowledgeable about Mental Health Legislation and Non-profit Organization Governance.
- Barb's ongoing involvement as an advocate for enhanced services for mental health is constantly being fueled by her personal experience as a family member in a supportive role, where she sees firsthand the impact of mental health awareness, treatment availability, case coordination and access to services. It is her goal to influence change that will lead to better experiences and outcomes for patients and their families living with mental illnesses and addictions. On a personal note, Barb takes great pride in raising three beautiful daughters and now enjoys the love and laughter of two grandchildren as well.

Darin Offen

- Darin is self-employed as an independent financial advisor. He began his career in Saskatoon in 1984 and over the years he has gained professional knowledge and experience on many aspects of the insurance and investment field. He has been living in Regina for the past thirty years, and has developed working relationships with various accounting and legal professionals to address specific client needs and concerns.
- Darin enjoys connecting with the community through volunteering opportunities and is currently a member of Core 84, a volunteer pool for the Regina Exhibition Association. He has had member and board involvement with Adult Children of Alcoholics - Regina (serving on the Board of Directors 1994-1997), and the Great Canadian Ski Club of Regina (Board of Directors 2001-2004). He has also served on various fundraising committees revolving around his daughter's extra-curricular activities (2015-2020).
- Aside from Darin's interest in being involved in the community through his work relationships and recreational/family involvements, he feels motivated to engage with the work of CMHA - Regina in a meaning way. His hopes that his past experience in witnessing firsthand the effects and struggles of family members who are dealing with addiction and mental illness, will bring value to Board deliberations and provide personal satisfaction. He hopes that the network of personal and business contacts that he has built over the years will be an asset in mental health awareness, promotion and fundraising activities.

Nomination:

MOTION: On behalf of the Nominating Committee I would like to Make a Motion ...to vote in favor of accepting the following individuals to serve a term of three years (2020-2023) on the Board of Directors of the CMHA Regina Branch:

- Kyle Moffatt
- Jack Wozniak
- Barb Church-Staudt
- Darin Offen

Respectfully Submitted on behalf of the Nominating Committee

Colleen Molnar, Chair November 17, 2020

CMHA Regina wishes to recognize the generosity of our Funders! We appreciate your support!









CMHA Regina wishes to recognize the generosity of additional financial support provided to us throughout the past fiscal year.

Grants

SaskEnergy

SSCF Smart & Caring Fund

City of Regina Social Development Grant (Club Upgrade)

Saskatchewan Health Authority (Renovation Grant)

Service Canada (Summer Student)

CMHA Division (Club Upgrade)

CMHA SK Division-SHA (Vocational Grant)

Fundraising Opportunities

PunchLine Comedy Night

Ride Don't Hide

Scotiabank Annual Charity Golf Classic

Regina AutoBody

Rotary Club of Regina Eastview Valentine's Gala

Strasbourg Mental Health Gala

Sheldon Collegiate Sleep-A-Thon

Hope, Honour & Heroes Walk

Crocus & Ivy

Pat's Hockey

More Joy Regina

In addition we would like to thank all the many organizations, service groups, and those who provided personal donations throughout this past year!

We appreciate your support!