



CONSCIENCE CANADA
2023 ANNUAL GENERAL MEETING (AGM)
Held on Saturday, April 29, 2023, 15:30 EDT
via Zoom videoconferencing

AGENDA:

Welcome (Jan) and Land Acknowledgement (Bruna)

1. Verification of quorum
2. Verification of Notice of Meeting
3. Approval of the Minutes of the 2022 AGM (copies available)
4. Approval of this Agenda for the 2023 AGM
5. Presentation and adoption of the 2022 financial update (copies available)
6. Appointment of Auditors for 2023
7. Confirmation of board members standing for re-election:
Scott Albrecht, Doug Hewitt-White, Bruna Nota, Jan Slakov, Terri Sleeva ,
Dwyer Sullivan, Linda Thyer,
8. Election of new board member(s):
9. Review of CC activities in 2022 (Board Report – copies available)
- 9a. Two minute presentation by Linda Thyer
10. Discussion of future plans and actions – CC's proposed new mission/purpose statement and the role of conscience today and how CC can be of service. Discussion in breakout rooms of 4 or 5 people. Return to plenary for wrap-up roundtable discussion.
10. Other business and announcements
11. Adjournment

MINUTES

1. **Verification of Quorum:** (members present via Zoom 20 ; by proxy 12)
A total of 32 members were in attendance in person via Zoom or by proxy. The Quorum (15 members) having been confirmed the business of Conscience Canada (CC) proceeded. The following are the motions and resolutions presented and approved by the membership. All supporting material was available at the meeting, is appended to the original of these minutes, and is available to all members on the CC website at <http://www.consciencecanada.ca/>

2. **Verification of proper Notice of Meeting:**

On February 14, 2023 the Notice of Meeting of the 2023 AGM was included in CC Spring Newsletter and sent by email or post to all the members' addresses CC has on record as required by Conscience Canada's by-laws. The CC Spring 2023 Newsletter with the Notice of Meeting was also posted to the CC website by February 14, 2022. Additionally an emailed invitation to the AGM with agenda focus was sent to all members on April 15.

3. **Approval of the Minutes of the 2022 AGM:**

Moved by Dwyer Sullivan ; Seconded by Linda Thyer – Carried Unanimously

4. **Motion to approve the Agenda for this 2023 Conscience Canada AGM:**

Moved by Doug Hewitt-White ; Seconded by Dwyer Sullivan – Carried Unanimously

5. **Presentation & Approval of 2022 financial statement** (shared on screen):

Presented by Scott Albrecht. Scott shared a statement of CC's bank balances as of Dec. 31 2022 and gave an overview of 2022's expenditures, revenues and closing balances for both operating and the PTF that is in the process of being closed down.

Motion to receive the 2022 Financial Statement;

Moved by Jan Slakov ; Seconded by Doug Hewitt-White – Carried Unanimously

6. **Appointment of an Auditor for CC for 2023: -**

Motion to appoint Edward M. Simon CA, Professional Corporation, Kitchener, Ontario as Auditor for CC for 2023.

Moved by Dave Bechtel; Seconded by Murray Lumley – Carried Unanimously

7 & 8 **Confirmation of board members standing for re-election and Election of new board member:**

The four officer positions required by our by-laws, and to be chosen from within the Board within two weeks of the AGM, are President, Vice-President, Treasurer, and Secretary; in addition there can be board members at large.

Standing for re-election were:

Scott Albrecht, Doug Hewitt-White, Bruna Nota, Jan Slakov, Terri Sleeva, Dwyer Sullivan, Linda Thyer

Standing for election as a new board member was Renée Nunan-Rappard

Motion to elect continuing and new Directors:

Moved by Terri Sleeva ; Seconded by Daphne Davey – Carried Unanimously

9. **Review of CC activities in 2022** (Board Report – copies available) and a look ahead.

Board Report for 2022:

Jan Slakov presented the report on behalf of the CC Board. The report is appended to these minutes and is available upon request. Together with these minutes it will be posted on the CC web site.

