

B.C.P.W.S.A. SPRING 2016 Meeting - MINUTES

April 01, 2016

1:00 – 3:00pm North Vancouver, B.C

- **Attendance-** Heather Beach, Cheryl Gagne, Mandy Young, Frances Robinson, Leah Price
- Currently we have a budget of \$13,847. Cheryl closed gaming account in February 2016. Accounts were amalgamate.. \$3000 were allotted for 2 or 3 members for the IPWSO conference. Executive will propose a \$150 additional allowance for food and transportation to and from the airport per member. Receipts will be submitted.
- Only 11 membership fees were submitted and will be coming in over the last few months. This is not a lot of income for the society. Expenditures are currently reasonable. This usually includes travel expenses for executive member who live outside the lower mainland. One suggestion is to include a 5 year membership option. 5 years for \$100 as a suggestion.
- Fall conference costs were \$3,236.00
- Ketogenic initiative will happen on the Thursday of the IPWSO Conference and does not allow for Mandy to share her own experience at the conference. She is continuing the Keto diet. Beth Zupic-Kania, the Dietitian, is still compiling data from the Keto Study. Study finished in January. She and Mandy does not feel there is enough information for PWS community on this matter. Mandy thinks that there were not enough goals set ahead of time and not enough data gathered. Mandy is still following and is still collecting data on her own. There may be a 2nd diet initiative suggested at the summer conference. IPWSO conference is a good opportunity to meet new people who want to participate. It is a long endeavour with a lot of effort involved. There are many factors that influence the outcome and it is difficult to draw conclusions. Mandy believes that the benefits have been noticeable. Ketogenic clinic at Children's is still following Mandy's efforts. Blood work is done every 6 months. Mandy suggested, for anyone interested in this diet, to use the resources available in B.C. and to commit to it. Mandy believes that the diet has helped lower food seeking significantly for her child.
- Mandy shared the book she read recently called Discipline Without Damage by Dr. Vanessa Lapointe.
- Fall conference Date: Since there may be an opportunity for DR. Miller or Elizabeth Ruth (Behaviour expert from Vanderbilt) to come to our conference, dates will still need to be determined. We will have to wait to work our conference around their schedule. It must still be determined what the topic will

be. Cheryl Gagne will continue to be in contact with Dr. Miller to arrange this if possible.

- Suggestion. If Terry James can do a small presentation about the questions he asked families during his research for his 2nd book. These questions were found to be “food for thought” for many families.
- Joanne Taylors’s brother is former manager for the LA kings. He wants to put some resources towards the group home issue in the province. He had Skype sessions with some people. A lot of people from the Ontario session said that they would spear head an initiative Canada wide.
- Our BCPWSA website got hacked. Vanessa fixed it. Vanessa would like to upgrade the website. Vanessa will need to quote on either an upgrade or a rebuilt. Cheryl will explore a DIY built website. e.g. the domain name and the Paypal link.
- Mandy and Frances will keep exploring a get together for women to go away somewhere with Cindy Armstrong.
- We will approach Lindsay about a mid-summer BCPWSA get together in her complex again.

Motion to close meeting: Lea Price and Frances seconded.
Meeting adjourned 3 pm

UPCOMING DATES:

Summer gathering: TBA Possibly July
One Small Step Walkathon: August 21, 2016 North Vancouver
TBA Fall BCPWSA Conference Venue TBA
Adjourned.