

**55 PLUS GOAN ASSOCIATION – WEST GTA INC.**  
**MINUTES FROM THE ANNUAL GENERAL BODY MEETING**  
**held on Saturday, March 22, 2025**  
**Royal Canadian Legion Hall**  
**456 Hensall Circle, Mississauga, ON L5A 1X7**

The meeting was called to order by the Treasurer, Aggie D’Mello at 1:00 p.m.

At the start of the meeting there were twenty-nine (29) members present. One (1) member arrived late so there was a total of thirty (30) people in attendance.

**1. Opening Prayer**

Vivian Fernandes said the opening prayer.

**2. President’s Welcome**

Alcino Rodrigues (President) welcomed the attendees to the 19<sup>th</sup> AGM and thanked them for being there. He explained that the meeting was being held on a Saturday afternoon, early in the year, to accommodate a request that was made at the AGM in April 2024.

Lydia Nazareth asked about the number of attendees required to form a quorum.

Leslie de Souza (General Secretary) told her that the number was thirty (30) and that there were 29 people in the hall with 1 member coming late for a total of 30 attendees.

Alban Mascarenhas led a prayer for our deceased members.

**3. Confirmation of the Minutes of the AGM held on April 18, 2024**

Members were asked if the minutes of the AGM held on April 18, 2024 could be confirmed. Since there were no objections, Lydia Nazareth proposed acceptance of the minutes. It was seconded by Osbert Remedios and carried by the General Body.

**4. Matters Arising Therefrom**

Al Mathias asked about the decommissioning of the Blog Site that was proposed in 2024. Romeo D’Souza (Communications Director) informed him that nothing has been done yet and that the Blog Site would be left in place until we are sure that it can be taken down safely.

Brenda Anthony asked about the survey, but the discussion was deferred because it was an agenda item later in the meeting.

**5. Comments on any matters sent in writing to the General Secretary prior to March 17, 2025**

There were none.

## **6. To adopt Audited Financial Statements for 2024**

Lydia Nazareth commended Aggie D'Mello for his excellent work in preparing the financials. Norman da Costa questioned the amount spent on committee meetings and asked why we had monthly meetings although there were only 3 events in 2024. Norman asked if we have heard of Zoom. Lydia added that big corporations use Zoom. Aggie and Vivian Fernandes said that Zoom meetings do not foster the camaraderie required for a united committee to run an association.

Both Aggie and Osbert Remedios said that the discussion should be ended because Norman did not send his comments, in writing, to the General Secretary as required, prior to the AGM.

Cynthia Harris proposed the motion to adopt the 2024 Audited Financial Statements. It was seconded by Al Mathias and carried by the General Body.

## **7. Member Survey**

There were only 49 responses received which was less than 7% of the members on the roster so the sample size is not adequate. Aggie D'Mello went through the summary of the responses. The two key questions on the survey related to 1) changing the name of the organization and 2) asking people if they would be willing to form a new committee or participate on a committee. He pointed out that only 2 people had said '*maybe*' to forming the next committee or participating on a committee. These individuals have been contacted by us and both said that they did not want to do it. The majority of respondents voted that the name of the association should not be changed.

Brenda Anthony said that we should have events three or four times a year. She also said that since we are seniors, we should have more weekend events. This would be discussed later in the meeting.

## **8. Update on the review of the Constitution to comply with the Ontario Not-for-Profit Corporations Act (ONCA), the Provincial Registrar and City of Mississauga Requirements**

An update was requested from the committee that was elected at the last AGM to conduct the review. Lydia Nazareth said that her husband, David Nazareth, had health issues, so the committee comprised of David, Norman da Costa and Rudi Rodrigues had not started the review. David has promised Alcino Rodrigues that the same committee will do the job in the coming year when he was better. Alcino said that he understood David's situation.

## **9. Election of a New Executive for 2025 and 2026**

Alcino Rodrigues reminded the attendees that although the tenure of the current committee came to an end in 2023, we carried on for another year because there was no new committee in 2024. He invited members of the General Body to form a new committee to take over for 2025 and 2026. However, no one came forward.

Osbert Remedios said that he had anticipated this situation. He thanked the present committee for carrying on in 2024, but he proposed that it should step down and that a new committee that could bring in fresh ideas for running the Association should be elected. He suggested forming a “**Caretaker Committee**” that would not hold events but provide support to the people who are willing to run future events. This allows different people to organize events with support from the Caretaker Committee.

Aggie D’Mello presented a proposal to “Encourage Participation in Organizing Social Events” within our community.

His proposal is attached to this document as “Appendix 1”. It includes a suggested list of “Major Events” and other “Secondary Events”.