- 9a. There was a two minute two slide presentation delivered by Linda Thyer. Originally presented by Linda at a meeting of the **Canadian Academy of Sport and Exercise Medicine**, the presentation is appended to these minutes

10. **A discussion of future plans and actions** with participation & questions from all attendees. Break-out rooms with 4 or 5 people in each were organized for discussion on the proposed new statement of purpose for CC (appended to these minutes). As well groups were asked to consider how CC can help with the struggles for a better world and also any projects that CC should take on. After the break-out discussions everyone returned to plenary so groups could report back. Everyone then participated in a final idea roundtable.

The breakout rooms were composed as follows:

Room 1: Bruna Nota, Charles Small, Daphne Davey, Eric Unger

Room 2: Dave Bechtel, Ernie Wiens, Charlotte Wiens, Eva Zaleski, Kevin Doyle

Room 3: Doug Hewitt-White, Laura Unger, Linda Thyer, Mary Groh, Scott Albrecht

Room 4: Dwyer Sullivan, Jan Slakov, Marilyn McKim, Renée Nunan-Rappard, Terri Sleeva

Room 1 discussion:

Statement of purpose:

Find ways to insert 'education' into statement

Substitute 'objector' with positive (and zippy?) way to say that Conscience Canada aims to enable

people to take action in the world that expresses what their conscience believes enhances dignity and life

Actions:

- Catalogue of people who can serve as role models in their life to replace violence with dialogue and collaboration
- Use Matt Legge's book "Are we done fighting" for possible names for this catalogue
- Represent such catalogue in music, films, cartoons
- Re-energize Department of Peace initiative
- Initiate Peace clubs in schools
- Present catalogue of action that are possible alternatives to war in conflict situations
- Show war as the worse possible option

Room 2 discussion:

Statement of purpose:

More concise, one sentence

Actions:

- Need to bring together climate and Conscientious Objection – war contributes to climate crisis – could this attract younger people. And there is no reporting on military contribution to climate crisis– we need to get this more widely known
- Get behind white poppy campaign: make and distribute. Also explain origin of white poppy and that it is not a rejection of the red poppy.
- Stop CANSEC: is there a way we can push this harder other than just participating in protest action in Ottawa for the CANSEC show. More work on countering the arms trade.

Room 3 discussion:

Statement of purpose:

- Add a statement addressing youth
- Make it more concise - 1 sentence (perhaps have a one-sentence version and a longer "explanatory" full-purpose one?)
- Add in the idea of creating a law promoting peace (Dept of Peace?)

Actions:

- Spend money to create communication tools & products to disseminate to people (via social media and other media)
- Run tax refusal workshops, perhaps similar to those done in the US. (we'd need to drum up interest in the workshops)
- Ask for the services rendered from our taxes, that we would receive along with our Notice of Assessment, which would need to come from an independent office, such as the Parliamentary Budget officer. This would make it clear, in dollars and cents, what each of us pays for military spending. Perhaps the Canadian Taxpayers Federation could be of help?
- Push (find an MP to introduce a Bill?) for creation of a Peace Dept to whom people could legally direct that military portion of their taxes, based on their right to freedom of conscience.
- Writing a cheque for the Total minus military portion, and then a second cheque to the Peace Dept for the military portion - to make a statement in a provocative/humorous way. (This would need to be updated to the Netfile age!)
- Hire a tax expert to advise us on how to run a session on how people can have less taxes deducted at source (off their paycheques) and thus be in a position at year end of owing taxes and being able to withhold the paying of the military portion
- Affirmation bringing together the war on Nature and the war on ourselves, probably through asking for reporting of military GHG emissions
- Support white poppy distribution, along with messages of explanation (in a good way) of distinction from red poppy and understanding of the difference
- Support of CANSEC, to stop Canada from selling military hardware around the world

- Public recognition/exposure of the distorted idea that we owe our freedom to those who fight and die
- We need to really make evident the peaceful options and actions that have happened in the past and could happen in the future. Most people can't think of how that could possibly happen, and that violence is the only way to manage violent people. (we manage violence that way in so many areas of our society)

Room 4 discussion:

Statement of purpose:

Important that this addresses and speaks to youth. Could this be incorporated into the statement? There might be an opportunity to connect with some youth in Saskatchewan who are taking the government to court over inaction on the climate (would this get us off track if we talk too much about climate rather than military spending?)

Actions:

- Work more on White Poppy campaign (work on this from Sept 21 the International Day for Peace and November 11 Remembrance Day)
- Get Linda's presentation on social media. This brought about a discussion on challenges etc. of employing social media to broaden outreach. Terri suggested that there are some university students who would love to work on projects. Can we tap into this?

10. Other business and announcements

None

11. Adjournment at 17:12 EDT

ADDENDUMS



Le français suit

Board of Directors Annual Report for 2022

In the wake of the 2022 AGM, our main task was to reach consensus on whether or not to continue to keep Conscience Canada (CC) going, and if so, how?

Perhaps the most convincing argument for closing down the organization is that, given the seeming lack of interest in using the Peace Tax Trust Fund (PTTF), and the fact that several board members were feeling a need to move on, closing down the organization now, when we have the energy to do so in a responsible manner, seemed wise. We decided to "try out" that decision for a few weeks, to see if it felt right.

Perhaps we can say that we decided to "do both" - we decided to close the PTTF. There are other ways to withhold military taxes and this decision means we are lightening our administrative load. The PTTF is now in the process of being closed down.

Through consultation involving some members who are not on the board, it became clear that CC has a unique perspective and culture; it can continue to provide a "hub" so that conscientious objectors can support and learn from each other, so that our voices and perspectives have a "home".

Much of our energy went into maintaining the fundamentals of our organization, including:

- board meetings
- updating the Peace Tax Return (PTR)
- preparing newsletters
- updating our website
- organizing our AGM

Other activities included:

- Several members attended the World Beyond War (WBW) conference in July
- CC signed up to support like-minded efforts such as:
 - Hiroshima Day (Toronto),
 - an International Peace Bureau appeal for a ceasefire in the Ukraine war,
 - an appeal sponsored by Code Pink to cancel the F-35 fight jet program,
 - endorsement of the movement to Stop Cop City and Defend the Weelaunee Forest ,
 - endorsing Science for Peace's online webinars on Nonviolence: the Tactics and Strategies of Winning Campaigns, and
 - Signing on to PeaceQuest Cape Breton's *Strength Through Peace* pledge.

Rapport annuel 2022 du conseil d'administration de Conscience Canada

Dans la foulée de l'AGA de 2022, notre principale tâche consistait à dégager un consensus sur le maintien ou non de Conscience Canada (CC) et, le cas échéant, sur la façon de le faire. L'argument le plus convaincant pour dissoudre l'organisation s'appuyait sur le manque apparent d'intérêt pour l'utilisation du Fonds fiduciaire d'impôts pour la paix (FFIP). Plusieurs membres du conseil d'administration ressentaient le besoin de passer à autre chose, d'autant que l'énergie était au rendez-vous pour le faire de manière responsable. Nous avons décidé de « tester » cette décision pendant quelques semaines pour déterminer si elle convenait.

Il serait peut-être plus juste de dire que nous avons décidé de « faire les deux » : nous avons décidé de maintenir Conscience Canada et de clôturer le FFIP. Il existe d'autres moyens de refuser l'impôt militaire, et cette décision permet d'alléger la charge administrative de CC. La clôture du FFIP est en cours.

Par le biais d'une consultation auprès de membres qui ne siègent pas au conseil d'administration, il est apparu clairement que Conscience Canada possède une perspective et une culture uniques. De ce fait, CC pourrait servir de « plateforme » où les objecteurs de conscience peuvent se retrouver pour se soutenir et apprendre les uns des autres. Une façon de s'assurer que nos voix et nos perspectives disposent d'un « chez soi ».

Une grande partie de notre énergie a été consacrée au maintien des piliers de notre organisation, notamment :

- les réunions du conseil d'administration;
- la mise à jour de la déclaration fiscale pour la paix;
- la rédaction de bulletins d'information;
- la mise à jour de notre site Web;
- l'organisation de notre assemblée générale annuelle (AGA).

Parmi d'autres activités de Conscience Canada au cours de l'année, on compte les suivantes :

- la participation de plusieurs de nos membres à la conférence *World Beyond War* (WBW) en juillet;
- CC s'est engagé à soutenir des initiatives similaires comme la *Journée d'Hiroshima* (Toronto);
- un appel du *Bureau international de la paix* pour un cessez-le-feu en Ukraine;
- un appel lancé par *Code Pink* pour annuler le programme des avions de combat F-35;
- le soutien au mouvement *Stop Cop City* et la défense de la forêt Weelaunee;
- le soutien aux webinaires en ligne de *Science for Peace* sur la non-violence : les tactiques et stratégies pour des campagnes victorieuses;
- l'appui à l'engagement de *PeaceQuest Cape Breton* pour la paix.