There were many questions about how this would work, so we took a 20-minute break that enabled the attendees to discuss Aggie and Osbert’s proposals and get answers to related questions.

Before the break Lydia Nazareth again raised the issue about the quorum required for the AGM. Alcino Rodrigues said that there were other options if needed, He indicated that at the start of the meeting, he had asked the General Body if we could continue with the AGM and everyone had agreed. We were still expecting the arrival of the member who was going to be late. The member arrived during the break, so we now had a quorum of 30 attendees.

When the meeting was reconvened, Osbert Remedios nominated Cynthia Harris to be the next President and she accepted. Cynthia nominated Osbert Remedios and Norman da Costa to be co-Vice-Presidents and they accepted. Cynthia then nominated Aggie D’Mello to be the Treasurer, Leslie de Souza to be the General Secretary and Romeo D’Souza to be the Communications Co-Ordinator. All three accepted.

A vote was taken and it received unanimous approval by the General Body.

#### **10. Election of Auditors for 2025 and 2026**

Lydia Nazareth nominated Alban Mascarenhas who accepted the nomination. Alban nominated Almir D’Cunha as the 2<sup>nd</sup> auditor and he accepted.

Lydia had previously suggested that, for continuity, the auditors should alternate each year. However, this would require an update to the Constitution, so it was decided that we keep status quo for now i.e. serve for a two-year term.

ONCA does not require publicly licensed auditors, provided that 80% of the attendees agreed. There was unanimous agreement by the General Body.

There was some discussion as to whether we need to file an income tax return as a Not-for-Profit organization because we had interest income in 2024. Lydia did a Google search which confirmed that the Association could earn interest without filing a tax return provided that the income is used towards our operations.

#### **11. Any Other Business**

Al Mathias praised the outgoing Executive Committee for their excellent work and the General Body applauded the committee members. He congratulated the new President, Cynthia Harris, and offered his support if needed.

Since there was no other business to discuss, Lydia Nazareth proposed that the meeting should be adjourned at 3:30 p.m. The proposal was seconded by Norman da Costa.

Minutes prepared by:  
Leslie de Souza  
General Secretary  
55 Plus Goan Association – West GTA Inc.  
March 28, 2025

## **APPENDIX 1**

### **Proposal to Encourage Participation in Social Events Organization** **Prepared by Aggie D'Mello (Treasurer)**

There are several reasons why people might be afraid or hesitant to come forward and form a new committee, especially if it involves taking on leadership roles or pushing for organizational change. And one of the biggest that I have encountered over the years is the ***Fear of Criticism***. The fear of being judged or criticized, especially if the committee doesn't live up to expectations, can prevent people from taking the leap.

The goal of this proposal is to encourage and empower more members to actively participate in the planning and organizing of social events within our 55PGA community. I feel that by fostering this type of approach, we will create a more inclusive, engaging, and enjoyable atmosphere for everyone involved.

Over the past year, we have seen numbers for our social events dwindle. Yes, we are facing competition from other organizations, age, etc. But this was always and will always be there. It is up to us to try and change that course. The demand for more diverse and frequent events will be there.

It is essential that we share the responsibility of organizing these events to ensure that they are sustainable and reflect the interests of all members.

#### **Key Points of this Proposal:**

**1. Create a Voluntary Event Planning Committee for each event:**

- Form a committee made up of volunteers from various backgrounds and interests.
- The committee will brainstorm, plan and execute events, with guidance from core organizers if needed.

**2. Use a Collaborative Event Calendar:**

- Implement a shared event calendar where all members can add suggestions for future events. This will create a transparent view of upcoming events and allow everyone to stay informed about ongoing and future social activities.

**3. Incentivize Participation:**

- To encourage participation, we could consider offering small non-monetary incentives. e.g. exposure for future events for bands, DJs, casino trips, etc.

**4. Provide Support:**

- Ensure that volunteers have access to necessary funding for deposits, event materials, and any logistical support needed to carry out successful events, which will be deducted from the revenue from the event.

**Expected Outcomes:**

- Increased participation and engagement from a wider group of members.
- More diverse and frequent social events that cater to a broader audience.
- Strengthened sense of community, with members contributing to the planning and success of events.
- Reduced burden on a few individuals, allowing for more sustainable event organization.

**Action Plan:**

If anyone would like to volunteer and help out with future events, we have a suggested list of events which are categorized as MAJOR EVENTS and SECONDARY EVENTS.

<b>Suggested list of events</b>	
<b>MAJOR EVENTS</b>	<b>POSSIBLE SECONDARY EVENTS</b>
Fish Curry Nite	Whist Drive
Picnic	Bingo
Summer / Fall Dance	Bowling
Christmas Dance	Golf
	Line Dancing
	Casino Trip