Linda Thyer's Two Minute Presentation to the Canadian Academy of Sport and Exercise Medicine

Thank you for the opportunity speak on these traditional and ancestral lands of the people of the Blackfoot Confederacy, whose wisdom and teachings guided their living in harmony with nature for millennia.

So I'm presenting the case of this Master's athlete, about 4.5 billion years old, whose health has been dwindling over the past couple of centuries. She presents with a rising temperature, elevated CO₂ levels, acid/base imbalances, fluid imbalances - sometimes too wet, sometimes too dry, much stormier moods, toxicities and disrupted biomes - the overall picture not looking too good at all and heading towards collapse.

The problem is, the health of our athletes and our patients and every one of us depends on the health of this super athlete. When she's ill, our physical and mental health suffers too. The World Health Organization is calling this disease the greatest health challenge of the century.

So what to do? The good thing is that worsening of this condition is entirely preventable and there are lots of solutions and actions for all of us to take, and here is just a tiny smattering of ideas. We can take action at home and at work, as individuals, in our health and sport communities, and at the larger system level. But this is a new health problem, never seen before, so we need to all learn about it, we need to talk about it and we need to figure it out together. Since it's the greatest health challenge of the century, it needs to be on every health conference agenda, it needs to be a standing item at every board meeting, it needs to become part of our everyday thinking and part of our decision making. It will take every one of us to get involved. Our voices as health care workers carry weight. And it will take some effort and some courage to face this head on.

But there's another good thing: by taking action and fixing Mother Earth's illness, we will be improving our own health and wellbeing and that of our patients at the same time. And we will be providing a healthier, safer and more peaceful future for our children and grandchildren as well.

M.E.: ~ 4.5B y.o. Master's Athlete

- Pyrexia
- Hypercapnia, dyspnea
- Acidosis
- Dehydration, fluid imbalances
- Emotional volatility - "stormy"
- Toxins, nutritional deficiencies and dysbiosis
- Heading towards Multisystem Organ Failure...



Impact of above on our athletes' health?



Management

Micro (↓ individual footprint)

- Ex. Choosing Wisely Canada
- More veggies, less meat
- Active transport & public transit (fly less)
- CPD

Meso (↓ health and sport community footprint)

- Speak up as HCW (credibility)
- Reduce office/hospital footprint (CAPE Toolkit)
- Teach to medical learners

Macro (↓ system footprint)

- Preventive care - large and small scale
- Organize within sport CASEM Sustainability Cmtee ?



****Bonus - Health Benefits to You and Your Patients too!!**

Updated version of CC "statement of purpose":

Formed in 1978 Conscience Canada works :

- to increase Canadians' awareness of the link between taxes and war and to promote a change in law to allow Canadians to redirect military taxes to peaceful purposes as a right of conscience guaranteed in our Charter of Rights and Freedoms;
 - to prevent and end war, violence and militarism and instead support non-violent conflict prevention and resolution
- to help conscientious objectors understand and embrace their rights and responsibilities to contribute to ending injustice, violence and systemic harm;
- to create a healthier world, where humans treat each other and all beings with respect, so all are able to live fully and well;

Nouvelle version de notre "raison d'être" :

Conscience Canada travaille depuis 1978 à :

- sensibiliser les Canadiens sur le lien qui existe entre les impôts et la guerre, et préconiser une réforme législative permettant aux Canadiens de réorienter les impôts militaires à des fins pacifiques, en vertu du droit de conscience garanti par la Charte des droits et libertés;
- prévenir et mettre fin à la guerre, à la violence, au militarisme, et privilégier plutôt la prévention et la résolution non violente des conflits;
- aider les objecteurs de conscience à comprendre et à assumer leurs droits et leurs responsabilités afin de combattre l'injustice, la violence et les préjudices systémiques;
- instaurer un monde meilleur, où les êtres humains se respectent les uns les autres, de même que toutes les créatures, afin que chacun puisse vivre pleinement et sainement.